

## **2025-2026 MAC Fall/ Winter Practice Schedule**

At MAC, we're proud to offer exceptional training programs and a supportive, family-oriented community for swimmers of all ages and skill levels. Our mission is to help every athlete reach their fullest potential, both in and out of the water, while fostering a lifelong love for the sport of swimming.

Below, you'll find our Fall & Winter Group Practice Schedules. We work hard to maintain a consistent and reliable routine, but occasional adjustments may occur due to facility availability, meet weekends, or holiday schedules. Any updates will be shared promptly so you can plan with confidence.

To ensure high-quality training and personalized attention, space in each training group may be limited. If you have any questions about placement, availability, or program details, please reach out, we're always happy to help.

At MAC, we focus on long-term athlete development, building not only speed and skill but also technique development, discipline, teamwork, and a lifelong passion for swimming. Whether your goal is to compete at the highest levels or simply to grow as an athlete, we're excited to welcome you into the MAC family.

### **White Select**

<b>Days</b>	<b>Time</b>	<b>Location</b>
Tuesday	5:30-6:15pm	@ MAC Warm Water Pool
Thursday	5:30-6:15pm	@ MAC Warm Water Pool
Saturday	12:00-12:45pm	@ MAC Warm Water Pool

### **White Performance**

<b>Days</b>	<b>Time</b>	<b>Location</b>
Tuesday	5:30-6:30pm	@ MAC Lap Pool
Wednesday	5:30-6:30pm	@ MAC Lap Pool
Thursday	5:30-6:30pm	@ MAC Lap Pool
Sunday	12:30pm-1:30pm	@ MAC Lap Pool

### **Red Select**

<b>Days</b>	<b>Time</b>	<b>Location</b>
Monday	6:00-7:00pm	@ Madison Memorial

Thursday	6:00-7:00pm	@ Madison Memorial
Friday	6:30-7:30pm	@ MAC Lap Pool
Saturday	12:00-1:00pm	@ MAC Lap Pool

### **Red Performance**

<b>Days</b>	<b>Time</b>	<b>Location</b>
Monday	6:30-7:30pm	@ MAC Lap Pool
Tuesday	6:30-7:45pm	@ MAC Lap Pool
Thursday	6:30-7:45pm	@ MAC Lap Pool
Friday	5:30-6:30pm	@ MAC Lap Pool
Sunday	11:30am-12:30pm	@ MAC Lap Pool

### **Blue Select**

<b>Days</b>	<b>Time</b>	<b>Location</b>
Monday	7:00-8:15pm	@ Madison Memorial
Wednesday	6:00-7:15pm	@ Madison LaFollette
Thursday	:7:00-8:15pm	@ Madison Memorial
Friday	5:15-6:30pm	@ MAC Lap Pool
Saturday	12:00-1:15pm	@ MAC Lap Pool

### **Blue Performance**

<b>Days</b>	<b>Time</b>	<b>Location</b>
Monday	6:30-8:00pm	@ MAC Lap Pool
Tuesday	6:30-8:00pm	@ MAC Lap Pool
Wednesday	6:30-8:00pm	@ UW Nick
Thursday	6:30-8:00pm	@ MAC Lap Pool
Friday	6:30-8:00pm	@ MAC Lap Pool
Sunday	11:30am-1:30pm	@ MAC Lap Pool (30 Min Dryland 1:00-1:30pm)

### **Bronze Select (Middle School)**

<b>Days</b>	<b>Time</b>	<b>Location</b>
Monday	6:30-8:00pm	@ UW Research Park
Tuesday	6:30-8:00pm	@ UW Nick
Wednesday	6:30-8:00pm	@ UW Research Park
Friday	6:30-8:00pm	@ MAC Lap Pool
Saturday	10:30am-12:00pm	@ MAC Lap Pool

### **Bronze Performance (Middle School)**

<b>Days</b>	<b>Time</b>	<b>Location</b>
Monday	6:30-8:00pm	@ MAC Lap Pool
Tuesday	6:30-8:00pm	@ MAC Lap Pool
Wednesday	6:30-8:00pm	@ UW Nick
Thursday	6:30-8:00pm	@ MAC Lap Pool
Friday	6:30-8:00pm	@ MAC Lap Pool
Sunday	9:00-11:30am	@ MAC Lap Pool (Dryland Included)

### **Silver Select (High School)**

<b>Days</b>	<b>Time</b>	<b>Location</b>
Monday	6:30-8:00pm	@ UW Research Park
Tuesday	6:30-8:00pm	@ UW Nick
Wednesday	6:30-8:00pm	@ UW Research Park
Friday	6:30-8:00pm	@ MAC Lap Pool
Saturday	10:30am-12:00pm	@ MAC Lap Pool

### **Silver Performance (High School)**

<b>Days</b>	<b>Time</b>	<b>Location</b>
Monday	6:00-7:30am	@ MAC Lap Pool (Swim)
Tuesday	6:00-7:00am	@ MAC Fitness Center (Dryland)
Wednesday	6:00-7:30am	@ MAC Lap Pool (Swim)
Thursday	6:00-7:00am	@ MAC Fitness Center (Dryland)
Friday	6:00-7:30am	@ MAC Lap Pool (Swim)
Monday	5:00-6:30pm	@ MAC Lap Pool (Swim)
Tuesday	4:30-6:30pm	@ MAC Lap Pool (Swim)
Wednesday	5:00-6:30pm	@ MAC Lap Pool (Swim)
Thursday	4:30-6:30pm	@ MAC Lap Pool (Swim)
Sunday	9:00-11:30am	@ MAC Lap Pool (Dryland Included)

### **Gold Performance (Coaching Staff Discretion Only)**

<b>Days</b>	<b>Time</b>	<b>Location</b>
Monday	6:00-7:30am	@ MAC Lap Pool (Swim)

Tuesday	6:00-7:00am	@ MAC Fitness Center (Dryland)
Wednesday	6:00-7:30am	@ MAC Lap Pool (Swim)
Thursday	6:00-7:00am	@ MAC Fitness Center (Dryland)
Friday	6:00-7:30am	@ MAC Lap Pool (Swim)
Monday	5:00-6:30pm	@ MAC Lap Pool (Swim)
Tuesday	4:30-6:30pm	@ MAC Lap Pool (Swim)
Wednesday	5:00-6:30pm	@ MAC Lap Pool (Swim)
Thursday	4:30-6:30pm	@ MAC Lap Pool (Swim)
Sunday	9:00-11:30am	@ MAC Lap Pool (Dryland Included)