



COAST GUARD BLUE DOLPHINS SWIM TEAM

Practice Schedule (September 2020)

Group	Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stroke School	HAC	5:30-7:00 AM		5:30-7:00 AM			
	HY		5:00-6:15 PM		5:00-6:15 PM		
	FEAC	4:00-7:00 PM	4:00-7:00 PM	4:00-7:00 PM	4:00-7:00 PM		
Flipper	HY		6:15-6:45 PM		6:15-6:45 PM		
	CG	4:45-5:15 PM		4:45-5:15 PM			
	WM		6:00-6:30 PM		6:00-6:30 PM		
Blue	HY		5:30-6:15 PM		5:30-6:15 PM	5:30-6:15 PM	
	CG	5:15-6:00 PM		5:15-6:00 PM		4:45-5:30 PM	
	WM	6:00-6:45 PM		6:00-6:45 PM	6:00-6:45 PM		
Gold	HY		6:15-7:15 PM		6:15-7:15 PM	5:30-6:30 PM	
	CG	5:15-6:15 PM		5:15-6:15 PM		4:45-5:45 PM	
	WM	6:45-7:45 PM		6:45-7:45 PM	6:45-7:45 PM		
Home School	BMAC		1:00-2:00 PM	1:00-2:00 PM			
			1:00-2:30 PM	1:00-2:30 PM			

Group	Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junior	BMAC	6:00-6:15 PM (D) 6:15-7:30 PM (W)	6:00-6:15 PM (D) 6:15-7:30 PM (W)		6:00-6:15 PM (D) 6:15-7:30 PM (W)	6:00-6:15 PM (D) 6:15-7:30 PM (W)	
	CG		5:30-5:45 PM (D) 5:45-7:00 PM (W)		5:30-5:45 PM (D) 5:45-7:00 PM (W)	5:30-5:45 PM (D) 5:45-7:00 PM (W)	9:30-9:45 AM (D) 6:45-11:00 AM (W)
	WM	5:45-6:00 PM (D) 6:00-7:15 PM (W)	5:45-6:00 PM (D) 6:00-7:15 PM (W)	5:45-6:00 PM (D) 6:00-7:15 PM (W)	5:45-6:00 PM (D) 6:00-7:15 PM (W)		
Age Group	BMAC	6:00-6:15 PM (D) 6:15-7:45 PM (W)	6:00-6:15 PM (D) 6:15-7:45 PM (W)		6:00-6:15 PM (D) 6:15-7:45 PM (W)	6:00-6:15 PM (D) 6:15-7:45 PM (W)	9:00-11:00 AM combined @ BMAC
	WM	5:45-6:00 PM (D) 6:00-7:30 PM (W)	5:00-6:00 PM (D) 6:00-7:30 PM (W)	5:45-6:00 PM (D) 6:00-7:30 PM (W)	5:00-6:00 PM (D) 6:00-7:30 PM (W)		
Prep	BMAC	4:30-6:15 PM (W) 6:15-6:30 PM (D)	4:30-6:15 PM (W) 6:15-6:30 PM (D)	4:30-6:15 PM (W) 6:15-6:30 PM (D)	4:30-6:15 PM (W) 6:15-6:30 PM (D)		9:00-11:30 AM combined @ BMAC
	WM	5:45-6:00 PM (D) 6:00-7:45 PM (W)	5:45-6:00 PM (D) 6:00-7:45 PM (W)	5:45-6:00 PM (D) 6:00-7:45 PM (W)	5:45-6:00 PM (D) 6:00-7:45 PM (W)		
HS Prep	BMAC	4:30-6:00 PM	4:30-6:00 PM	4:30-6:00 PM	4:30-6:00 PM		
	JREC	3:30-5:00 PM	3:30-5:00 PM	3:30-5:00 PM	3:30-5:00 PM		
Senior	FTC	4:45-5:30 PM	5:00-5:30 PM	4:45-5:30 PM	5:00-5:30 PM	4:15-6:30 PM combined @ BMAC	7:00-9:30 AM combined @ CG
	FEAC	5:30-7:30 PM	5:30-7:30 PM	5:30-7:30 PM	5:30-7:30 PM		
	CG						
	BMAC						
	JREC	3:30-5:30 PM	3:30-5:30 PM	3:30-5:30 PM	3:30-5:30 PM		
	JREC DL	5:30-6:00 PM	5:30-6:15 PM	5:30-6:00 PM	5:30-6:15 PM		

Group	Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
National Prep	FEAC (AM)	4:30-6:30 AM	4:30-6:30 AM	4:30-6:30 AM	4:30-6:30 AM	4:30-6:30 AM	8:00-10:30 AM combined @ FEAC	
	FTC (AM)	6:30-7:15 AM	6:30-7:15 AM	6:30-7:15 AM	6:30-7:15 AM	6:30-7:15 AM		
	FEAC (PM)	3:15-5:30 PM		3:15-5:30 PM		3:15-5:30 PM combined @ FEAC		
	FTC (PM)	2:30-3:15 PM or 5:45-6:30 PM		2:30-3:15 PM or 5:45-6:30 PM				
	CG		3:00-3:15 (D) 3:15-5:30 PM (W)		3:00-3:15 (D) 3:15-5:30 PM (W)			
	JREC	3:30-5:30 PM	3:30-5:30 PM	3:30-5:30 PM	3:30-5:30 PM			
	JREC DL	5:30-6:00 PM	5:30-6:15 PM	5:30-6:00 PM	5:30-6:15 PM			
National Team	FEAC (AM)	4:30-6:30 AM	4:30-6:30 AM	4:30-6:30 AM	4:30-6:30 AM	4:30-6:30 AM	5:45-8:00 AM	
	FTC (AM)	6:30-7:15 AM	6:30-7:15 AM	6:30-7:15 AM	6:30-7:15 AM	6:30-7:15 AM	8:00-9:00 AM	
	FEAC (PM)	3:00-5:30 PM	3:15-5:30 PM	3:00-5:30 PM	3:15-5:30 PM	3:15-5:30 PM		
	FTC (PM)	2:30-3:00 PM	2:30-3:15 PM or 5:45-6:30 PM	2:30-3:00 PM	2:30-3:15 PM or 5:45-6:30 PM	2:30-3:00 PM		
	CG	3:00-4:45 PM		3:00-4:45 PM		3:00-4:45 PM		
Masters	FEAC		5:15-7:00 AM		5:15-7:00 AM		5:45-7:30 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 @ FEAC
JREC: James City County Recreation Center Pool
JREC DL: JCC Recreation Center Dryland Training
WM: W&M Student Recreation Center Pool
HAC: Hampton Aquatic Center

Color Codes

Red: NT Option 1
Blue: NT Option 2
Green: NP Option 1
Purple: NP Option 2
Gray: Other Options

Group

Site

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

HY: Hampton YMCA