



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

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

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