

# CGBD 2026–2027 Final 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** = Morning and midday practices

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

— = No practice scheduled



## 12&U Dolphin Rec. Club

| Time Block                                                                                      | Mon | Tue                                                                                                                                                                                            | Wed | Thu                                                                                                                                                                                               | Fri | Sat |
|-------------------------------------------------------------------------------------------------|-----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|-----|
|  AM / Midday | —   |  BMAC <br>11:00–11:45 AM | —   |  BMAC <br>11:00–11:45 AM | —   | —   |

|                                                                                                |                                                                                                                                                                                          |   |                                                                                                                                                                                          |   |                                                                                                                                                                                              |   |
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|  PM / Evening |  BMAC <br>5:00–5:45 PM | — |  BMAC <br>5:00–5:45 PM | — |  BMAC <br>5:00–5:45 PM | — |
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## 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 <br>4:00–5:00 PM | —                                                                                                                                                                                          |  BMAC <br>4:00–5:00 PM | —                                                                                                                                                                                            |  BMAC <br>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 /        | —   |  BMAC                    | —   |  BMAC                    |  BMAC  |  BMAC  |

Evening

6:00–7:30 PM

5:00–6:00 PM

5:45–7:15 PM

7:00–8:00 AM



## Dolphin Yellow

| Time Block                                                                                     | Mon                                                                                                                                                                                                      | Tue                                                                                                                                                                                           | Wed | Thu                                                                                                                                                                                             | Fri                                                                                                                                                                                                          | Sat                                                                                                                                                                                           |
|------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  AM / Middy   | —                                                                                                                                                                                                        |  BMAC <br>11:00 AM–12:30 PM | —   |  BMAC <br>11:00 AM–12:30 PM | —                                                                                                                                                                                                            | —                                                                                                                                                                                             |
|  PM / Evening |  BMAC <br>4:45–5:00 PM<br>5:00–6:30 PM |  BMAC <br>5:00–6:30 PM      |     |  BMAC <br>5:00–6:30 PM      |  BMAC <br>4:45–5:00 PM<br>5:00–6:30 PM |  BMAC <br>7:00–8:30 AM |



## Age Group Blue

| Time Block                                                                                     | Mon | Tue                                                                                                                                                                                               | Wed | Thu                                                                                                                                                                                                | Fri | Sat |
|------------------------------------------------------------------------------------------------|-----|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|-----|
|  AM / Middy | —   |  BMAC <br>11:00 AM–12:30 PM | —   |  BMAC <br>11:00 AM–12:30 PM | —   | —   |

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|  PM /<br>Evening |  BMAC <br>4:15–5:45 PM<br>5:45–6:00 PM | — |  BMAC <br>5:45–7:30<br>PM |  BMAC <br>4:15–5:45 PM<br>5:45–6:00 PM |  BMAC <br>4:15–5:45 PM<br>5:45–6:00 PM |  BMAC <br>7:00–8:30<br>AM |
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## Age Group Yellow

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

## Senior

| Time<br>Block | Mon | Tue | Wed | Thu | Fri | Sat |
|---------------|-----|-----|-----|-----|-----|-----|
|---------------|-----|-----|-----|-----|-----|-----|

|                                                                                                   |                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                  |
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|  AM /<br>Midday  |  FEAC <br>4:45–5:40<br>AM <br>5:40–6:30 AM |  BMAC <br>10:40–11:00<br>AM  11:00<br>AM–1:00 PM | —                                                                                                                                                                                                                                                                                             |  BMAC <br>10:40–11:00<br>AM  11:00<br>AM–1:00 PM |  FEAC <br>4:45–5:40<br>AM <br>5:40–6:30 AM |  BMAC <br>7:00–9:0<br>0 AM |
|  PM /<br>Evening |  FEAC <br>4:00–5:00<br>PM <br>5:00–7:00 PM |  BMAC <br>3:40–4:00 PM <br>4:00–6:00 PM          |  FEAC <br>4:00–5:00<br>PM <br>5:00–7:00 PM |  BMAC <br>3:40–4:00 PM <br>4:00–6:00 PM          |  FEAC <br>3:40–4:00<br>PM <br>4:00–6:15 PM | —                                                                                                                                                                                                |



## Senior National

| Time<br>Block                                                                                       | Mon                                                                                                                                                                                                                                                                                                 | Tue                                                                                                                                                                                                                                                                                                 | Wed                                                                                                                                                                                                                                                                                                 | Thu                                                                                                                                                                                                                                                                                                     | Fri                                                                                                                                                                                                                                                                                                       | Sat                                                                                                                                                                                                  |
|-----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  AM /<br>Midday  |  FEAC <br>4:45–5:40<br>AM <br>5:40–6:30 AM | —                                                                                                                                                                                                                                                                                                   |  FEAC <br>4:45–5:40<br>AM <br>5:40–6:30 AM | —                                                                                                                                                                                                                                                                                                       |  FEAC <br>4:45–5:40<br>AM <br>5:40–6:30 AM |  FEAC <br>6:00–8:0<br>0 AM |
|  PM /<br>Evening |  FEAC <br>3:10–3:30<br>PM <br>3:30–5:45 PM |  FEAC <br>2:45–3:30<br>PM <br>3:30–5:45 PM |  FEAC <br>3:10–3:30<br>PM <br>3:30–5:45 PM |  FEAC <br>2:45–3:30<br>PM <br>3:30–5:45 PM |  FEAC <br>3:10–3:30<br>PM <br>3:30–5:45 PM | —                                                                                                                                                                                                    |



# Masters

| Time Block      | Mon                     | Tue                                         | Wed                     | Thu                                         | Fri                     | Sat |
|-----------------|-------------------------|---------------------------------------------|-------------------------|---------------------------------------------|-------------------------|-----|
| AM /<br>Midday  | FEAC<br>5:00–6:30<br>AM | FEAC  6:30–7:30<br>AM  11:00 AM–12:30<br>PM | FEAC<br>5:00–6:30<br>AM | FEAC  6:30–7:30<br>AM  11:00 AM–12:30<br>PM | FEAC<br>5:00–6:30<br>AM | —   |
| PM /<br>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!**