



# SCHOOL YEAR PRACTICE SCHEDULE 2021-2022 (updated 10/9)

## DEVELOPMENTAL PRACTICE GROUPS

| <b>Locations &amp; Practices</b> | Brittingham-Midtown Aquatic Center: <b>BMAC</b><br>Fort Eustis Aquatic Center: <b>FEAC</b><br>Boys & Girls Club: <b>B&amp;G</b> | Hampton Aquatic Center: <b>HAC</b><br>James City County Recreation Center: <b>JREC</b><br>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><br>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><br>Sat. : 3:00-4:00 PM @ <b>JREC</b>      |
| <b>Peninsula HS PREP</b>      | Mon & Wed: 4:00-5:30 PM @ <b>HAC</b> Tues & Thurs: 4:00-5:30 PM @ <b>BMAC</b>   |
| <b>Williamsburg HS PREP</b>   | Tues, Thurs, Fri: 3:30-5:00 PM @ <b>JREC</b><br>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><br>Mon.-Thurs.   |
| <b>Gold &amp; Gold plus</b> | 1:30-2:30 PM @ <b>B&amp;G Club</b><br>Mon.-Thurs.   |
| <b>Junior</b>               | 1:30-2:45 PM @ <b>B&amp;G Club</b><br>Mon. - Thurs. |
| <b>Age Group</b>            | 1:30-3:00 PM @ <b>B&amp;G Club</b><br>Mon.-Thurs.   |
| <b>HS Prep</b>              | 1:30-3:00 PM @ <b>B&amp;G Club</b><br>Mon.-Thurs.   |



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## AGE GROUP PRACTICE GROUPS

| <b>Locations &amp; Practices</b> | Brittingham-Midtown Aquatic Center: <b>BMAC</b><br>Fort Eustis Aquatic Center: <b>FEAC</b><br>Boys & Girls Club: <b>B&amp;G</b>   | Hampton Aquatic Center: <b>HAC</b><br>James City County Recreation Center: <b>JREC</b><br>Colony Recreation & Civic Association: <b>Colony</b> |
|----------------------------------|---|--|
| <b>Peninsula Junior</b>          | Mon.-Thurs: 5:45-7:15 PM @ <b>BMAC</b>  |  |
| <b>Williamsburg Junior</b>       | Mon & Wed: 6:00-7:15 PM @ <b>JREC</b><br>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><br>Sat: 9:15-9:45 AM Core dryland @ <b>B&amp;G</b> 9:45-11:15 AM @ <b>B&amp;G</b>   |  |
| <b>Williamsburg Age Group</b>    | Mon & Wed: 6:00-7:30 PM @ <b>JREC</b><br>Tues & Thurs: 5:00-6:30 PM @ <b>JREC</b><br>Sat: 9:15-9:45 AM Core dryland @ <b>B&amp;G</b> 9:45-11:15 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><br>Tues & Thurs: 4:00-6:00 PM @ <b>BMAC</b><br>Sat: 8:00-9:45 AM swim @ <b>B&amp;G</b> 9:45-10:15 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><br>Tues & Thurs: 3:45-5:30 PM @ <b>JREC</b><br>Sat: 8:00-9:45 AM swim @ <b>B&amp;G</b> 9:45-10:15 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><br>Fort Eustis Aquatic Center: <b>FEAC</b><br>Boys & Girls Club: <b>B&amp;G</b>  | James City County Recreation Center: <b>JREC</b><br>Colony Recreation & Civic Association: <b>Colony</b> |
|-----------------------------------|--|--|
| <b>Peninsula Senior</b>           | Mon Wed Fri: 3:40-4:00 core 4:00-6:00 PM @ <b>BMAC</b><br>Tuesday & Thursday 4:15-5:10 PM @ <b>Colony</b> (dryland) 5:30-7:30 PM @ <b>FEAC</b> (swim)<br>Saturday 6:00-8:30 AM @ <b>B&amp;G</b>  |  |
| <b>Williamsburg Senior</b>        | Mon & Wed: Core 5:10-5:30 swim 5:30-7:30 PM @ <b>FEAC</b><br>Tuesday & Thursday 4:15-5:10 PM @ <b>Colony</b> (dryland) 5:30-7:30 PM @ <b>FEAC</b> (swim)<br>Fri: 3:30-5:30 PM @ <b>JREC</b><br>Saturday 3:00-5:00 @ <b>JREC</b>  |  |
| <b>Peninsula National Prep</b>    | Mon & Wed: 2:45-3:30 PM or 5:30-6:15 PM Core @ <b>FEAC</b><br>Mon & Wed: 3:30-5:30 PM @ <b>FEAC</b><br>Tues & Thurs: 4:30-6:30 AM @ <b>FEAC</b><br>Tues & Thurs: 3:15-4:15 PM @ <b>Col</b> (dryland) 4:30-5:30 PM @ <b>B&amp;G</b> (swim)<br>Fri: 3:15-5:30 PM @ <b>FEAC</b><br>Sat: 6:30-7:30 AM @ <b>Colony</b> (dryland) 7:45-10:00 AM @ <b>FEAC</b> (swim) |  |
| <b>Williamsburg National Prep</b> | Mon & Wed: 2:45-3:30 PM or 5:30-6:15 PM Core @ <b>FEAC</b><br>Mon & Wed: 3:30-5:30 PM @ <b>FEAC</b><br>Tues & Thurs: 4:30-6:30 AM @ <b>FEAC</b><br>Tues & Thurs: 3:15-4:15 PM @ <b>Col</b> (dryland) 4:30-5:30 PM @ <b>B&amp;G</b> (swim)<br>Fri: 3:30-5:30 PM @ <b>JREC</b><br>Sat: 6:30-7:30 AM @ <b>Colony</b> (dryland) 7:45-10:00 AM @ <b>FEAC</b> (swim) |  |



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



# **SCHOOL YEAR PRACTICE SCHEDULE**

## **2021-2022 (updated 10/9)**