



SUMMER PRACTICE SCHEDULE 2021 **LC

DEVELOPMENTAL PRACTICE GROUPS

Locations & Practices	Brittingham-Midtown Aquatic Center: BMAC Fort Eustis Aquatic Center: FEAC Boys & Girls Club: B&G	Kingspoint: KP NorthHampton: NH Colony Recreation & Civic Association: Colony	Glendale: GD
Flipper	Tues & Wed: 5:15-5:45 PM @ B&G		
Kingspoint Flipper	Tues & Fri: 7:30-8:00 AM @ KP		
Blue	Tues & Wed: 4:30-5:15 PM @ B&G Fri: 7:15-8:00 AM @ VG		
Kingspoint Blue	Tue. Thurs Fri: 7:30-8:15 AM @ KP		
Gold	Mon Wed Thurs: 7:30-8:30 AM @ NH		
Kingspoint Gold	Mon Wed Fri: 7:15-8:15 AM @ KP		
HS PREP	Mon-Thurs: 6:00-7:30 AM @ NH		
Kingspoint HS PREP	Mon.-Thurs: 6:00-7:30 AM @ KP		



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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	Village Green: VG Kingspoint: KP Colony Recreation & Civic Association: Colony Glendale: GD
Junior	Mon-Thurs: 6:45-8:15 AM @ VG	
Kingspoint Junior	Mon-Thurs: 6:00-7:30 AM @ KP	
Age Group	Mon-Thurs: 6:45-8:30 AM @ VG Sat.: 7:00-8:30 AM @ Col	
Kingspoint Age Group	Mon-Thurs: 6:00-7:45 AM @ KP Sat.: 7:00-8:30 AM @ Col	
Prep Age Group Orange	Mon-Thurs: 6:00-8:00 AM @ GD Friday: 6:00-8:00 AM @ Col	
Kingspoint Prep	Mon-Thurs : 6:00-8:00 AM @ KP Fri : 6:00-8:00 AM @ COL	



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SENIOR PRACTICE GROUPS

Locations & Practices	Brittingham-Midtown Aquatic Center: BMAC Fort Eustis Aquatic Center: FEAC Boys & Girls Club: B&G	Kingspoint: KP Glendale: GD Colony Recreation & Civic Association: Colony Colony Barn: Col Barn=Drylands Edgehill: EH
Senior	Mon-Thurs: 6:00-8:00 AM @ Col Mon-Thurs: 8:00-8:45 AM @ Col Barn (dryland) Fri: 6:00-8:00 AM @ BMAC (long course) Sat: 6:00-8:00 AM @ GD	
Kingspoint Senior	Mon & Wed : 6:00-8:00 AM @ KP Tues & Thurs : 6:00-8:00 AM @ Col 8:00-8:45 AM (dryland)@ Col Barn Fri: 6:00-8:00 AM @ BMAC (long course) Sat: 6:00-8:00 AM @ GD	
National Prep Summer Awards Focus	Mon & Wed: 5:45-8:15 AM @ BMAC (long course) Tues, Thurs: 5:45-8:00 AM @ FEAC (after Summer Awards meet practice will be @ EH) Tues & Thurs: 2:30-3:30 PM @ B&G then 3:45-4:30 PM @ Col Barn Fri: 5:45-8:00 AM @ B&G Sat: 5:45-8:00 AM @ EH	
National Prep SR&AG Champs focus	Mon & Wed: 5:45-8:15 AM @ BMAC (long course) Tues Thurs: 5:45-8:00 AM @ FEAC Tues & Thurs: 2:30-3:30 PM @ B&G then 3:45-4:30 PM @ Col Barn Fri: 5:45-8:00 AM @ EH Sat: 5:45-8:00 AM @ FEAC	
Kingspoint National Prep	Mon & Wed 5:45-8:15 @ BMAC (long course) Tues Thurs & Fri: 5:45-8:00 AM @ KP Tues & Thurs: 2:30-3:30 PM @ B&G then 3:45-4:30 PM @ Col Barn Sat: 5:45-8:00 AM @ EH	



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Locations & Practices	Brittingham-Midtown Aquatic Center: BMAC Fort Eustis Aquatic Center: FEAC Boys & Girls Club: B&G	Village Green: VG Glendale: GD James City County Recreation Center: JREC Colony Recreation & Civic Association: Colony
National Team & College	Mon Wed. Fri: 5:45-8:00 AM @ FEAC Tues & Thur 5:45-8:15 AM @ BMAC (long course) Mon & Wed: 2:30-3:30 PM @ B&G then 3:45-4:30 PM @ Col Barn (boys and girls alternate) Sat. 5:45-8:00 AM @ FEAC	
Masters	Mon Wed & Fri: 5:00-6:45 AM @ VG	