2018 Portland Aquatic Club Summer Training Schedule

June 18- August 3

Pool	Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Montavilla (MV) & Mt. Hood (MHAC)	**Elite Groups & Crossover Groups**	6- 8 am @ MV & 9- 11:15 @MHAC	6- 8 am @ MV[2] & 9- 11:15 @MHAC	6- 8 am @ MV & 9- 11:15 @MHAC	6- 8 am @ MV[2] & 9- 11:15 @MHAC	6- 8 am @ MV[1] & 9- 11:15 @MHAC	7- 9 am @Dishman
Columbia @Dishman Montavilla on Fri.	**High School**	4-5:30 pm	4-5:30 pm	4-5:30 pm	4-5:30 pm	6- 8 am @MV	
	Gold	4-5:30 pm	4-5:30 pm	4-5:30 pm	4-5:30 pm*	6- 8 am @MV	
	Silver	4-5:30 pm		4-5:30 pm		6- 8 am @MV	
	Bronze		4-5:30 pm		4-5:30 pm		
Mt. Scott @Creston	**High School**	4:15- 5:45 pm	4:15- 5:45 pm	4:15- 5:45 pm	4:15- 5:45 pm	4:15- 5:45 pm	
	Gold	4:15- 5:45 pm	4:15- 5:45 pm	4:15- 5:45 pm	4:15- 5:45 pm	4:15- 5:45 pm	
	Silver	4:15- 5:45 pm		4:15- 5:45 pm		4:15- 5:45 pm	
	Bronze		4:15- 5:45 pm		4:15- 5:45 pm		
SWCC	**High School**	4- 5:30 pm	4- 5:30	4- 5:30 pm	4- 5:30	4- 5:30 pm	
	Gold	4- 5:30 pm	4- 5:30 pm	4- 5:30 pm	4- 5:30 pm	4- 5:30 pm	
	Silver	4- 5:30 pm		4- 5:30 pm		4- 5:30 pm	
	Bronze		4- 5:30 pm		4- 5:30 pm		

- Update April 25, 2018. Practices begin June 18 for Elite & Crossover Groups, Collegeswimmers at MHAC only. All other practices begin June 19 (due to PPR in-service). Columbia swimmers move to Dishman; Mt. Scott to Creston and SWCC stays the same.
- College swimmers, Elite and Crossover Groups are expected to train at MHAC and Montavilla. All swimmers will be billed for the additional training time $120 with a family maximum of $160. College swimmers will pay USA registration, MHAC fees and meet fees.
- Elite, College, Crossover Groups and invited swimmers will be split into groups on M, W, F to do dryland at MV for one hour and swim one hour. Please be prepared for dryland with shoes, shorts, shirts, water bottle and snacks.
- [1]Select Friday's will be from 4- 5:30 pm at Dishman. Please review additional calendar.
- [2]Tuesday practices will be Sprint focus and Thursday will be distance. Swimmers may come to both or sleep in as needed. Please note when MHAC has conflicts on T, Th will become regular practices. Please be aware of the training calendar.
- Select Gold and High School swimmers will be invited to Montavilla (see special calendar).
- All Gold and High School swimmers are encouraged to swim 5 days a week.
- No practice at all pools July 4th. Also, no practice at MHAC on June 22 ,29, July 4, 12-13, and 26-27. Please review the training calendar for practice adjustments.
- Practices end at Dishman, Creston, MHAC, and SWCC on August 3rd. Montavilla ends July 27th.
- Special practices for qualified State swimmer who do not regularly train at MHAC will be offered as will practices after 8.3 for Zone swimmers. Please refer to PAC website for details.
- We understand summer practice times and locations may not work for everyone. Please consult with your coach about options for your summer training.
- Enjoy your summer and we will see you again on September 10th!