

Shawsheen Tech

Spring Season

March 23, 2026 – May 30, 2026

Green and Blue Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	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	4:30-5:30pm	4:30-5:30pm	4:30-5:30pm	4:30-5:30pm	Practice at Lexington	Practice at Lexington

White group swims 2-4 times per week.

Preteam Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim	4:30-5:15 Or 5:15-6:00pm	4:30-5:15 Or 5:15-6:00pm	4:30-5:15 Or 5:15-6:00pm	4:30-5:15 Or 5:15-6:00pm	No Practice	No Practice

Preteam Group swims 2 times per week for 30 minutes.

No Practice Dates:

April 20-23rd

May 25th