

# Medford High School

## Green and Blue Group

|         | Monday      | Tuesday    | Wednesday   | Thursday   | Friday      | Saturday                 |
|---------|-------------|------------|-------------|------------|-------------|--------------------------|
| Dryland | 5 – 5:30 pm |            | 5 – 5:30 pm |            | 5 – 5:30 pm |                          |
| Swim    | 5:30 – 7pm  | 5:30 – 7pm | 5:30 – 7pm  | 5:30 – 7pm | 5:30 – 7pm  | Saturday<br>AM at<br>LEX |

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

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

## White Group

|      | Monday                       | Tuesday                      | Wednesday                    | Thursday                     | Friday                       | Saturday                 |
|------|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|--------------------------|
| Swim | 5 – 6pm<br>Or<br>6:30-7:30pm | 5 – 6pm<br>Or<br>6:30-7:30pm | 5 – 6pm<br>Or<br>6:30-7:30pm | 5 – 6pm<br>Or<br>6:30-7:30pm | 5 – 6pm<br>Or<br>6:30-7:30pm | Saturday<br>AM At<br>LEX |

White group swims 2-4 times per week.

## Preteam Group

|      | Monday                       | Tuesday                      | Wednesday                    | Thursday                     | Friday      | Saturday    |
|------|------------------------------|------------------------------|------------------------------|------------------------------|-------------|-------------|
| Swim | 5-5:30pm<br>Or<br>7 – 7:30pm | 5-5:30pm<br>Or<br>7 – 7:30pm | 5-5:30pm<br>Or<br>7 – 7:30pm | 5-5:30pm<br>Or<br>7 – 7:30pm | No Practice | No Practice |

Preteam Group swims 2 times per week for 30 minutes.