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: 7:00-7:30 PM **@ B&G** | |
| Williamsburg Flipper | Tues & Thurs: 5:15-5:45 PM **@ JREC** | |
| Peninsula  Blue | Tues & Thurs: 6:15-7:00 PM **@ B&G** | |
| Williamsburg Blue | Tues & Thurs: 5:45-6:30 PM **@ JREC** | |
| Peninsula  Blue Plus | Tues, Thurs, Fri: 5:30-6:15 PM **B&G** | |
| Williamsburg Blue Plus | Tues. Thurs.: 4:30-5:15 PM **@ JREC**  Sat: 4:00-4:45 PM **@ JREC** | |
| Peninsula  Gold | Mon & Wed: 6:30-7:30 PM **@ HAC** | |
| Williamsburg Gold | Mon & Wed: 6:00-7:00 PM **@ JREC** | |
| Peninsula  Gold plus | Mon, Wed : 5:30-6:30 PM **@ HAC** Fri 5:30-6:30 PM **@ B&G** | |
| Williamsburg Gold plus | Mon, Wed : 5:00-6:00 PM **@ JREC**  Sat. : 3:00-4:00 PM **@ JREC** | |
| Peninsula  HS PREP | Mon & Wed: 4:45-6:15 PM **@ BMAC** Tues & Thurs: 5:30-7:00 PM @ **HAC** | |
| Williamsburg  HS PREP | Tues, Thurs: 3:30-5:00 PM **@ JREC**  Fri: 4:00-5:30 **@ FEAC**  Sat: 3:00-4:30 PM **@ JREC** | |

**MID DAY PRACTICE GROUPS**

|  |  |
| --- | --- |
| Flipper | 1:30-2:00 PM **@ B&G Club** |
| 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. |

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.-Thurs: 6:00-7:30 PM **@ BMAC** | |
| Williamsburg Junior | Mon & Wed: 6:00-7:15 PM **@ JREC**  Tues & Thurs: 5:00-6:15 PM **@ JREC** | |
| Peninsula  Age Group | Mon-Thurs: 5:45-7:30 PM **@ BMAC**  Sat: 8:45-9:15 AM Core dryland **@ B&G** 9:15-10:45 AM **@ B&G** | |
| Williamsburg  Age Group | Mon & Wed: 6:00-7:30 PM **@ JREC**  Tues & Thurs: 5:00-6:30 PM **@ JREC**  Sat: 8:45-9:15 AM Core dryland **@ B&G** 9:15-10:45 AM **@ B&G** | |
| Peninsula Prep | Mon & Wed: 5:00-5:30 PM Core drylands **@ FEAC** 5:30-7:15 PM swim **@ FEAC**  Tues & Thurs: 5:10-5:30 PM Core drylands **@ FEAC** 5:30-7:15 PM swim **@ FEAC**  Sat: 7:30-9:15 AM swim **@ B&G** 9:15-9:45 AM core drylands **@ B&G** | |
| Williamsburg Prep | Mon & Wed: 5:00-5:30 PM Core drylands **@ FEAC** 5:30-7:15 PM swim **@ FEAC**  Tues & Thurs: 3:45-5:30 PM **@ JREC**  Sat: 7:30-9:15 AM swim **@ B&G** 9:15-9:45 AM core drylands **@ B&G** | |

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/Williamsburg  Senior | Mon & Wed : 5:00-5:30 PM (core) 5:30-7:30 PM (swim) **@ FEAC**  Tuesday & Thursday 4:15-5:10 PM **@ Colony** (dryland) 5:30-7:30 PM **@ FEAC** (swim)  Fri: 4:00-6:00 **@ FEAC**  Saturday 7:45-10:15 AM **@ FEAC** | |
| Peninsula/Williamsburg  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) 4:30-5:30 PM **@ B&G** (swim)  Fri: 3:15-5:30 PM **@ FEAC**  Sat: 5:45-8:00 AM **@ FEAC** (swim) 8:30-9:30 AM (dryland) @ **Colony** | |
| National Team & College | Mon, Wed, & Fri: 4:30-6:30 AM **@ FEAC**  Mon, Wed 2:30-3:30or 3:30-4:30 PM or 5:30-6:30 PM **@ Colony** (drylands) 3:40-4:40 or4:30-5:30 PM **@ B&G** (swim)  Friday: 2:15-3:15 or 4:30-5:30 PM **@ Colony** 3:30-4:30 PM Swim **@ B&G**  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 **@ FEAC** | |