

# 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 | 5:30 – 7PM | 5:30 – 7PM | 5:30 – 7PM | 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<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 | 10-11<br>or<br>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<br>Swim | 5:30-6:15<br>pm<br>Or<br>6:15-7 pm | 5:30-6:15<br>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  |
| Lessons         | 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<br>Lessons  | 10-10:30am<br>10:30-11am<br>11-11:30am<br>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>