DEVELOPMENTAL PRACTICE GROUPS

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| 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** |
| PeninsulaFlipper | 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**

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| 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

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| 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** |
| WilliamsburgAge 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

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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** |
| Peninsula/WilliamsburgSenior | 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/WilliamsburgNational 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** |