PAAC Fall Programming 2020

Session Dates:

Tuesday September 29th – Sunday November 22nd

Facilities:

We will be using two facilities: Please refer to the practice times to determine what facility your swimmer will be using on their practice day

1. JCC of the Lehigh Valley

702 N. 22nd Street

Allentown, PA 18104

2. Rodale Aquatic Center @ Cedar Crest College

100 College Dr

Allentown, PA 18104

Practice Times/ Session Fees

STARS

Tuesday 4- 5PM @ the JCC
Wednesday 4-5 @ the JCC
Friday 4- 5PM @ the JCC

Bronze

Tuesday 4-5 PM @ Rodale
Thursday 4-5PM @ Rodale
*Friday 5- 6PM @ the JCC
Saturday 11:30-12:30PM @ Rodale
*Bronze group will be split as needed to adhere to maximum indoor gathering requirements

Silver

Tuesday 7:15- 8:45PM @ Rodale
Thursday 7:15- 8:45PM @ Rodale
Friday 7:30- 9PM @ the JCC
Saturday 12:30-2PM @ Rodale
Sunday 7- 9AM @ Rodale

Gold

Tuesday 7:15 – 8:45PM @ Rodale
Thursday 7:15--8:45PM @ Rodale
Friday 6- 7:30PM @ the JCC
Saturday 7- 8:45AM @ the JCC
Sunday 7- 9AM @ Rodale

Senior

Monday 6 – 7:45AM or 8- 9:45PM @ the JCC
Tuesday 6- 7:45AM or 7-9PM @ the JCC
Wednesday 6- 7:45AM or 7- 9PM @ the JCC
Thursday 6-7:45AM or 8- 9:45PM @ the JCC
*Saturday 9:30-11:30AM @ Rodale
*Sunday 7-8:45AM @ the JCC

*Senior group will be split as needed to adhere to maximum indoor gathering requirements

Equipment

*Although we will not use every piece of equipment every practice all groups should have a mesh swim bag along with a kick board, long fins, a snorkel, a pull buoy, and a water bottle. These should be brought to practice every day. Sneakers should be worn on dryland days.

* All of these items can be purchased online or locally at
D&J Sports
They are located in Coopersburg @
7001 PA-309
Coopersburg PA 18036
610-282-5895