

Shawsheen Tech

3/24/25 - 6/13/25

Green and Blue Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim	4:00-6:00pm	4:00-6:00pm	4:00-6:00pm	4:00-6:00pm	No Practice	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	4:00-5:00pm or 5:00-6:00pm	4:00-5:00pm or 5:00-6:00pm	4:00-5:00pm or 5:00-6:00pm	4:00-5:00pm or 5:00-6:00pm	No Practice	Saturday AM At LEX

White group swims 2-4 times per week.

Preteam Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim	4:00-4:45pm Or 5-5:45pm	4:00-4:45pm Or 5-5:45pm	4:00-4:45pm Or 5-5:45pm	4:00-4:45pm Or 5-5:45pm	No Practice	No Practice

Preteam Group swims 2 times per week for 30 minutes.