

Medford High School

Fall Season

December 15, 2025 – March 21, 2026

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	AM at Hanscom, Lex or SJP

Doubles Practices For Green Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim		5:45-7:00am At Hanscom		5:45-7:00am At Hanscom		

White Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim	5 – 6pm	6:30-7:30pm	5 – 6pm	6:30-7:30pm	5 – 6pm	AM At Lex or SJP

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