

**Portland Aquatic Club Summer Training Schedule June 22 - July 31, 2009**  
**Updated May 26, 2009**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Grant/ MHAC- Jody</b>						
Senior	6:00- 8:00 AM @ Grant & 9:00-11:30 AM at MHAC	6:00- 8:00 AM @ Grant & 9:00-11:30 AM at MHAC	9:00- 11:30 AM at MHAC	6:00- 8:00 AM @ Grant & 9:00-11:30 AM at MHAC	6:00- 8:00 AM @ Grant & 9:00-11:30 AM at MHAC	7:00- 10:00 AM @ Dishman
Senior Prep	6:00- 8:00 AM @ Grant & 9:00-11:30 AM at MHAC	6:00- 8:00 AM @ Grant & 9:00-11:30 AM at MHAC	9:00- 11:30 AM at MHAC	6:00- 8:00 AM @ Grant & 9:00-11:30 AM at MHAC	6:00- 8:00 AM @ Grant & 9:00-11:30 AM at MHAC	7:00- 10:00 AM @ Dishman
Please note all of Columbia's workouts will move to Dishman effective June 22						
<b>Dishman- Tom</b>						
Gold	4:00- 5:30 PM @ Dishman	4:00- 5:30 PM @ Dishman	6:30- 8:00 am @ Grant	4:00- 5:30 PM @ Dishman	4:00- 5:30 PM @ Dishman	
Silver	4:00- 5:30 PM @ Dishman		6:30- 8:00 am @ Grant		4:00- 5:30 PM @ Dishman	
Bronze		4:00- 5:00 PM @ Dishman		4:00- 5:00 PM @ Dishman		
Please note all of Mt. Scott's workouts will move to Creston effective June 22						
<b>Creston- Jesse</b>						
Gold	4:00- 5:30 PM <sup>1</sup> @ Creston	4:00- 5:30 PM <sup>1</sup> @ Creston	4:00- 5:30 PM <sup>1</sup> @ Creston	4:00- 5:30 PM <sup>1</sup> @ Creston	4:00- 5:30 PM <sup>1</sup> @ Creston	
Silver	4:00- 5:30 PM <sup>1</sup> @ Creston		4:00- 5:30 PM <sup>1</sup> @ Creston		4:00- 5:30 PM <sup>1</sup> @ Creston	
Bronze		4:00- 5:00 PM @ Creston		4:00- 5:00 PM @ Creston		
<b>SWCC- Laurie</b>						
Gold	4:00- 5:30 PM @ SWCC	4:00- 5:30 PM @ SWCC	4:00- 5:30 PM @ SWCC	4:00- 5:30 PM @ SWCC	4:00- 5:30 PM @ SWCC	
Silver	4:00- 5:30 PM @ SWCC		4:00- 5:30 PM @ SWCC		4:00- 5:30 PM @ SWCC	
Bronze		4:30- 5:30 PM <sup>2</sup> @ SWCC		4:30- 5:30 PM <sup>2</sup> @ SWCC		

Please note practice times and locations may change or be cancelled due to swim meets. PAC will make every effort to offer some additional practices at Mt. Hood (MHAC) for our younger swimmers on select days. Please watch email and PAC website throughout the summer. We have made every effort to accommodate all of our swimmers, however we understand the summer is difficult. Therefore, any swimmer who cannot attend a practice due to the summer schedule should contact their coach (at practice, phone, or email) to make arrangements to attend a practice at another pool or on another day so they can get all of their practices in. Summer practices will begin on June 22nd (however, Mt. Hood for the seniors will start June 15 with doubles at Dishman that week) and will end on July 31 (special workouts will be made for Zone/ National swimmers). Please arrive on time and ready to swim (be there at least 10 minutes prior to practice)! Enjoy your summer! Watch for your intent to return notices and return ASAP. The 2009-10 season begins in September with tryouts and a picnic in Grant Park.

Please note all Senior and Senior Prep swimmers will charged \$100 for the additional training at Mt. Hood. Please note there will be no practices at MHAC on June 19, July 22-24, July 30-31 due to swim meets at MHAC. However, there will be practice at Grant for Seniors and Senior Preps July 22-24. **Additional special practices will be planned this summer (The first one for 12U swimmers with 'A' times may train at MHA on June 26 from 9:15- 11:15 am. Watch the web and PAC emails for additional details! Look at the calendar page of the website for details!**

The schedule reflects dryland time for Senior and Senior Prep in addition to Bronze, Silver, and Gold at Creston. Additional dryland time (5-20 minutes) may become available to qualified swimmers at all pools as determined by their coach.

<sup>1</sup> We will receive 1.25 hours of water time at Creston again this year followed by 15 minutes of dryland. Gold and Silver Swimmers are expected to bring shoes, shorts, and shirts to change into quickly on deck immediately following practice!

<sup>2</sup> Please note we will have one Bronze group at SWCC this summer, however, if numbers warrant splitting the group coach Laurie will do so.

Summer Pools: **Grant Pool: 2300 N 33rd. 503.823.3674**  
**Creston Pool: 4434 SE Powell Blvd. 503.823.3672**  
**Mt. Hood Aquatic Center: 26000 SE Stark Gresham 503.491.7244**