



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			
	JREC	6:15-6:45 PM		6:15-6:45 PM				
Blue	HAC		6:00-6:45 PM		6:00-6:45 PM	6:00-6:45 PM		
	JREC	6:15-7:00 PM		6:15-7:00 PM			4:30-5:15 PM	
Gold	HAC	6:00-6:45 PM		6:00-6:45 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	4:45-6:00 PM		4:45-6:00 PM	4:45-6:00 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	HAC	4:45-6:00 PM	4:45-6:00 PM		4:45-6:00 PM	4:30-6:00 PM combined @ HAC	9:00-10:45 AM combined @ HAC	
	JREC		5:15-6:45 PM		5:15-6:45 PM			9:30-11:00 AM
Prep	HAC	3:45-5:00 PM	3:45-5:00 PM	3:45-6:00 PM combined @ HAC	3:45-5:00 PM		7:00-9:00 AM combined @ HAC	
	JREC		3:30-5:15 PM		3:30-5:15 PM			9:30-11:30 AM
HS Prep	HAC	6:45-8:00 PM	6:45-8:00 PM	6:45-8:00 PM	6:45-8:00 PM			
	JREC		5:15-6:45 PM		5:15-6:45 PM		3:15-4:45 PM	9:30-11:00 AM
Senior	BMAC	5:20-5:50 PM (D) 5:50-7:30 PM (W)	5:20-5:50 PM (D) 5:50-7:30 PM (W)	5:20-5:50 PM (D) 5:50-7:30 PM (W)	5:20-5:50 PM (D) 5:50-7:30 PM (W)	5:20-5:50 PM (D) 5:50-7:30 PM (W)	9:00-11:00 AM	
	JREC	combined @ BMAC	3:15-5:15 PM	combined @ BMAC	3:15-5:15 PM	combined @ BMAC		9:30-11:30 AM
National Prep	COL	2:30-4:10 PM	5:30-7:00 AM (D)	2:30-4:10 PM	5:30-7:00 AM (D)	2:30-4:10 PM		
	BMAC	4:10-5:50 PM	2:30-4:10 PM	4:10-5:50 PM	2:30-4:10 PM	4:10-5:50 PM	7:00-9:00 AM	
	JREC	combined @ BMAC	4:10-5:50 PM	combined @ BMAC	4:10-5:50 PM	combined @ BMAC		9:30-11:30 AM
National Team	COL	5:30-7:00 AM (D)		5:30-7:00 AM (D)		5:30-7:00 AM (D)		
	BMAC	2:30-4:10 PM 4:10-5:50 PM	2:30-4:10 PM 4:10-5:50 PM	2:30-4:10 PM 4:10-5:50 PM	2:30-4:10 PM 4:10-5:50 PM	2:30-4:10 PM 4:10-5:50 PM	7:00-9:00 AM	
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
HAC: Hampton Aquatic Center
COL: Colony Pool
JREC: James City County Recreation Center

Color Codes

Red: NP Option 1
Blue: NP Option 2
Green: NT Option 1
Purple: NT Option 2