

St. John's Prep

Green and Blue Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dryland	5:30-5:45PM		5:30-5:45PM		5:30-5:45PM	
Swim	5:45 – 7PM	5:30 – 7PM	5:45 – 7PM	5:30 – 7PM	5:45 – 7PM	10-12AM

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	5:30 – 6:30 PM	5:30 – 6:30 PM	5:30 – 6:30 PM	5:30 – 6:30 PM	5:30 – 6:30 PM	10-11 or 11-12AM

White group swims 2-4 times per week with dryland 2-3 times per week.

Preteam Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim	5:30-6 pm Or 6:15-6:45 pm	5:30-6 pm Or 6:15-6:45 pm	5:30-6 pm Or 6:15-6:45 pm	5:30-6 pm Or 6:15-6:45 pm	No Practice	No Practice

Preteam Group swims 2 times per week for 30 minutes.