



CGBD 2026–2027 Tentative Fall/Winter Practice Schedule

As we prepare to begin our 62nd year as a program, we are excited to share the tentative practice schedule for the 2026–2027 Coast Guard Blue Dolphins season.

This schedule has been designed to provide training opportunities for swimmers at every level of our program while supporting long-term athlete development and maximizing our available facility space. Whether your swimmer is participating in our Recreation Program, Dolphin Groups, Age Group Program, Senior Program, Senior National Program, or Masters Swimming, our goal remains the same: to provide a positive, challenging, and supportive environment where athletes can grow both in and out of the water.

Please remember that this schedule is tentative and may be adjusted based on facility availability, enrollment numbers, staffing needs, special events, and competition schedules. Any changes will be communicated well in advance.

Key

 **BMAC** = Brittingham Midtown Aquatic Center

 **FEAC** = Fort Eustis Aquatic Center

 **Swim Practice** = In-water training session

 **Dryland** = Strength, conditioning, mobility, flexibility, and athletic development training

 **AM / Midday Row** = Morning and midday practices

 **PM / Evening Row** = Afternoon and evening practices

 **—** = No practice scheduled

 12&U Dolphin Rec. Club

Time Block	Mon	Tue	Wed	Thu	Fri	Sat
AM / Midday	—	 BMAC  11:00–11:45 AM	—	 BMAC  11:00–11:45 AM	—	—
PM / Evening	 BMAC  5:00–5:45 PM	—	 BMAC  5:00–5:45 PM	—	 BMAC  5:00–5:45 PM	—

 13&O Dolphin Rec. Club

Time Block	Mon	Tue	Wed	Thu	Fri	Sat
AM / Midday	—	 BMAC  11:00 AM–12:00 PM	—	 BMAC  11:00 AM–12:00 PM	—	—
PM / Evening	 BMAC  4:00–5:00 PM	—	 BMAC  4:00–5:00 PM	—	 BMAC  4:00–5:00 PM	—

 Dolphin Blue

Time Block	Mon	Tue	Wed	Thu	Fri	Sat
AM / Midday	—	 BMAC  11:00 AM–12:00 PM	—	 BMAC  11:00 AM–12:00 PM	—	—
PM / Evening	—	 BMAC  5:00–6:00 PM	—	 BMAC  5:00–6:00 PM	 BMAC  5:00–6:00 PM	 BMAC  7:00–8:00 AM

 Dolphin Yellow

Time Block	Mon	Tue	Wed	Thu	Fri	Sat
AM / Midday	—	 BMAC  11:00 AM–12:30 PM	—	 BMAC  11:00 AM–12:30 PM	—	—
PM / Evening	 BMAC  4:45–5:00 PM  5:00–6:30 PM	 BMAC  5:00–6:30 PM	 BMAC  4:45–5:00 PM  5:00–6:30 PM	 BMAC  5:00–6:30 PM	 BMAC  4:45–5:00 PM  5:00–6:30 PM	 BMAC  7:00–8:30 AM

 Age Group Blue

Time Block	Mon	Tue	Wed	Thu	Fri	Sat
AM / Midday	—	 BMAC	—	 BMAC	—	—
		 11:00 AM-12:30 PM		 11:00 AM-12:30 PM		
PM / Evening	 BMAC	—	 BMAC	 BMAC	 BMAC	 BMAC
	 4:15-5:45 PM		 5:15-6:45 PM	 4:15-5:45 PM	 4:15-5:45 PM	 7:00-8:30 AM
	 5:45-6:00 PM			 5:45-6:00 PM		
					 5:45-6:00 PM	

 Age Group Yellow

Time Block	Mon	Tue	Wed	Thu	Fri	Sat
AM / Midday	—	 BMAC	—	 BMAC	—	—
		 10:45–11:00 AM		 10:45–11:00 AM		
		 11:00 AM–12:15 PM		 11:00 AM–12:15 PM		
PM / Evening	 BMAC	 FEAC	 BMAC	 FEAC	 BMAC	 BMAC
	 4:00–5:45 PM	 5:15–5:45 PM  5:45–7:30 PM	 4:00–5:45 PM	 5:15–5:45 PM  5:45–7:30 PM	 4:00–5:45 PM	 7:00–8:45 AM
	 5:45–6:00 PM		 5:45–6:00 PM			

 Senior

Time Block	Mon	Tue	Wed	Thu	Fri	Sat
AM / Midday	 FEAC	 BMAC	—	 BMAC	 FEAC	 BMAC
	 4:45–5:40 AM	 10:40–11:00 AM		 10:40–11:00 AM	 4:45–5:40 AM	 7:00–9:00 AM
	 5:40–6:30 AM	 11:00 AM–1:00 PM		 11:00 AM–1:00 PM	 5:40–6:30 AM	
PM / Evening	 FEAC	 BMAC	 FEAC	 BMAC	 FEAC	—
	 4:00–5:00 PM	 3:40–4:00 PM	 4:00–5:00 PM	 3:40–4:00 PM	 3:40–4:00 PM	
	 5:00–7:00 PM	 4:00–6:00 PM	 5:00–7:00 PM	 4:00–6:00PM	 4:00–6:15 PM	

 Senior National

Time Block	Mon	Tue	Wed	Thu	Fri	Sat
AM / Midday	 FEAC	—	 FEAC	—	 FEAC	 FEAC
	 4:45–5:40 AM		 4:45–5:40 AM		 4:45–5:40 AM	 6:00–8:00 AM
	 5:40–6:30 AM		 5:40–6:30 AM		 5:40–6:30 AM	
PM / Evening	 FEAC	 FEAC	 FEAC	 FEAC	 FEAC	—
	 3:10–3:30 PM	 2:45–3:30 PM	 3:10–3:30 PM	 2:45–3:30 PM	 3:10–3:30 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	

Masters

Time Block	Mon	Tue	Wed	Thu	Fri	Sat
AM / Midday	 FEAC  5:00–6:30 AM	 FEAC  6:30–7:30 AM  11:00 AM–12:30 PM	 FEAC  5:00–6:30 AM  11:00 AM–12:30 PM	 FEAC  6:30–7:30 AM  11:00 AM–12:30 PM	 FEAC  5:00–6:30 AM	—
PM / Evening	—	—	—	—	—	—

Important Notes

- This schedule is tentative and subject to change.
- Attendance expectations and training requirements vary by group and will be outlined in the 2026–2027 Team Handbook.
- Additional holiday schedules, championship adjustments, and weather-related changes will be communicated throughout the season.
- Swimmers should arrive 10–15 minutes prior to the start of practice, stretch, and be prepared to begin on time.

As we prepare to begin our **62nd year**, Coast Guard Blue Dolphins remains committed to developing swimmers of all ages and abilities while fostering confidence, character, leadership, and a lifelong love for the sport. We are excited for another season filled with personal bests, championship competition, relay opportunities, team travel, friendships, and unforgettable memories.

Excellence • Integrity • Unity • Commitment • Fun

GO CGBD! 