



2026 Spring Schedule

April 20-June 5, 2026

Evening Workouts							
	Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dolphin Prep	BMAC		6:30-7:15 PM	6:30-7:15 PM			
	FEAC				6:00-6:45 PM		
Dolphin Blue	BMAC		6:30-7:30 PM	6:30-7:30 PM			
	FEAC				6:00-7:00 PM		
Dolphin Yellow	BMAC	4:45-5:00 PM (D) 5:00-6:30 PM			5:45-6:00 PM 6:00-7:30 PM		7:30-9:00 AM (LC)
	FEAC		5:45-6:00 PM D 6:00-7:30 PM			4:45-5:00 PM (D) 5:00-6:30 PM	



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	Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Age Group Blue	BMAC	4:30-6:00 PM 6:00-6:20 PM (D)			4:30-6:00 PM	5:15-6:45 PM (LC)	7:30-9:00 AM (LC)
	FEAC		4:30-4:45 PM (D) 4:45-6:15 PM				
Age Group Yellow	BMAC	4:15-6:00PM 6:00-6:20 PM (D)		4:15-6:00PM 6:00-6:20 PM (D)	4:15-6:00PM 6:00-6:20 PM (D)	5:15-7:00 PM (LC)	7:15-9:00 AM (LC)
	FEAC		4:15-4:45 PM (D) 4:45-6:30 PM				
Senior/Senior National	BMAC					3:00-5:15 PM (LC)	7:00-9:00 AM (LC)
	FEAC	3:30-5:45 PM		3:30-5:45 PM	3:30-5:30 pm		
	FIT	3:15-3:30 PM		3:15-3:30 PM			
	FEAC-AM	4:45-6:30 AM		4:45-6:30 AM		4:45-6:30 AM	
	HAX		3:45-5:45 PM (LC)				



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Midday Workouts							
	Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dolphin Prep	FEAC		2:15-3:00 PM		(Please attend practice in evening)		
Dolphin Blue	FEAC		2:00-3:00 PM		(Please attend practice in evening)		
Dolphin Yellow	FEAC		1:10-1:30 PM (D) 1:30-3:00 PM		(Please attend practice in evening)		
Age Group Blue	FEAC		1:10-1:30 PM 1:30-3:00 PM		(Please attend practice in evening)		
Age Group Yellow	FEAC		12:45-1:15 PM (D) 1:15-3:00 PM		(Please attend practice in evening)		



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Masters Workouts							
	Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Masters	FEAC	5:00-6:30 AM	6:30-7:30 (Dryland only)	5:00-6:30 AM	6:30-7:30 (Dryland only)	5:00-6:30 AM	
			11:30-1:00 PM		11:30-1:00 PM		

Key:

(LC) - long course

(D) - Dryland

FEAC - Ft. Eustis

BMAC - Brittingham Midtown Aquatic Center

HAX - Hampton Aquaplex