

Medford Annual Program Practice Schedule

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

Session Start: Tuesday, 9/3/2024 / Session End: Thursday, 7/31/2025

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

Session Start: Tuesday, 9/3/2024 / Session End: Saturday, 5/31/2025

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.

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. All swimmers must enter through the front door of Active Fitness for your designated practice session.

** SCHEDULE OBSERVED: SEPTEMBER - MAY **

MEDFORD D1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	4:30 - 5:30 PM	--	--	4:30 - 5:30 PM	--	--	3:30 - 4:30 PM

MEDFORD D2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	5:30 - 6:30 PM	--	--	5:30 - 6:30 PM	--	--	2:30 - 3:30 PM

MEDFORD BRONZE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	6:30 - 7:30 PM	--	--	6:30 - 7:30 PM	--	2:30 - 4:15 PM	12:45 - 2:30 PM

MEDFORD SILVER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	--	6 - 7:30 PM	6:15 - 7:30 PM	--	6 - 7:30 PM	1 - 2:30 PM	11 - 12:45 PM

MEDFORD GOLD

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	--	4:15 - 6 PM	4:15 - 6:15 PM	--	4:15 - 6 PM	11 - 1 PM	9 - 11 AM
Dryland	--	--	6:15 - 7:15 PM	--	--	--	8 - 9 AM

MEDFORD PLATINUM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	7:30 - 9:30 PM	7:30 - 9:30 PM	7:30 - 9:30 PM	7:30 - 9:30 PM	7:30 - 9:30 PM	9 - 11 AM	--
Dryland	--	6:30 - 7:30 PM	--	6:30 - 7:30 PM	--	8 - 9 AM	--

Medford Annual Program Practice Schedule

**** SCHEDULE OBSERVED: MID JUNE & JULY ****

[No practice on Saturdays to accomodate summer swim team schedules.]

MEDFORD D1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	2:30 - 3:30 PM	--	--	2:45 - 3:45 PM	--	--	3:30 - 4:30 PM

MEDFORD D2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	3:30 - 4:30 PM	--	--	3:45 - 4:45 PM	3:15 - 4:15 PM	--	--

MEDFORD BRONZE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	6:30 - 7:30 PM	3 - 4:15 PM	3 - 4 PM	4:45 - 6PM	--	--	2:30 - 3:30 PM

MEDFORD SILVER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	--	6 - 7:30 PM	6 - 7:30 PM	6 - 7:30 PM	6 - 7:30 PM	--	1 - 2:30 PM

MEDFORD GOLD

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	4:30 - 6:30 PM	4:15 - 6 PM	4 - 6 PM	--	4:15 - 6 PM	--	11 - 1 PM
Dryland	--	--	6 - 7 PM	--	--	--	10 - 11 AM

MEDFORD PLATINUM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	7:30 - 9:30 PM	7:30 - 9:30 PM	7:30 - 9:30 PM	7:30 - 9:30 PM	7:30 - 9:30 PM	--	9 - 11 AM
Dryland	--	6:30 - 7:30 PM	--	6:30 - 7:30 PM	--	--	8 - 9 AM

*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 as of July 17, 2024