

St. John's Prep
June 14th 2025 – August 2nd 2025

Green and Blue Group

	Monday	Tuesday	Wendesday	Thursday	Friday	Saturday
Swim	7 – 8:30AM	5:30 – 7pm	7 – 8:30AM	5:30 – 7pm	7 – 8:30AM	No Practice

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	Wendesday	Thursday	Friday	Saturday
Swim	7 – 8AM	5:30-6:30pm	7 – 8AM	5:30-6:30pm	7 – 8AM	No Practice

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

Preteam Group

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

Preteam Group swims 2 times per week for 30 minutes.