

Shawsheen Tech

9/8/25-12/13/25

Green and Blue Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim	6:00-7:30pm	Practice at Lexington or Hanscom	6:00-7:30pm	Practice at Lexington or Hanscom	Practice at Lexington or Hanscom	Practice at Lexington or Hanscom

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	6:00-7:00pm	Practice at Lexington or Hanscom	6:00-7:00pm	Practice at Lexington or Hanscom	Practice at Lexington or Hanscom	Practice at Lexington or Hanscom

White group swims 2-4 times per week.

Preteam Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim	6:00-6:45pm Or 6:45-7:30pm	No Practice	6:00-6:45pm Or 6:45-7:30pm	No Practice	No Practice	No Practice

Preteam Group swims 2 times per week for 30 minutes.