



# COAST GUARD BLUE DOLPHINS SWIM TEAM

## Practice Schedule (September 2019)

Group	Main Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Flippers	<b>BMAC</b>		6:00-6:30 pm		6:00-6:30 pm		
	<b>WM</b>		6:00-6:30 pm		6:00-6:30 pm		
Blue	<b>BMAC</b>	6:00-6:45 pm		6:00-6:45 pm		5:30-6:15 pm	
	<b>WM</b>	6:00-6:45 pm		6:00-6:45 pm	6:30-7:15 pm		
Gold	<b>BMAC</b>	6:45-7:45 pm		6:45-7:45 pm		4:30-5:30 pm	
	<b>WM</b>	6:45-7:45 pm		6:45-7:45 pm	6:45-7:45 pm		
Junior	<b>BMAC</b>	6:00-7:30 pm	6:00-7:30 pm	6:00-7:30 pm	6:00-7:30 pm		
	<b>WM</b>	5:45-7:15 pm	6:15-7:45 pm	5:45-7:15 pm	6:15-7:45 pm		
Age Group	<b>CG</b>	5:45-7:30 pm		5:45-7:30 pm			9:00-10:45 am combined @ CG
	<b>BMAC</b>		5:45-7:30 pm		5:45-7:30 pm		
	<b>WM</b>	5:45-7:30 pm	5:45-7:30 pm	5:45-7:30 pm	5:45-7:30 pm		
Prep	<b>CG</b>	4:15-6:15 pm		4:15-6:15 pm			9:00-11:00 am combined @ CG
	<b>BMAC</b>		4:15-6:15 pm		4:15-6:15 pm		
	<b>WM</b>	5:45-7:45 pm	5:45-7:45 pm	5:45-7:45 pm	5:45-7:45 pm		

Group	Main Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HS Prep	FEAC	5:45-7:15 pm	5:45-7:15 pm	5:45-7:15 pm	5:45-7:15 pm		
	JREC	3:30-5:00 pm	3:30-5:00 pm	3:30-5:00 pm	3:30-5:00 pm		
Senior	FEAC	5:00-7:45 pm	5:20-7:45 pm	5:00-7:45 pm	5:20-7:45 pm	4:15-6:15 pm combined @ CG	7:00-9:15 am combined @ CG
	CG						
	JREC	3:15-6:00 pm	3:15-6:00 pm	3:15-6:00 pm	3:15-6:00 pm		
National Prep	FEAC	4:30-6:30 am 5:00-6:30 am 3:00-4:45 pm 3:00-5:45 pm	5:00-7:00 am	4:30-6:30 am 5:00-6:30 am 3:00-4:45 pm 3:00-5:45 pm	5:00-7:00 am	5:00-6:30 am 3:30-5:30 pm	5:45-8:00 am combined @ FEAC
	CG		3:15-6:00 pm		3:15-6:00 pm		
	JREC	3:15-6:00 pm	3:15-5:40 pm	3:15-6:00 pm	3:15-5:40 pm		
	FTC	2:30-3:30 pm 5:45-6:30 pm		2:30-3:30 pm 5:45-6:30 pm			
National Team	FEAC	4:30-6:30 am 5:00-6:30 am 3:00-4:45 pm 3:00-5:45 pm	5:00-7:00 am 3:30-5:45 pm	4:30-6:30 am 5:00-6:30 am 3:00-4:45 pm 3:00-5:45 pm	5:00-7:00 am 3:30-5:45 pm	4:30-6:30 am 5:00-6:30 am 3:00-4:45 pm 3:00-5:45 pm	5:45-8:00 am
	FTC		2:30-3:30 pm 5:45-6:30 pm		2:30-3:30 pm 5:45-6:30 pm		8:00-9:00 am
Masters	FEAC		5:15-7:00 am		5:15-7:00 am	5:15-7:00 am	

**Pool Abbreviations**

CG: Coast Guard Training Center - Yorktown  
 BMAC: Brittingham-Midtown Aquatic Center  
 FTC: Fitness Training Center @ FEAC  
 FEAC: Fort Eustis Aquatic Center  
 WM: William & Mary  
 JREC: James City County/Williamsburg Rec Center

**NT/NP Practice Options**

MWF NT/NP Practice Option 1: Green  
 OR  
 MWF NT/NP Practice Option 2: Blue

TT NT/NP Practice Option 1: Red  
 OR  
 TT NT/NP Practice Option 2: Purple

