

**Medford High School**  
**June 14<sup>th</sup> 2025 – June 30<sup>th</sup> 2025**  
**Green and Blue Group**

|         | Monday     | Tuesday    | Wednesday  | Thursday   | Friday             | Saturday                 |
|---------|------------|------------|------------|------------|--------------------|--------------------------|
| Dryland | 5:30-6 pm  |            | 5:30-6 pm  |            |                    |                          |
| Swim    | 6 – 7:30pm | 5 – 6:30pm | 6 – 7:30pm | 5 – 6:30pm | Practice at<br>LEX | 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 | 6:30 – 7:30pm | 5 – 6pm   | 6:30 – 7:30pm | Practice at<br>LEX | 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>5:30 - 6pm | 6:30 - 7pm<br>Or<br>7 – 7:30pm | 5-5:30pm<br>Or<br>6:30 - 7pm | 6:30 - 7pm<br>Or<br>7 – 7:30pm | No Practice | No Practice |

Preteam Group swims 2 times per week for 30 minutes.

# Medford High School

July 1<sup>st</sup> 2025 – August 3<sup>rd</sup> 2025

## Green and Blue Group

|         | Monday     | Tuesday    | Wednesday  | Thursday   | Friday             | Saturday       |
|---------|------------|------------|------------|------------|--------------------|----------------|
| Dryland | 5:30-6 pm  |            | 5:30-6 pm  |            |                    |                |
| Swim    | 6 – 7:30pm | 5 – 6:30pm | 6 – 7:30pm | 5 – 6:30pm | Practice at<br>LEX | No<br>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

## White Group

|      | Monday  | Tuesday       | Wednesday | Thursday      | Friday             | Saturday       |
|------|---------|---------------|-----------|---------------|--------------------|----------------|
| Swim | 5 – 6pm | 6:30 – 7:30pm | 5 – 6pm   | 6:30 – 7:30pm | Practice at<br>LEX | No<br>Practice |

White group swims 2-4 times per week.

## Preteam Group

|      | Monday                       | Tuesday                        | Wednesday                    | Thursday                       | Friday      | Saturday    |
|------|------------------------------|--------------------------------|------------------------------|--------------------------------|-------------|-------------|
| Swim | 5-5:30pm<br>Or<br>5:30 - 6pm | 6:30 - 7pm<br>Or<br>7 – 7:30pm | 5-5:30pm<br>Or<br>6:30 - 7pm | 6:30 - 7pm<br>Or<br>7 – 7:30pm | No Practice | No Practice |

Preteam Group swims 2 times per week for 30 minutes.