

Medford High School
June 17th – August 3rd 2024
Green and Blue Group

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

Preteam Group swims 2 times per week for 30 minutes.