



SCHOOL YEAR PRACTICE SCHEDULE 2020-2021

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
Flipper	Tues & Thurs: 6:30-7:00 PM @ HAC	
JREC Flipper	Mon & Wed: 6:15-6:45 PM @ JREC	
Blue	Tues & Thurs: 6:30-7:15 PM @ HAC Fri: 6:15-7:00 PM @ HAC	
JREC Blue	Mon & Wed: 6:15-7:00 PM @ JREC Sat: 4:30-5:15 PM @ JREC	
Gold	Mon, Wed, & Fri: 5:15-6:15 PM @ HAC	
JREC Gold	Mon & Wed: 5:15-6:15 PM @ JREC Sat: 4:45-5:45 PM @ JREC	
HS PREP	Mon-Thurs: 3:45-5:15 PM @ HAC	
JREC HS PREP	Tues & Thurs: 5:15-6:45 PM @ JREC Sat: 4:15-5:45 PM @ JREC Sun: 9:30-11:00 AM @ JREC	



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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
Junior	Mon & Wed: 6:15-7:30 PM @ HAC Tues & Thurs: 5:15-6:30 PM @ HAC	
JREC Junior	Mon & Wed: 5:15-6:30 PM @ JREC Sat: 4:30-5:45 PM @ JREC Sun: 9:30-10:45 AM @ JREC	
Age Group	Mon-Thurs: 6:00-7:30 PM @ B&G Club Sat: 9:00-10:30 AM @ B&G Club	
JREC Age Group	Tues & Thurs: 5:15-6:45 PM @ JREC Wed: 6:00-7:30 PM @ B&G Club Sat: 9:00-10:30 AM @ B&G Club Sun: 9:30-11:00 AM @ JREC	
Prep	Mon-Thurs: 4:15-6:00 PM @ B&G Club Sat: 7:00-9:00 AM @ B&G Club	
JREC Prep	Tues & Thurs: 3:30-5:15 PM @ JREC Wed: 4:00-5:45 PM @ B&G Club Sat: 7:00-9:00 AM @ B&G Club Sun: 9:30-11:30 AM @ JREC	



SCHOOL YEAR PRACTICE SCHEDULE 2020-2021

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
Group A Senior	Monday-Friday 4:00-6:00 PM @ BMAC Monday & Wednesday 6:30-7:15 PM @ Colony (dryland) Sunday 9:00-11:00 AM @ BMAC (long course)	
Group B Senior	Monday-Friday 4:00-6:00 PM @ BMAC Tuesday & Thursday 6:30-7:15 PM @ Colony Sunday 9:00-11:00 AM @ BMAC (long course)	
JREC Senior	Mon & Wed: 4:00-6:00 PM @ BMAC & 6:30-7:15 PM @ Colony Tues & Thurs: 5:00-7:00 PM @ JREC Fri: 4:00-6:00 PM @ BMAC Sun: 9:00-11:00 @ BMAC (long course)	
FEAC National Prep	Mon & Fri: 4:30-6:30 AM @ FEAC Tues & Thurs. AM: 4:30-5:30 AM @ B&G (swim) &/OR 5:30-6:30 AM Colony (dryland) assigned by coach Tues & Thurs. PM: 3:30-5:45 PM @ FEAC Sat: 6:00-8:00 AM @ B&G or 2:30-4:30 PM @ BMAC (long course) sign up genius Sun: 7:00-9:00 AM or 9:00-11:00 AM @ BMAC (long course) assigned by coach	
JREC National Prep	Mon & Fri: 4:30-6:30 AM @ FEAC Tues & Thurs AM: 4:30-5:30 AM @ B&G (swim) &/OR 5:30-6:30 AM Colony (dryland) assigned by coach Tues & Thurs PM: 5:00-7:00 PM @ JREC Sat: 6:00-8:00 AM @ B&G or 2:30-4:30 PM @ BMAC (long course) sign up genius Sun: 7:00-9:00 AM or 9:00-11:00 AM @ BMAC (long course) assigned by coach	



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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
National Team & College	Mon, Wed, & Fri AM: 4:30-6:30 AM @ B&G (swim) & @ Colony (dryland) Mon, Wed, & Fri PM: 3:30-5:45 PM @ FEAC Tues: 4:30-6:30 AM @ FEAC Sat: 2:30-4:30 PM @ BMAC (long course) Sun: 7:00-9:00 AM @ BMAC (long course)	
Masters	Tues, Thurs, & Fri: 5:00-6:45 AM @ FEAC	

MID DAY PRACTICE GROUPS

Flipper	1:30-2:00 PM @ B&G Club Mon.- Thurs. 2 days a week
Blue	1:30-2:15 PM @ B&G Club Mon.-Thurs. 3 days a week
Gold	1:30-2:30 PM @ B&G Club Mon.-Thurs. 3 days a week
Junior	1:30-2:45 PM @ B&G Club Mon. - Thurs.
Age Group	1:30-3:00 PM @ B&G Club Mon.-Thurs.