

Medford High School

3/24/25 - 6/14/25

Green and Blue Group

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

Preteam Group swims 2 times per week for 30 minutes.