

MEDFORD AUGUST TRAINING SCHEDULE

August 2025

Session Start: Friday, 8/1/2025 / Session End: Friday, 8/29/2025

This is a complete month offering, no daily drop-in options. 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.

There is no dryland training offered with the August programs.

BRONZE/SILVER TRAINING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	6 - 7 PM	6 - 7 PM	6 - 7 PM	6 - 7 PM	6 - 7 PM	--	--

To sign up visit www.ccerpants.com and click on Meets & Events (lower right corner).

GOLD TRAINING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	7 - 8 PM	7 - 8 PM	7 - 8 PM	7 - 8 PM	7 - 8 PM	--	--

To sign up visit www.ccerpants.com and click on Meets & Events (lower right corner):

PLATINUM TRAINING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	8 - 9:30 PM	8 - 9:30 PM	8 - 9:30 PM	8 - 9:30 PM	8 - 9:30 PM	--	--

To sign up visit www.ccerpants.com and click on Meets & Events (lower right corner).

As of 7/16/2025