

**St. John's Prep**  
**Spring Season**  
 March 23, 2026 – June 13, 2026

**Green and Blue Group**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim	5:30 – 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	10-11 or 11-12AM				

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

**Preteam Group and Lessons**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Preteam Swim	5:30-6:15 pm Or 6:15-7 pm	5:30-6:15 pm Or 6:15-7 pm	5:30-6:15 pm Or 6:15-7 pm	5:30-6:15 pm Or 6:15-7 pm	No Practice	No Practice
Lessons	No Lessons	5:30-6:00pm 6:00-6:30pm 6:30-7:00pm	No Lessons	5:30-6:00pm 6:00-6:30pm 6:30-7:00pm	No Lessons	10-10:30am 10:30-11am 11-11:30am 11:30-12pm

Preteam Group swims 2 times per week for 45 minutes.

**No Practice Dates:**

April 4<sup>th</sup>, 20<sup>th</sup>

May 23<sup>rd</sup>, 25<sup>th</sup>