

Medford Annual Program Practice Schedule v3

11 Month Program / Swim September - July [Billed August - June]

Session Start: Tuesday, 9/7/2021 / Session End: Sunday, 7/31/2022

9 Month Program / Swim September - May [Billed August - April]

Session Start: Tuesday, 9/7/2021 / Session End: Tuesday, 5/31/2022

This is a complete program offering, not a monthly drop-in program. Commitment to team participation, enrollments, and payments are for the scheduled program length. Late enrollments are honored with head coach approval and the availability to add swimmers in a group based on capacity limits.

Due to pandemic safety measures there are facility limitations that affect our practice session numbers and group offerings. There is currently limited dryland training offered. Due to pandemic conditions, schedules are subject to change at any time.

Athletes must arrive no earlier or later than 5 minutes prior to their swim session start (unless otherwise noted). Athletes arriving later than 5 minutes PRIOR to their session start will be turned away. There is no flexibility to this policy due to health and safety guidelines. All swimmers must wait at the side door for coach check-in for your designated practice session.

** SCHEDULE OBSERVED: JUNE & JULY **

Schedule observed 6/1/2022 thru 7/31/2022

[No practice on Saturdays to accommodate summer swim team schedules. Changes highlighted in red.]

MEDFORD D1 / D2

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|--------|---------|----------------|----------|----------------|----------|-----------------|
| Swim | -- | -- | 4:30 - 5:25 PM | -- | 4:30 - 5:25 PM | -- | 12:30 - 1:25 PM |
| ARRIVE | -- | -- | 4:25 PM | -- | 4:25 PM | -- | 12:25 PM |

MEDFORD BRONZE

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|----------------|---------|----------------|-------------|----------------|----------|------------------|
| Swim | 4:30 - 5:25 PM | -- | 5:30 - 6:55 PM | 4 - 5:25 PM | 5:30 - 6:55 PM | -- | 11 AM - 12:30 PM |
| ARRIVE | 4:25 PM | -- | 5:25 PM | 3:55 PM | 5:25 PM | -- | 10:55 AM |

MEDFORD SILVER

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|----------------|---------|----------------|-------------|----------------|----------|------------------|
| Swim | 5:30 - 6:55 PM | -- | 5:30 - 6:55 PM | 4 - 5:25 PM | 5:30 - 6:55 PM | -- | 11 AM - 12:25 PM |
| ARRIVE | 5:25 PM | -- | 5:25 PM | 3:55 PM | 5:25 PM | -- | 10:55 AM |

MEDFORD GOLD

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|----------------|----------------|-----------|----------------|----------|----------|--------------|
| Swim | 5:30 - 6:55 PM | 7 - 9 PM | 7 - 9 PM | 7 - 9 PM | 7 - 9 PM | -- | 9 - 10:55 AM |
| ARRIVE | 5:25 PM | 6:55 PM | 6:55 PM | 6:55 PM | 6:55 PM | -- | 8:55 AM |
| Dryland* | -- | 5:45 - 6:45 PM | -- | 5:45 - 6:45 PM | -- | -- | -- |

*Dryland training will take place outside and be held weather permitting. All swimmers should wear clothes appropriate for dryland training and be dressed to swim. There will not be access to locker rooms for changing on site.

** SCHEDULE OBSERVED: SEPTEMBER - MAY **

MEDFORD D1 / D2

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|--------|----------------|-----------|----------|----------------|---------------|--------|
| Swim | -- | 4:30 - 5:25 PM | -- | -- | 4:30 - 5:25 PM | 11 - 11:55 AM | -- |
| ARRIVE | -- | 4:25 PM | -- | -- | 4:25 PM | 10:55 AM | -- |

MEDFORD BRONZE

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|----------------|---------|----------------|----------------|--------|--------------|--------------|
| Swim | 4:30 - 5:25 PM | -- | 4:30 - 5:25 PM | 4:30 - 5:25 PM | -- | 12 - 1:25 PM | 12:30 - 2 PM |
| ARRIVE | 4:25 PM | -- | 4:25 PM | 4:25 PM | -- | 11:55 AM | 12:25 PM |

MEDFORD SILVER

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|----------------|---------|----------------|----------|----------------|-------------|------------------|
| Swim | 5:30 - 6:55 PM | -- | 5:30 - 6:55 PM | -- | 5:30 - 6:55 PM | 1:30 - 3 PM | 11 AM - 12:25 PM |
| ARRIVE | 5:25 PM | -- | 5:25 PM | -- | 5:25 PM | 1:25 PM | 10:55 AM |

MEDFORD GOLD

| | Monday** | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|-------------|----------------|-----------|----------------|----------|----------|--------------|
| Swim | 3 - 4:30 PM | 7 - 9 PM | 7 - 9 PM | 7 - 9 PM | 7 - 9 PM | -- | 9 - 10:55 AM |
| ARRIVE | 2:55 PM | 6:55 PM | 6:55 PM | 6:55 PM | 6:55 PM | -- | 8:55 AM |
| Dryland* | -- | 5:45 - 6:45 PM | -- | 5:45 - 6:45 PM | -- | -- | -- |

*Dryland training will take place outside and be held weather permitting. All swimmers should wear clothes appropriate for dryland training and be dressed to swim. There will not be access to locker rooms for changing on site.

** No Monday practice for the remaining Mondays in December 2021. New practice time starts Monday, January 3, 2022.