COAST GUARD BLUE DOLPHINS SWIM TEAM

Practice Schedule (October 2018)

Group	Main Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Flipper	BMAC		6:00-6:30 pm		6:00-6:30 pm			
	WM		6:00-6:30 pm		6:00-6:30 pm			
Blue	BMAC		6:30-7:15 pm		6:30-7:15 pm	5:30-6:15 pm		
	WM	6:00-6:45 pm		6:00-6:45 pm	6:00-6:45 pm			
Gold	BMAC	6:00-7:00 pm		6:00-7:00 pm		4:30-5:30 pm		
	WM	6:00-7:00 pm		6:00-7:00 pm	6:00-7:00 pm			
Junior	BMAC	6:00-7:30 pm	6:00-7:30 pm	6:00-7:30 pm	6:00-7:30 pm			
	WM	5:45-7:15 pm	6:15-7:45 pm	5:45-7:15 pm	6:15-7:45 pm			
Age Group	BMAC	6:00-7:45 pm	6:00-7:45 pm	6:00-7:45 pm	6:00-7:45 pm			
	WM	5:45-7:30 pm	5:45-7:30 pm	5:45-7:30 pm	5:45-7:30 pm			
	CG						9:00-10:45 am	

Group	Main Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Prep	BMAC	4:15-6:15 pm	4:15-6:15 pm	4:15-6:15 pm	4:15-6:15 pm			
	WM	5:45-7:45 pm	5:45-7:45 pm	5:45-7:45 pm	5:45-7:45 pm			
	CG						9:00-11:00 am	
HS Prep	FEAC 13-14	5:45-7:15 pm	5:45-7:15 pm	5:45-7:15 pm	5:45-7:15 pm			
	FEAC 15&O	3:30-5:00 pm		3:30-5:00 pm				
	CG 15 &O		4:00-5:30 pm		4:00-5:30 pm			
	JREC	3:00-4:30 pm 3:30-5:00 pm	3:00-4:30 pm 3:30-5:00 pm	3:00-4:30 pm 3:30-5:00 pm	3:00-4:30 pm 3:30-5:00 pm			
Senior	FEAC	5:45-7:45 pm	5:45-7:45 pm	5:45-7:45 pm	5:45-7:45 pm			
	CG					4:15-6:15 pm	7:00-9:15 am	
	FTC	5:00-5:45 pm	5:00-5:45 pm	5:00-5:45 pm	5:00-5:45 pm			
	JREC	3:15-5:30 pm	3:15-5:30 pm	3:15-5:30 pm	3:15-5:30 pm	3:15-5:30 pm		
	JDRY	5:30-6:15 pm	5:30-6:15 pm	5:30-6:15 pm		5:30-6:15 pm		

Group	Main Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
National Prep	**FEAC**	5:00-6:30 am 3:30-5:45 pm		5:00-6:30 am 3:30-5:45 pm		5:00-6:30 am 3:30-5:30 pm	5:45 -8:00 am	
	CG		4:00-6:30 pm		4:00-6:30 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**	5:00-6:30 am	3:30-5:45 pm	5:00-6:30 am	3:30-5:45 pm	5:00-6:30 am 3:30-5:45 pm	5:45-8:00 am	
	CG	2:45-3:30 pm 3:30-5:45 pm 5:45-6:15 pm		2:45-3:30 pm 3:30-5:45 pm 5:45-6:15 pm				
	FTC		2:30-3:30 pm 5:45-6:30 pm		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	

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
JDRY: James City County/Williamsburg Fitness Rooms