



SCHOOL YEAR PRACTICE SCHEDULE 2021-2022 (tentative)

DEVELOPMENTAL PRACTICE GROUPS

Locations & Practices	Brittingham-Midtown Aquatic Center: BMAC Fort Eustis Aquatic Center: FEAC Boys & Girls Club: B&G	Hampton Aquatic Center: HAC James City County Recreation Center: JREC Colony Recreation & Civic Association: Colony
Peninsula Flipper	Tues & Thurs: 5:45-6:15 PM @ B&G	
Williamsburg Flipper	Tues & Thurs: 6:00-6:30 PM @ WM	
Peninsula Blue	Tues & Thurs: 6:15-7:00 PM @ HAC or B&G	
Williamsburg Blue	Tues & Thurs: 6:45-7:30 PM @ WM	
Peninsula Blue Plus	Mon Tues Thurs: 5:30-6:15 PM @ HAC	
Williamsburg Blue Plus	Mon Tues Thurs: 6:00-6:45 PM @ WM	
Peninsula Gold	Mon & Wed: 6:30-7:30 PM @ HAC or 6:15-7:15 PM @ B&G	
Williamsburg Gold	Mon & Wed: 6:00-7:00 PM @ WM	



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Peninsula Gold plus	Mon, Wed, Thur: 5:30-6:30 PM @ HAC
Williamsburg Gold plus	Mon, Wed, Thur: 6:00-7:00 PM @ WM
Peninsula HS PREP	Mon-Thurs: 4:00-5:30 PM @ HAC
Williamsburg HS PREP	M-TH 3:15-4:45 pm @ JREC

MID DAY PRACTICE GROUPS

Blue & Blue plus	1:30-2:15 PM @ B&G Club Mon.-Thurs.
Gold & Gold plus	1:30-2:30 PM @ B&G Club Mon.-Thurs.
Junior	1:30-2:45 PM @ B&G Club Mon. – Thurs.
Age Group	1:30-3:00 PM @ B&G Club Mon.-Thurs.



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AGE GROUP PRACTICE GROUPS

Locations & Practices	Brittingham-Midtown Aquatic Center: BMAC Fort Eustis Aquatic Center: FEAC Boys & Girls Club: B&G	Hampton Aquatic Center: HAC James City County Recreation Center: JREC Colony Recreation & Civic Association: Colony
Peninsula Junior	Mon. Tues. Wed., Thurs: 5:45-7:15 PM @ BMAC	
Williamsburg Junior	Mon. Tues. Wed., Thurs: 5:45-7:15 PM @ WM	
Peninsula Age Group	Mon-Thurs: 5:45-7:30 PM @ BMAC Sat: 9:00-10:30 AM @ B&G	
Williamsburg Age Group	Mon-Thurs: 5:45-7:30 PM @ WM Sat: 9:00-10:30 AM @ B&G	
Peninsula Prep	Mon & Wed: 5:00-5:30 PM Core drylands @ FEAC 5:30-7:15 PM swim @ FEAC Tues & Thurs: 4:15-6:00 PM @ BMAC Sat: 9:00-11:00 @ B&G	
Williamsburg Prep	Mon & Wed: 5:00-5:30 PM Core drylands @ FEAC 5:30-7:15 PM swim @ FEAC Tues & Thurs: 4:00-5:45 PM @ JREC Sat: 9:00-11:00 @ B&G	



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SENIOR PRACTICE GROUPS

Locations & Practices	Brittingham-Midtown Aquatic Center: BMAC Fort Eustis Aquatic Center: FEAC Boys & Girls Club: B&G	James City County Recreation Center: JREC Colony Recreation & Civic Association: Colony
Peninsula Senior	Mon Wed Fri 4:00-6:00 PM @ BMAC Tuesday & Thursday 4:15-5:15 PM @ Colony (dryland) 5:30-7:30 PM @ FEAC (swim) Saturday 7:00-9:00 AM @ B&G	
Williamsburg Senior	Mon Wed Fri 4:00-6:00 PM @ JREC Tuesday & Thursday 4:15-5:15 PM @ Colony (dryland) 5:30-7:30 PM @ FEAC (swim) Saturday 7:00-9:00 AM @ B&G	
Peninsula National Prep	Mon & Wed: 2:45-3:30 PM or 5:30-6:15 PM Core @ FEAC Mon & Wed: 3:30-5:30 PM @ FEAC Tues & Thurs: 4:30-6:30 AM @ FEAC Tues & Thurs: 3:15-4:15 PM @ Col (dryland) 4:15-5:15 PM @ B&G (swim) Fri: 3:15-5:30 PM @ FEAC Sat: 6:30-7:30 AM @ Colony (dryland) 7:45-10:00 AM @ FEAC (swim)	
Williamsburg National Prep	Mon & Wed: 2:45-3:30 PM or 5:30-6:15 PM (core) @ JREC Mon & Wed: 3:30-5:30 PM @ JREC Tues & Thurs: 4:30-6:30 AM @ FEAC Tues & Thurs: 3:15-4:15 PM @ Col (dryland) 4:15-5:15 PM @ B&G (swim) Fri: 3:15-5:30 PM @ FEAC Sat: 6:30-7:30 AM @ Colony (dryland) 7:45-10:00 AM @ FEAC (swim)	



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Locations & Practices	Brittingham-Midtown Aquatic Center: BMAC Fort Eustis Aquatic Center: FEAC Boys & Girls Club: B&G	James City County Recreation Center: JREC Colony Recreation & Civic Association: Colony
National Team & College	Mon, Wed, & Fri: 4:30-6:30 AM @ FEAC Mon, Wed & Fri: 3:15-4:15 PM @ Colony (drylands) 4:30-5:30 @ B&G (swim) Tues & Thurs: 2:45-3:30 PM or 5:30-6:15 PM (core) @ FEAC Tues & Thurs: 3:30-5:30 PM @ FEAC Sat: 5:45-8:00 AM @ FEAC	
Masters	Mon, Wed & Fri: 5:00-6:45 AM @ B&G	