



Summer Schedule 2022

Peninsula

Group	Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Flipper	B&G		5:00-5:30 PM	5:00-5:30 PM				
Blue	B&G		5:30-6:15 PM	5:30-6:15 PM				
Blue +	B&G		5:30-6:15 PM	5:30-6:15 PM				
	GD					6:30-7:15 AM		
Gold	GD		6:30-7:30 AM		6:30-7:30 AM			
Gold +	GD		6:30-7:30 AM	6:30-7:30 AM	6:30-7:30 AM			
Junior	GD		6:30-8:00 AM	6:30-8:00 AM	6:30-8:00 AM	6:30-8:00 AM		
Age Group	GD	6:15-8:00 AM		6:15-8:00 AM		6:15-8:00 AM		
	COL		6:15-8:00 AM		6:15-8:00 AM			
Prep	GD	6:00-8:00 AM						
	BMAC			6:00-8:00 AM		6:00-8:00 AM		
	COL		6:00-8:00 AM		6:00-8:00 AM			
HS Prep	15&U EH	5:45-7:15 AM		5:45-7:15 AM		5:45-7:15 AM	5:45-7:15 AM	
	13/14 COL	6:00-7:30 AM		6:00-7:30 AM		6:00-7:30 AM	6:00-7:30 AM	

Williamsburg

Group	Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Flipper	JREC		5:30-6:00 PM		5:30-6:00 PM			
Blue	JREC		5:30-6:15 PM		5:30-6:15 PM			
Blue +	JREC		5:30-6:15 PM	5:30-6:15 PM	5:30-6:15 PM			
Gold	JREC		4:30-5:30 PM		4:30-5:30 PM			
Gold +	JREC		4:30-5:30	4:30-5:30 PM	4:30-5:30 PM			
Junior	JREC		4:30-5:45 PM	4:30-5:45 PM	4:30-5:45 PM			
	GD					6:30-8:00 AM		
Age Group	GD	6:15-8:00 AM				6:15-8:00 AM		
	JREC		4:30-6:00 PM	4:30-6:00 PM	4:30-6:00 PM			
Prep	BMAC			6:00-8:00 AM		6:00-8:00 AM		
	JREC		4:30-6:15 pm		4:30-6:15 pm			
	GD	6:00-8:00 AM						
HS Prep	JREC		4:30-6:00 PM	4:30-6:00 pm	4:30-6:00 pm		6:00-7:30 @ COL	

Senior & UP

Group	Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior	COL	6:00-8:00 AM		6:00-8:00 AM		6:00-8:00 AM	6:00-8:00 AM	
	BMAC		6:00-8:00 AM		6:00-8:00 AM			
	Col Barn	8:00-8:45 AM		8:00-8:45 AM				
National Prep	BMAC		5:45-8:15 AM		5:45-8:15 AM			
	EH	5:45-8:15 AM		5:45-8:15 AM		5:45-8:15 AM	5:45-8:15 AM	
	B&G		2:30-3:30 PM		2:30-3:30 PM			
	Col Barn		3:30-4:30 PM		3:30-4:30 PM			
National Team & College	BMAC	5:45-8:15 AM		5:45-8:15 AM		5:45-8:15 AM		
	FEAC		5:45-8:30 AM		5:45-8:30 AM		5:45-8:30 AM	
	B&G		3:30-4:30 PM		3:30-4:30 PM			
	Col Barn		2:30-3:30 PM		2:30-3:30 PM			
Masters	FEAC	5:00-7:00 AM		5:00-7:00 AM		5:00-7:00 AM		

Locations:

BMAC: Brittingham-Midtown Aquatic Center

B&G: Boys and Girls Club-Thorncliffe

FEAC: Fort Eustis Aquatic Center

COL BARN: Fitness Training Center @ Colony

GD: Glendale

COL: Colony Pool

JREC: James City County Recreation Center

EH: Edgehill