



PAAC Summer 2021 Practice Schedule

Session Dates: June 21- August 7

Senior Select

Monday: 6:45-9:00am swim, 9:00-9:30am dryland @ Mack

5-7 pm @ Muhlenberg

Tuesday: 6:45-9:00am swim, 9:00-9:30am dryland @ Mack

Wednesday: 6:45-9:00am swim, 9:00-9:30am dryland @ Mack

5-7pm @ Muhlenberg

Thursday: 6:45-9:00am swim @ Mack (no dryland)

Friday: 6:45-9:00am swim, 9:00-9:30am dryland @ Mack

Saturday: 6:45-9:00am swim @ Mack (no dryland)

Sunday: OFF

**** Senior Select is an invite only group. Criteria to be communicated by head coach**

Senior

Monday: 6:45-9:00am swim, 9:00-9:30am dryland @ Mack

Tuesday: 6:45-9:00am swim, 9:00-9:30am dryland @ Mack

Wednesday: 6:45-9:00am swim, 9:00-9:30am dryland @ Mack

Thursday: 6:45-9:00am swim @ Mack (no dryland)

Friday: 6:45-9:00am swim, 9:00-9:30am dryland @ Mack

Saturday: 6:45-9:00am swim @ Mack (no dryland)

Sunday: OFF



Gold

Monday: 8:15-8:45am dryland, 8:45-10:30am swim @ Mack

Tuesday: 8:15-8:45am dryland, 8:45-10:30am swim @ Mack

Wednesday: 8:15-8:45am dryland, 8:45-10:30am swim @ Mack

Thursday: 8:15-8:45am dryland, 8:45-10:30am swim @ Mack

Friday: 8:15-8:45am dryland, 8:45-10:30am swim @ Mack

Saturday: 8:45-10:30am swim @ Mack (no dryland)

Sunday: OFF

Silver

Monday: 8:30-9:00am dryland, 9:00-10:30am swim @ Mack

Tuesday: 8:30-9:00am dryland, 9:00-10:30am swim @ Mack

Wednesday: 8:30-9:00am dryland, 9:00-10:30am swim @ Mack

Thursday: 8:30-9:00am dryland, 9:00-10:30am swim @ Mack

Friday: 8:30-9:00am dryland, 9:00-10:30am swim @ Mack

Saturday: 9:00-10:30am swim @ Mack (no dryland)

Sunday: OFF

Bronze

Monday: 7-8pm @ Muhlenberg

Tuesday: 9:00- 9:30am dryland 9:30-10:30am swim @ Mack

Wednesday: 7-8pm @ Muhlenberg

Thursday: 9:00- 9:30am dryland 9:30-10:30am swim @ Mack

Friday: 9:30-10:30am @ Mack (no dryland)

Saturday: OFF

Sunday: OFF



Pool Locations

**MACK Pool is located @: 1901 Mack Blvd, Allentown PA 18103

**Muhlenberg College is located @: 2400 West Chew Street, Allentown PA.
Please drop your child off by the pool entrance on Liberty Street. See map as a reference to where you should drop off and pick up your child. The pool is right next to the football stadium on Liberty Street.