



SCHOOL YEAR PRACTICE SCHEDULE 2021-2022 (updated 9/12)

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	



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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: 4:00-5:30 PM @ HAC Tues & Thurs: 4:00-5:30 PM @ BMAC
Williamsburg HS PREP	Tues, Thurs, Fri: 3:30-5:00 PM @ JREC 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.



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HS Prep	1:30-3:00 PM @ B&G Club Mon.-Thurs.
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AGE GROUP PRACTICE GROUPS

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Peninsula Junior	Mon.-Thurs: 5:45-7:15 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: 9:15-9:45 AM Core dryland @ B&G 9:45-11:15 AM @ B&G	
Williamsburg Age Group	Mon & Wed: 6:00-7:30 PM @ JREC Tues & Thurs: 5:00-6:30 PM @ JREC Sat: 9:15-9:45 AM Core dryland @ B&G 9:45-11:15 AM @ B&G	
Peninsula Prep	Mon & Wed: 5:00-5:30 PM Core drylands @ FEAC 5:30-7:15 PM swim @ FEAC Tues & Thurs: 4:00-6:00 PM @ BMAC Sat: 8:00-9:45 AM swim @ B&G 9:45-10:15 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: 8:00-9:45 AM swim @ B&G 9:45-10:15 AM core drylands @ 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: 3:40-4:00 core 4:00-6:00 PM @ BMAC Tuesday & Thursday 4:15-5:10 PM @ Colony (dryland) 5:30-7:30 PM @ FEAC (swim) Saturday 6:00-8:30 AM @ B&G	
Williamsburg Senior	Mon & Wed: Core 5:10-5:30 swim 5:30-7:30 PM @ FEAC Tuesday & Thursday 4:15-5:10 PM @ Colony (dryland) 5:30-7:30 PM @ FEAC (swim) Fri: 3:30-5:30 PM @ JREC Saturday 3:00-5:00 @ JREC	
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) 4:30-5:30 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 @ 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: 3:30-5:30 PM @ JREC	



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	Sat: 6:30-7:30 AM @ Colony (dryland) 7:45-10:00 AM @ FEAC (swim)	
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 PM @ 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 @ FEAC	



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