

Hanscom Air Force Base

June 2nd 2025 – June 21st 2025

Green and Blue Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim	4 – 5:30pm Or 5:30 – 7pm	6:45-8:15pm	6:45-8:15pm	6:45-8:15pm	Practice at Lex	No Practice

Green – 5-8 times per week with dryland 3 times per week

Blue – 3-4 times per week with dryland 3 times per week

June 23rd 2025 – August 2nd 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim	6 – 8pm	6 – 8pm	6 – 8pm	6 – 8pm	Practice at Lex	No Practice**

**Saturday AM practice at Lexington through June 30th