



# **COAST GUARD BLUE DOLPHINS SWIM TEAM**

## **Practice Schedule (Summer 2010)**

<b>Group</b>	<b>Main Site</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
Junior	FEAC		7:00-8:30 am Jihan 4:30-6:00 pm Cindy		4:30-6:00 pm Jihan	7:00-8:30 am Cindy 4:30-6:00 pm Jihan	10:50 am-12:00 pm LC BMAC Jihan
	BMAC						
Age Group	FEAC	6:40-8:30 am Kevin/Bobby	4:10-6:00 pm Mark	6:40-8:30 am Kevin/Bobby	4:10-6:00 pm Mark	6:40-8:30 am Kevin/Bobby	9:00-11:00 am LC BMAC Mark
	BMAC						
Prep	FEAC	8:15-10:15 am Kevin/Bobby		8:15-10:15 am Kevin/Bobby			9:00-11:00 am LC BMAC Bobby
	BMAC		6:30-8:45 am LC Kevin		6:30-8:45 am LC Kevin		
HS	FEAC	5:55-7:45 am Brian		5:55-7:45 am Brian			
	BMAC		6:15-8:00 am LC Brian		6:15-8:00 am LC Brian		

Group	Main Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior	FEAC	5:55-8:15 am Brian		5:55-8:15 am Brian		5:55-8:15 am Brian	8:40 am-11:00 am FEAC Brian
	BMAC		6:15-8:45 am LC Brian		6:15-8:45 am LC Brian		
National Prep	FEAC		5:55-8:15 am Steve 4:00-6:00 pm Weights & Swim Jack/Irene		5:55-8:15 am Steve 4:00-6:00 pm Weights & Swim Jack/Irene		6:10-9:00 am FEAC Brian
	BMAC	5:55-8:30 am LC Steve		5:55-8:30 am LC Steve		5:55-8:30 am LC Steve	
National Team	BMAC	5:55-8:45 am LC Jack		5:55-8:45 am LC Jack		5:55-8:45 am LC Jack	6:10-9:00 am FEAC Jack Weights 9:00-9:45 am Jack
	FEAC		6:00-8:45 am Jack 3:30-5:30 pm Weights & Swim Jack/Irene		6:00-8:45 am Jack 3:30-5:30 pm Weights & Swim Jack/Irene		
Location Legend	CG: USCG Reserve Training Center-Yorktown Gym Pool BMAC: Brittingham-Midtown Aquatic Center FEAC: Fort Eustis Aquatic Center						