

Portland Aquatic Club Summer Training Schedule June 21 - August 6, 2010
Updated June 4, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Montavilla/ MHAC- Jody						
Senior	6:00- 8:00 AM [#] @ Montavilla & 9:00- 11:30 AM at MHAC	6:00- 8:00 AM [#] @ Montavilla & 9:00- 11:30 AM at MHAC	6:00- 8:00 AM [#] @ Montavilla & 9:00- 11:30 AM at MHAC	6:00- 8:00 AM [#] @ Montavilla & 9:00- 11:30 AM at MHAC	6:00- 8:00 AM [#] @ Montavilla & 9:00- 11:30 AM at MHAC	7:00- 10:00 AM @ Dishman
Senior Prep	6:00- 8:00 AM [#] @ Montavilla & 9:00- 11:30 AM at MHAC	6:00- 8:00 AM [#] @ Montavilla & 9:00- 11:30 AM at MHAC	6:00- 8:00 AM [#] @ Montavilla & 9:00- 11:30 AM at MHAC	6:00- 8:00 AM [#] @ Montavilla & 9:00- 11:30 AM at MHAC	6:00- 8:00 AM [#] @ Montavilla & 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 21						
Dishman- Tom						
Gold	4:00- 5:30 PM @ Dishman	4:00- 5:30 PM @ Dishman	4:00- 5:30 PM @ Dishman	4:00- 5:30 PM @ Dishman	4:00- 5:30 PM @ Dishman	
Silver	4:00- 5:30 PM @ Dishman		4:00- 5:30 PM @ Dishman		4:00- 5:30 PM @ Dishman	
Bronze I, II		I- 4:00- 5:00 PM II 4- 5:30 PM @ Dishman		I- 4:00- 5:00 PM II 4- 5:30 PM @ Dishman		
Please note all of Mt. Scott's workouts will move to Creston effective June 21						
Creston- Jesse						
Gold	4:00- 5:30 PM ¹ @ Creston	4:00- 5:30 PM ¹ @ Creston	4:00- 5:30 PM ¹ @ Creston	4:00- 5:30 PM ¹ @ Creston	4:00- 5:30 PM ¹ @ Creston	
Silver	4:00- 5:30 PM ¹ @ Creston		4:00- 5:30 PM ¹ @ Creston		4:00- 5:30 PM ¹ @ Creston	
Bronze I, II		I- 4:00- 5:00 PM II 4- 5:30 PM @ Creston		I- 4:00- 5:00 PM II 4- 5:30 PM @ Creston		
SWCC- Laurie						
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 I, II		I 4:30- 5:30 PM ² II 4- 5:30 PM@ SWCC		I 4:30- 5:30 PM ² II 4- 5:30 PM@ 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 21st and end August 6 (last one at MHAC August 5). 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 2010-11 season begins in September with tryouts and a picnic in Grant Park on Sunday, September 12th at 10 am.

Please note all Senior and Senior Prep swimmers will be charged \$140 for the additional training at Mt. Hood. Please note there will be no practices at MHAC on July 20-24, July 29-Aug. 1 due to swim meets at MHAC. However, there will be practice at Montavilla for Seniors and Senior Preps July 20-23. **Additional special practices will be planned this summer (The first one for 12U swimmers with 'A' times may train at MHA on June 25 from 9:15- 11:15 am. Watch the web and PAC emails for additional details! Special practices at MHAC will be offered August 2- 5 from 9:15- 11:00 am for all swimmers. A \$20.00 fee will be charged to Gold, Silver, Bronze I, II who attend.**

The schedule reflects dryland time for Senior and Senior Prep in addition to Bronze I, II, 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.

[#] Senior and Senior Preps please watch Jody's emails for mornings off at Montavilla. The day will change each week. The first one will be Friday, June 25.

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

² Please note Laurie will adjust the Bronze group depending on space available after July 2 after our test of PSU ends

Summer Pools:
Montavilla Pool: 8219 NE Glisan Street 503.823.4101
Creston Pool: 4434 SE Powell Blvd. 503.823.3672
Mt. Hood Aquatic Center: 26000 SE Stark Gresham 503.491.7244