

**Medford High School**  
 March 18<sup>th</sup> 2024 – June 16<sup>th</sup> 2024

**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 AM at 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 Or 6:30-7:30pm	5 – 6pm Or 6:30-7:30pm	5 – 6pm Or 6:30-7:30pm	5 – 6pm Or 6:30-7:30pm	5 – 6pm Or 6:30-7:30pm	Saturday AM At LEX

White group swims 2-4 times per week.

**Preteam Group**

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

Preteam Group swims 2 times per week for 30 minutes.