

St. John's Prep

Winter Season

December 15, 2025 – March 21, 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 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	5:30-6:15 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

Preteam Group swims 2 times per week for 45 minutes.