Hanscom Air Force Base
September 7th 2022 – December 18th 2022

Green and Blue Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim	5-7:00pm	5:45-7am And 6:45-8:15pm	6:45-8:15pm	5:45-7am And 6:45-8:15pm	5-7:00pm	7:30-9am
Dryland		6:30-6:45pm	6:30-6:45pm	6:30-6:45pm		

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	5:15 – 6pm Or 6:15–7 pm	6:45-7:30pm	6:45-7:30pm	6:45-7:30pm	5:15 – 6pm Or 6:15–7 pm	8-9:00am
Dryland	5-5:15pm Or 6-6:15pm	6:30-6:45pm	6:30-6:45pm	6:30-6:45pm	5-5:15pm Or 6-6:15pm	

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

Preteam Group: not offered at Hanscom