Medford Fall-Spring Practice Schedule

Session Start: Tuesday, 9/3/2019 / Session End: Saturday, 5/30/2020

Developmental 1 - 3 Swim

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	4:30-5:30pm	--	4:30-5:30pm	--	--	11am-12pm	--
Dryland	--	--	--	--	--		--

Developmental 2 - 4 Swim

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	4:30-5:30pm	--	4:30-5:30pm	--	4:30-5:30pm	11am-12pm	--
Dryland	--	--	--	--	--	--	--

Bronze - 5 Swim

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	--	4:30-5:30pm	5:30-7pm	4:30-5:30pm	4:30-5:30pm	12-1:30pm	--
Dryland	--	--	--	--	--	--	--

Silver - 5 Swim / 4 Dryland

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	5:30-7pm	5:30-7pm	--	5:30-7pm	5:30-7pm	1:30-3pm	--
Dryland	4:30-5:30pm	4:30-5:30pm	--	4:30-5:30pm	4:30-5:30pm	--	--

Gold - 6 Swim / 5 Dryland

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	7-9pm	7-9pm	7-9pm	7-9pm	7-9pm	--	9-11am
Dryland	6-7pm	6-7pm	6-7pm	6-7pm	6-7pm	--	--