



# SCHOOL YEAR PRACTICE SCHEDULE

## 2021-2022 (updated 1/17) Starts 11/8

### DEVELOPMENTAL PRACTICE GROUPS

<b>Locations &amp; Practices</b>	Brittingham-Midtown Aquatic Center: <b>BMAC</b> Fort Eustis Aquatic Center: <b>FEAC</b> Boys & Girls Club: <b>B&amp;G</b>	Hampton Aquatic Center: <b>HAC</b> James City County Recreation Center: <b>JREC</b> Colony Recreation & Civic Association: <b>Colony</b>
<b>Peninsula Flipper</b>	Tues & Thurs: 7:00-7:30 PM @ <b>B&amp;G</b>	
<b>Williamsburg Flipper</b>	Tues & Thurs: 5:15-5:45 PM @ <b>JREC</b>	
<b>Peninsula Blue</b>	Tues & Thurs: 6:15-7:00 PM @ <b>B&amp;G</b>	
<b>Williamsburg Blue</b>	Tues & Thurs: 5:45-6:30 PM @ <b>JREC</b>	
<b>Peninsula Blue Plus</b>	Tues, Thurs, Fri: 5:30-6:15 PM <b>B&amp;G</b>	
<b>Williamsburg Blue Plus</b>	Tues. Thurs.: 4:30-5:15 PM @ <b>JREC</b> Sat: 4:00-4:45 PM @ <b>JREC</b>	
<b>Peninsula Gold</b>	Mon & Wed: 6:30-7:30 PM @ <b>HAC</b>	
<b>Williamsburg Gold</b>	Mon & Wed: 6:00-7:00 PM @ <b>JREC</b>	



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<b>Peninsula Gold plus</b>	Mon, Wed : 5:30-6:30 PM @ <b>HAC</b> Fri 5:30-6:30 PM @ <b>B&amp;G</b>
<b>Williamsburg Gold plus</b>	Mon, Wed : 5:00-6:00 PM @ <b>JREC</b> Sat. : 3:00-4:00 PM @ <b>JREC</b>
<b>Peninsula HS PREP</b>	Mon & Wed: 4:45-6:15 PM @ <b>BMAC</b> Tues & Thurs: 5:30-7:00 PM @ <b>HAC</b>
<b>Williamsburg HS PREP</b>	Tues, Thurs: 3:30-5:00 PM @ <b>JREC</b> Fri: 4:00-5:30 @ <b>FEAC</b> Sat: 3:00-4:30 PM @ <b>JREC</b>

## MID DAY PRACTICE GROUPS

<b>Flipper</b>	1:30-2:00 PM @ <b>B&amp;G Club</b>
<b>Blue &amp; Blue plus</b>	1:30-2:15 PM @ <b>B&amp;G Club</b> Mon.-Thurs.
<b>Gold &amp; Gold plus</b>	1:30-2:30 PM @ <b>B&amp;G Club</b> Mon.-Thurs.
<b>Junior</b>	1:30-2:45 PM @ <b>B&amp;G Club</b> Mon. - Thurs.
<b>Age Group</b>	1:30-3:00 PM @ <b>B&amp;G Club</b> Mon.-Thurs.



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### AGE GROUP PRACTICE GROUPS

<b>Locations &amp; Practices</b>	Brittingham-Midtown Aquatic Center: <b>BMAC</b> Fort Eustis Aquatic Center: <b>FEAC</b> Boys & Girls Club: <b>B&amp;G</b>	Hampton Aquatic Center: <b>HAC</b> James City County Recreation Center: <b>JREC</b> Colony Recreation & Civic Association: <b>Colony</b>
<b>Peninsula Junior</b>	Mon.-Thurs: 6:00-7:30 PM @ <b>BMAC</b>	
<b>Williamsburg Junior</b>	Mon & Wed: 6:00-7:15 PM @ <b>JREC</b> Tues & Thurs: 5:00-6:15 PM @ <b>JREC</b>	
<b>Peninsula Age Group</b>	Mon-Thurs: 5:45-7:30 PM @ <b>BMAC</b> Sat: 8:45-9:15 AM Core dryland @ <b>B&amp;G</b> 9:15-10:45 AM @ <b>B&amp;G</b>	
<b>Williamsburg Age Group</b>	Mon & Wed: 6:00-7:30 PM @ <b>JREC</b> Tues & Thurs: 5:00-6:30 PM @ <b>JREC</b> Sat: 8:45-9:15 AM Core dryland @ <b>B&amp;G</b> 9:15-10:45 AM @ <b>B&amp;G</b>	
<b>Peninsula Prep</b>	Mon & Wed: 5:00-5:30 PM Core drylands @ <b>FEAC</b> 5:30-7:15 PM swim @ <b>FEAC</b> Tues & Thurs: 5:10-5:30 PM Core drylands @ <b>FEAC</b> 5:30-7:15 PM swim @ <b>FEAC</b> Sat: 7:30-9:15 AM swim @ <b>B&amp;G</b> 9:15-9:45 AM core drylands @ <b>B&amp;G</b>	
<b>Williamsburg Prep</b>	Mon & Wed: 5:00-5:30 PM Core drylands @ <b>FEAC</b> 5:30-7:15 PM swim @ <b>FEAC</b> Tues & Thurs: 3:45-5:30 PM @ <b>JREC</b> Sat: 7:30-9:15 AM swim @ <b>B&amp;G</b> 9:15-9:45 AM core drylands @ <b>B&amp;G</b>	



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### SENIOR PRACTICE GROUPS

<b>Locations &amp; Practices</b>	Brittingham-Midtown Aquatic Center: <b>BMAC</b> Fort Eustis Aquatic Center: <b>FEAC</b> Boys & Girls Club: <b>B&amp;G</b>	James City County Recreation Center: <b>JREC</b> Colony Recreation & Civic Association: <b>Colony</b>
<b>Peninsula/Williamsburg Senior</b>	Mon & Wed : 5:00-5:30 PM (core) 5:30-7:30 PM (swim) @ <b>FEAC</b> Tuesday & Thursday 4:00-5:00 PM @ <b>Colony</b> (dryland) 5:30-7:30 PM @ <b>FEAC</b> (swim) Fri: 4:00-6:00 @ <b>FEAC</b> Saturday 7:45-10:15 AM @ <b>FEAC</b>	
<b>Peninsula/Williamsburg National Prep</b>	Mon & Wed: 2:45-3:30 PM or 5:30-6:15 PM Core @ <b>FEAC</b> Mon & Wed: 3:30-5:30 PM @ <b>FEAC</b> Tues & Thurs: 4:30-6:30 AM @ <b>FEAC</b> Tues & Thurs: 3:15-4:15 PM @ <b>Col</b> (dryland) 4:30-5:30 PM @ <b>B&amp;G</b> (swim) Fri: 3:15-5:30 PM @ <b>FEAC</b> Sat: 5:45-8:00 AM @ <b>FEAC</b> (swim) 8:30-9:30 AM (dryland) @ <b>Colony</b>	
<b>National Team &amp; College</b>	Mon, Wed, & Fri: 4:30-6:30 AM @ <b>FEAC</b> Mon, Wed 2:30-3:30 or 3:30-4:30 PM or 5:30-6:30 PM @ <b>Colony</b> (drylands) 3:40-4:40 or 4:30-5:30 PM @ <b>B&amp;G</b> (swim) Friday: 2:15-3:15 or 4:30-5:30 PM @ <b>Colony</b> 3:30-4:30 PM Swim @ <b>B&amp;G</b> Tues & Thurs: 2:45-3:30 PM or 5:30-6:15 PM (core) @ <b>FEAC</b> Tues & Thurs: 3:30-5:30 PM @ <b>FEAC</b> Sat: 5:45-8:00 AM @ <b>FEAC</b>	
<b>Masters</b>	Mon, Wed & Fri: 5:00-6:45 AM @ <b>FEAC</b>	