



COAST GUARD BLUE DOLPHINS SWIM TEAM

Practice Schedule (School Year 2020-2021) (v 4.0)

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	6:00-6:45 PM		
	JREC	6:15-7:00 PM		6:15-7:00 PM			4:30-5:15 PM	
Gold	HAC	7:15-8:00 PM		7:15-8:00 PM		6:00-7:00 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	4:45-6:00 PM	5:00-6:30 PM	4:45-6:00 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

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

Group	Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
National Prep	COL	2:30-4:30 PM (W) 4:30-5:30 PM (D) 3:30-4:30 PM (D) 4:30-6:30 PM (W)	4:45-6:00 AM (S) 6:00-7:00 AM (D)	2:30-4:30 PM (W) 4:30-5:30 PM (D) 3:30-4:30 (D) 4:30-6:30 PM (W)	4:45-6:00 AM (S) 6:00-7:00 AM (D)	2:30-4:30 PM (W) 4:30-5:30 PM (D) 3:30-4:30 PM (D) 4:30-6:30 PM (W)	9:00-11:00 AM	
	JREC	combined @ Colony	3:15-5:15 PM		3:15-5:15 PM	combined @ Colony	combined @ BMAC	9:30-11:30 AM
	BMAC		2:30-4:30 PM 3:30-5:30 PM		2:30-4:30 PM 3:30-5:30 PM			
National Team	COL	4:45-6:00 AM (W) 6:00-7:00 AM (D)	3:30-5:30 PM	4:45-6:00 AM (W) 6:00-7:00 AM (D)	3:30-5:30 PM	4:45-6:00 AM (W) 6:00-7:00 AM (D)	7:00-9:00 AM	
	BMAC	3:30-5:30 PM		3:30-5:30 PM		3:30-5:30 PM		
Masters	COL	6:00-7:45 AM		6:00-7:45 AM		6:00-7:45 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
- PS:** Powhattan Secondary
- KP:** Kingspoint
- HAC:** Hampton Aquatic Center

Color Codes

- Red:** Flipper Option 1
- Blue:** Flipper Option 2
- Brown:** Prep Option 1
- Orange:** Prep Option 2
- Green:** Senior Option 1
- Purple:** Senior Option 2
- Gray:** Make-up Option
- Aqua:** NP Option 1
- Pink:** NP Option 2