



Fall Schedule 2022

Peninsula Peninsula Dolphin

Group	Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dolphin Bridge*	BMAC	6:15-7:00 PM		6:15-7:00 PM		6:15-7:00 PM	
	B&G		5:30-6:15 PM		5:30-6:15 PM	6:15-7:00 PM BMAC	10:00-10:45 AM
Dolphin Competitive*	BMAC	6:00-7:00 PM		6:00-7:00 PM		6:00-7:00 PM	Make up practice
			6:00-7:00 PM		6:00-7:00 PM	6:00-7:00 PM	9:00-10:00 AM @ B&G
Dolphin Challenge	BMAC	4:45-6:00 PM 6:00-6:15 PM D	4:45-6:00 PM	4:45-6:00 PM 6:00-6:15 PM D	4:45-6:00 PM		Make up practice 9:00-10:15 AM @ B&G
Dolphin Elite	BMAC	5:45-6:00 PM D 6:00-7:30 PM	5:45-6:00 PM D 6:00-7:30 PM	5:45-6:00 PM D 6:00-7:30 PM	6:00-7:30 PM		7:30-9:00 AM @ B&G 9:00-9:30 AM D

Peninsula Seahawk

Group	Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Seahawk Bridge	BMAC	4:45-5:45 PM		4:45-5:45 PM	4:45-5:45 PM		
Seahawk competitive	BMAC	4:15-4:30 PM D 4:30-6:00 PM	4:15-4:30 PM D 4:30-6:00 PM	4:15-4:30 PM D 4:30-6:00 PM	4:30-6:00 PM		Make up practice 9:00-10:30 AM @ B&G
Seahawk Challenge	BMAC	4:15-6:00 PM 6:00-6:15 PM D		4:15-6:00 PM 6:00-6:15 PM D		4:15-6:00 PM	
	FIT		5:15-5:45 PM		5:15-5:45 PM		
	FEAC		5:45-7:30 PM		5:45-7:30 PM		
Seahawk Elite	FIT	4:30-5:15 PM	5:10-5:25 PM	4:30-5:15 PM	5:10-5:25 PM		
	FEAC	5:30-7:30 PM	5:30-7:30 PM	5:30-7:30 PM	5:30-7:30 PM		8:00-10:00 AM
	BMAC					4:00-6:00 pm	

Peninsula Typhoon

Group	Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Typhoon Bridge	B&G		4:15-5:30 PM		4:15-5:30 PM		
	FEAC	5:45-7:00 PM		5:45-7:00 PM			
Typhoon Competitive	FIT	5:15-5:45 PM		5:15-5:45 PM			
	FEAC	5:45-7:30 PM		5:45-7:30 PM		5:45-7:30 PM	8:00-9:45 AM
	BMAC		4:30-6:00 PM		4:30-6:00 PM		
	HAX	5:00-6:45 AM		5:00-6:45 AM		5:00-6:45 AM	
Typhoon Challenge	FEAC AM		5:00-6:30 AM		5:00-6:30 AM		5:45-8:00 AM
	FIT	2:45-3:15 PM or 5:30-6:00 PM	3:15-3:30 PM	2:45-3:15 PM or 5:30-6:00 PM	3:15-3:30 PM	3:15-3:30 PM	
	FEAC PM	3:30-5:30 PM	3:30-5:30 PM	3:30-5:30 PM	3:30-5:30 PM	3:30-5:30 PM	
	HAX	5:00-7:00 AM		5:00-7:00 AM		5:00-7:00 AM	
Typhoon Elite	FEAC AM	4:45-6:30 AM		4:45-6:30 AM		4:45-6:30 AM	5:45-8:00 AM
	FIT	3:15-3:30 PM	2:45-3:15 PM or 5:45-6:15 PM	3:15-3:30 PM	2:45-3:15 PM or 5:45-6:15 PM	3:15-3:30 PM	8:00-8:30 AM
	FEAC PM	3:30-5:45 PM	3:30-5:45 PM	3:30-5:45 PM	3:30-5:45 PM	3:30-5:45 PM	
	HAX	5:00-7:00 AM		5:00-7:00 AM		5:00-7:00 AM	

Williamsburg

Williamsburg Dolphin

Group	Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dolphin Bridge	JREC	5:00-5:45 PM		5:00-5:45 PM	4:30-5:15 PM		10:00-10:45 AM B&G
Dolphin Competitive	JREC	5:45-6:45 PM		5:45-6:45 PM	5:00-6:00 PM		
Dolphin Challenge	W&M	5:45-6:00 PM D 6:00-7:15 PM	6:00-7:15 PM	5:45-6:00 PM D 6:00-7:15 PM	6:00-7:15 PM		
Dolphin Elite	W&M	5:45-6:00 PM D 6:00-7:30 PM	5:45-6:00 PM D 6:00-7:30 PM	6:00-7:30 PM	5:45-6:00 PM D 6:00-7:30 PM	5:30-6:00 PM D 6:00-7:30 PM	

Williamsburg Seahawk

Seahawk Bridge	JREC		4:30-5:30 PM		4:30-5:30 PM	6:00-7:00 PM W&M	
Seahawk competitive	W&M	5:45-6:00 PM D 6:00-7:30 PM	6:00-7:30 PM	5:45-6:00 PM D 6:00-7:30 PM		5:45-6:00 PM D 6:00-7:30 PM	
Seahawk Challenge	W&M	6:00-7:45 PM 7:45-8:00 PM D	6:00-7:45 PM	6:00-7:45 PM 7:45-8:00 PM D	6:00-7:45 PM	6:00-7:45 PM	
Seahawk Elite	W&M	6:00-8:00 PM	5:45-6:00 PM D 6:00-8:00 PM	6:00-8:00 PM	5:45-6:00 PM D 6:00-8:00 pm	6:00-8:00 PM	8:00-10:00 AM FEAC

Williamsburg Typhoon

Group	Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Typhoon Bridge	W&M		6:00-7:15 PM	6:00-7:15 PM	6:00-7:15 PM	6:00-7:15 PM	
Typhoon Competitive	W&M		6:00-7:30PM		6:00-7:30 PM	6:00-7:45 PM	
	FIT	5:15-5:45 PM		5:15-5:45 PM			
	FEAC	5:45-7:30 PM		5:45-7:30 PM			8:00-9:45 AM
Typhoon Challenge	FEAC		5:00-6:30 AM		5:00-6:30 AM		Follow Peninsula Typhoon Challenge
	W&M	6:00-8:00 PM	6:00-8:00 PM	6:00-8:00 PM	6:00-8:00 PM	6:00-8:00 PM	
Typhoon Elite		Follow	Peninsula	Typhoon	Elite	Follow Peninsula Typhoon Elite	Follow Peninsula Typhoon Elite
Masters	FEAC	5:00-7:00 AM		5:00-7:00 AM		5:00-7:00 AM	

Mid Day

Group	Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dolphin Bridge	B&G		1:30-2:15 PM		1:30-2:15 PM		
Dolphin Competitive	B&G		1:30-2:30 PM		1:30-2:30 PM		
Dolphin Challenge	B&G				1:15-1:30 PM D		
			1:30-2:45 PM		1:30-2:45 PM		
Dolphin Elite	B&G		1:15-1:30 PM D		1:15-1:30 PM D		
			1:30-3:00 PM		1:30-3:00 PM		
Seahawk Bridge	B&G		1:30-2:30 PM		1:30-2:30 PM		

Abbreviations:

D: Dryland Training

Locations:

BMAC: Brittingham-Midtown Aquatic Center

B&G: Boys and Girls Club-Thorncliffe

FEAC: Fort Eustis Aquatic Center

FIT: Fitness training center @ FEAC

JREC: James City County Rec Center

*** Dolphin Bridge and Dolphin Competitive choose 3 of the practices offered**