



COAST GUARD BLUE DOLPHINS SWIM TEAM

Practice Schedule (School Year 2020-2021)

Group	Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Flipper	HAC		6:15-6:45 PM		6:15-6:45 PM			
	JREC	6:15-6:45 PM		6:15-6:45 PM				
Blue	HAC		6:15-7:00 PM		6:15-7:00 PM	5:30-6:15 PM		
	JREC	6:15-7:00 PM		6:15-7:00 PM			4:30-5:15 PM	
Gold	HAC	6:15-7:15 PM		6:15-7:15 PM		6:15-7:15 PM		
	JREC	5:15-6:15 PM		5:15-6:15 PM			4:45-5:45 PM	
Midday	BMAC	1:30-2:30 PM	1:30-2:30 PM	1:30-2:30 PM	1:30-2:30 PM			
		1:30-3:00 PM	1:30-3:00 PM	1:30-3:00 PM	1:30-3:00 PM			
Junior	HAC	5:00-6:15 PM	5:00-6:15 PM	5:00-6:15 PM	5:00-6:15 PM			
	JREC	5:15-6:30 PM		5:15-6:30 PM			3:15-4:30 PM	9:30-10:45 AM
Age Group	BMAC	5:45-7:15 PM	5:45-7:15 PM	5:45-7:15 PM combined @ BMAC	5:45-7:15 PM		9:00-10:30 AM combined @ BMAC	
	JREC		5:15-6:45 PM		5:15-6:45 PM			9:30-11:00 AM
Prep	BMAC	4:00-5:45 PM	4:00-5:45 PM	4:00-5:45 PM combined @ BMAC	4:00-5:45 PM		7:00-9:00 AM combined @ BMAC	
	JREC		3:30-5:15 PM		3:30-5:15 PM			9:30-11:30 AM

Group	Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HS Prep	BMAC	6:00-7:30 PM	6:00-7:30 PM	6:00-7:30 PM	6:00-7:30 PM			
	JREC		5:15-6:45 PM		5:15-6:45 PM		3:15-4:45 PM	9:30-11:00 AM
Senior	BMAC	4:00-6:00 PM (W)	4:00-6:00 PM (W)	4:00-6:00 PM (W)	4:00-6:00 PM (W)			
	COL	6:15-7:00 PM (D)	6:15-7:00 PM (D)	6:15-7:00 PM (D)	6:15-7:00 PM (D)	4:00-6:00 PM	7:00-9:00 AM	
	B&G	4:00-6:00 PM (W) combined @ B&G	4:00-6:00 PM (W)	4:00-6:00 PM (W) combined @ B&G	4:00-6:00 PM (W)	combined @ BMAC	combined @ BMAC	
	JREC		3:15-5:15 PM		3:15-5:15 PM			9:30-11:30 AM
National Prep	COL		6:00-7:00 AM (D)		6:00-7:00 AM (D)		6:45-7:45 AM (D)	
	B&G		4:45-6:00 AM		4:45-6:00 AM			
	FEAC	5:00-7:00 AM(W)	3:30-5:45 PM (W)	5:00-7:00 AM(W)	3:30-5:45 PM (W)	5:00-7:00 AM(W)	8:00-10:00 AM	
	JREC	combined @ FEAC	3:15-5:15 PM (W)	combined @ FEAC	3:15-5:15 PM (W)		combined @ FEAC	9:30-11:30 AM
National Team & College	COL	6:00-7:00 AM (D)		6:00-7:00 AM (D)		6:00-7:00 AM (D)		
	B&G	4:45-6:00 AM		4:45-6:00 AM		4:45-6:00 AM		
	FEAC	3:30-5:45 PM (W)	5:00-7:00 AM (W)	3:30-5:45 PM (W)	5:00-7:00 AM (W)	3:30-5:45 PM (W)	5:45-8:00 AM (W)	
Masters	FEAC	5:00-6:45 AM		5:00-6:45 AM		5:00-6:45 AM		

Abbreviations & Codes:

(D): Dryland Training
(W): In-water Training

Locations:

BMAC: Brittingham-Midtown Aquatic Center
CG: USCG Training Center-Yorktown Gym Pool
FEAC: Fort Eustis Aquatic Center
FTC: Fitness Training Center @ Colony
HAC: Hampton Aquatic Center
COL: Colony Pool
JREC: James City County Recreation Center
B&G: Boys and Girls Club-Thorncliffe

Color Codes

Red: Senior Group A
Blue: Senior Group B