

Gordon College

FALL PROGRAM

Practice Schedule

September 14, 2020- November 27, 2020:

Program Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White	6:00-6:45 6:45-7:00 PM	6:30-7:15 7:15-8:00 PM	6:00-6:45 6:45-7:00 PM	6:30-7:15 7:15-8:00 PM	6:00-6:45 6:45-7:00 PM	7:30-8:15 8:15-9:00 AM
Blue	6:00-7:30 PM	6:30-8:00 PM	6:00-7:30 PM	6:30-8:00 PM	6:00-7:30 PM	7:30-9:00 AM
Green	6:00-7:30 PM	6:30-8:00 PM	6:00-7:30 PM	6:30-8:00 PM		7:30-9:00 AM
Dryland for Blue and Green via ZOOM:	6:30-7:00 AM		6:30-7:00 AM		6:30-7:00 AM	

Green Program, Blue Program and White Program:

Swimmers are assigned specific practice times and days. Rosters have been emailed.

*Schedules are subject to change and do not include specific dates when there are swim meets or vacations. Check the **DAILY Calendar** often for specific pool updates* NSSC does not practice at Gordon on holiday's or Sunday's.

Medford High School

FALL PROGRAM

Practice Schedule

September 14, 2020- November 27, 2020:

Program Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White	5:00-5:45 5:45-6:30 6:30-7:15 7:15-8:00 PM	5:00-5:45 5:45-6:30 6:30-7:15 7:15-8:00 PM	5:00-5:45 5:45-6:30 6:30-7:15 7:15-8:00 PM	5:00-5:45 5:45-6:30 6:30-7:15 7:15-8:00 PM	5:00-5:45 5:45-6:30 6:30-7:15 7:15-8:00 PM	OFF
Blue	3:30-5:00 5:00-6:30 6:30-8:00 PM	3:30-5:00 5:00-6:30 6:30-8:00 PM	3:30-5:00 5:00-6:30 6:30-8:00 PM	3:30-5:00 5:00-6:30 6:30-8:00 PM	3:30-5:00 5:00-6:30 6:30-8:00 PM	OFF
Green	3:30-5:00 5:00-6:30 6:30-8:00 PM	3:30-5:00 5:00-6:30 6:30-8:00 PM	3:30-5:00 5:00-6:30 6:30-8:00 PM	3:30-5:00 5:00-6:30 6:30-8:00 PM		3:00-4:30 4:30-6:00 PM
Dryland for Blue and Green via ZOOM:	6:30-7:00 AM		6:30-7:00 AM		6:30-7:00 AM	

Green Program, Blue Program and White Program:

Swimmers are assigned specific practice times and days. Rosters have been emailed.

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