

# St. John's Prep

3/24/25 - 6/13/25

## Green and Blue Group

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

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<br>PM | 5:30 – 6:30<br>PM | 5:30 – 6:30<br>PM | 5:30 – 6:30<br>PM | 5:30 – 6:30<br>PM | 10-11AM<br>or<br>11-12PM |

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

## Preteam Group

|      | Monday                          | Tuesday                         | Wednesday                       | Thursday                        | Friday         | Saturday    |
|------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|----------------|-------------|
| Swim | 5:30-6:15 pm<br>Or<br>6:15-7 pm | 5:30-6:15 pm<br>Or<br>6:15-7 pm | 5:30-6:15 pm<br>Or<br>6:15-7 pm | 5:30-6:15 pm<br>Or<br>6:15-7 pm | No<br>Practice | No Practice |

Preteam Group swims 2 times per week for 45 minutes.

## Swim Lessons

|      | Monday     | Tuesday                                   | Wednesday  | Thursday                                  | Friday     | Saturday                                          |
|------|------------|-------------------------------------------|------------|-------------------------------------------|------------|---------------------------------------------------|
| Swim | No Lessons | 5:30-6:00pm<br>6:00-6:30pm<br>6:30-7:00pm | No Lessons | 5:30-6:00pm<br>6:00-6:30pm<br>6:30-7:00pm | No Lessons | 10-10:30am<br>1030-11am<br>11-1130am<br>1130-12pm |

