



# ***COAST GUARD BLUE DOLPHINS SWIM TEAM***

## **Practice Schedule (School Year 2020-2021)**

| Group     | Site | Monday       | Tuesday      | Wednesday                                  | Thursday     | Friday       | Saturday   | Sunday        |
|-----------|------|--------------|--------------|--|--------------|--------------|--|---------------|
| Flipper   | HAC  |              | 6:30-7:00 PM |  | 6:30-7:00 PM |              |  |               |
|           | JREC | 6:15-6:45 PM |              | 6:15-6:45 PM                               |              |              |  |               |
| Blue      | HAC  |              | 6:30-7:15 PM |  | 6:30-7:15 PM | 6:15-7:00 PM |  |               |
|           | JREC | 6:15-7:00 PM |              | 6:15-7:00 PM                               |              |              | 4:30-5:15 PM   |               |
| Gold      | HAC  | 5:15-6:15 PM |              | 5:15-6:15 PM                               |              | 5:15-6:15 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  | 6:15-7:30 PM | 5:15-6:30 PM | 6:15-7:30 PM                               | 5:15-6:30 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<br><b>combined @<br/>BMAC</b> | 5:45-7:15 PM |              | 9:00-10:30 AM<br><b>combined @<br/>Boys &amp; Girls Club</b> |               |
|           | 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<br><b>combined @<br/>BMAC</b> | 4:00-5:45 PM |              | 7:00-9:00 AM<br><b>combined @<br/>Boys &amp; Girls Club</b>  |               |
|           | 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                 | HAC  | 3:45-5:15 PM                          | 3:45-5:15 PM     | 3:45-5:15 PM                          | 3:45-5:15 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       | 9:00-11:00 AM      |               |
|                         | B&G  | 4:00-6:00 PM (W)<br>combined @<br>B&G | 4:00-6:00 PM (W) | 4:00-6:00 PM (W)<br>combined @<br>B&G | 4:00-6:00 PM (W) | combined @<br>BMAC | combined @<br>BMAC |               |
|                         | JREC |                                       | 5:00-7:00 PM     |                                       | 5:00-7:00 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 | 4:45-6:45 AM(W)                       | 3:30-5:45 PM (W) | 4:45-6:45 AM(W)                       | 3:30-5:45 PM (W) | 4:45-6:45 AM(W)    | 8:00-10:00 AM      |               |
|                         | JREC | combined @<br>FEAC                    | 5:15-7:15 PM (W) | combined @<br>FEAC                    | 5:15-7:15 PM (W) |                    | combined @<br>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)                      | 4:45-6:45 AM (W) | 3:30-5:45 PM (W)                      | 4:45-6:45 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