



# 2026 Summer Schedule

## June 8-July 19th

	Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dolphin Prep	COV		7:00-7:45 AM		7:00-7:45 AM	7:00-7:45 AM	
Dolphin Blue	COV		7:00-7:45 AM		7:00-7:45 AM	7:00-7:45 AM	
Dolphin Yellow	BMAC	6:15-6:30 AM (D) 6:30-8:00 AM (LC)		6:15-6:30 AM (D) 6:30-8:00 AM			
	COV		6:15-8:00 AM		6:15-8:00 AM	6:15-8:00 AM	



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	Site	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Age Group Blue	BMAC		6:30-8:00 AM (LC)		6:30-8:00 AM (LC)		
	JRCC	6:15-6:30 AM (D) 6:30-8:00 AM		6:15-6:30 AM (D) 6:30-8:00 AM		6:15-6:30 AM (D) 6:30-8:00 AM	
Age Group Yellow	BMAC		6:15-8:00 AM (LC)		6:15-8:00 AM (LC)	6:15-8:00 AM (LC)	
	JRCC	6:00-6:15 AM (D) 6:15-8:00 AM		6:00-6:15 AM (D) 6:15-8:00 AM			6:00-6:15 AM (D) 6:15-8:00 AM
Senior/Senior National	BMAC	6:00-8:00 AM (LC)		6:00-8:00 AM (LC)		6:00-8:00 AM (LC)	
	FEAC		6:00-8:00 AM		6:00-8:00 AM		6:00-8:00 AM
	FIT		5:00-6:00 AM or 8:00-9:00 AM		5:00-6:00 AM or 8:00-9:00 AM		8:00-9:00 AM



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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

Fit- Weight Room

BMAC-Brittingham Midtown Aquatic Center

COV-Coventry Swim Club

FEAC-Ft. Eustis Aquatic Center

JRCC-James River Country Club