



COAST GUARD BLUE DOLPHINS SWIM TEAM

Practice Schedule (School Year 2020-2021)

Group	Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stroke School	TBD							
	TBD							
	TBD							
Flipper	HAC		6:15-6:45 PM		6:15-6:45 PM			
			6:45-7:15 PM		6:45-7:15 PM			
	JREC	6:15-6:45 PM		6:15-6:45 PM				
Blue	HAC		6:30-7:15 PM		6:30-7:15 PM	5:30-6:15 PM		
	JREC	6:15-7:00 PM		6:15-7:00 PM			4:30-5:15 PM	
Gold	HAC	6:30-7:30 PM		6:30-7:30 PM		4:30-5:30 PM		
	JREC	5:15-6:15 PM		5:15-6:15 PM			4:45-5:45 PM	
Home School	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	5:00-6:30 PM	5:00-6:30 PM	5:00-6:30 PM	5:00-6:30 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	5:45-7:30 PM	5:45-7:30 PM	5:45-7:30 PM combined @ BMAC	5:45-7:30 PM		9:00-10:45 AM combined @ HAC	
	JREC		5:15-6:45 PM		5:15-6:45 PM			9:30-11:00 AM

Group	Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Prep	BMAC	4:00-4:15 PM (D) 4:15-6:00 PM (W)	4:00-4:15 PM (D) 4:15-6:00 PM (W)	4:00-4:15 PM (D) 4:15-6:00 PM (W)	4:00-4:15 PM (D) 4:15-6:00 PM (W)		7:00-9:00 AM combined @ HAC		
	JREC		3:30-5:15 PM	combined @ BMAC	3:30-5:15 PM			9:30-11:30 AM	
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	5:30-7:30 PM		5:30-7:30 PM		5:30-7:30 PM combined @ BMAC			
	COL		4:00-5:00 PM (D) 5:00-7:00 PM (W)		4:00-5:00 PM (D) 5:00-7:00 PM (W)				
	EH						8:30-10:30 AM		
	BMAC		5:30-7:30 PM	4:00-5:00 PM (D) 5:00-7:00 (W)	5:30-7:30 PM			7:30-9:30 AM	
	COL	4:00-5:00 PM (D) 5:00-7:00 PM (W)		combined @ Colony				combined @ Colony	
	JREC		3:15-5:15 PM		3:15-5:15 PM				9:30-11:30 AM
National Prep	EH		4:45-7:00 AM		4:45-7:00 AM				
			3:30-5:30 PM 4:30-6:30 PM		3:30-5:30 PM 4:30-6:30 PM	3:30-5:30 PM 4:30-6:30 PM	9:00-11:00 AM		
	COL	3:00-5:00 PM (W) 5:00-6:00 PM (D)	3:00-5:00 PM (W) 5:00-6:00 PM (D)	3:00-5:00 PM	3:00-5:00 PM (W) 5:00-6:00 PM (D)	3:00-4:00 PM (D) 4:00-6:00 PM (W)	combined @ BMAC		
	JREC	combined @ Colony	3:15-5:15 PM		3:15-5:15 PM	combined @ Colony			
	BMAC	3:30-5:30 PM		3:30-5:30 PM				9:30-11:30 AM	

Group	Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
National Team	COL	4:45-6:00 AM (W) 6:00-7:00 AM (D)		4:45-6:00 AM (W) 6:00-7:00 AM (D)		4:45-6:00 AM (W) 6:00-7:00 AM (D)		
	EH		4:45-7:00 AM		4:45-7:00 AM		6:30-8:30 AM combined @ EH	
		3:30-5:30 PM	3:30-5:30 PM 4:30-6:30 PM	3:30-5:30 PM	3:30-5:30 PM 4:30-6:30 PM			
	BMAC		3:30-5:30 PM		3:30-5:30 PM	3:30-5:30 PM		
Masters	COL		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 Poo
FEAC: Fort Eustis Aquatic Center
FTC: Fitness Training Center @ Colony
PS: Powhattan Secondary
KP: Kingspoint
HAC: Hampton Aquatic Center

Color Codes

Red: Flipper Option 1
Blue: Flipper Option 2
Green: Senior Option 1
Purple: Senior Option 2
Gray: Make-up Option
Aqua: NP Option 1
Pink: NP Option 2
Brown: NT Girls
Orange: NT Boys