

2026 MAC Summer 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 Summer 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. This is to be used as a reference guide only. Please refer to the Team Up (Google format) calendar on our Swim Team webpage for the most up-to-date team schedule.

The schedule is created based on our estimated number of swimmers returning each season. Final schedules may be altered if group sizes vary from the original estimate to accommodate each group with adequate lane space. 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

| Days | Time | Location |
|-------------|-------------|-----------------------|
| Tuesday | 5:30-6:15pm | @ MAC Warm Water Pool |
| Thursday | 5:30-6:15pm | @ MAC Warm Water Pool |
| Friday | 5:30-6:15pm | @ MAC Warm Water Pool |

White Performance

| Days | Time | Location |
|-------------|-------------|-----------------|
| Monday | 5:30-6:30pm | @ MAC Lap Pool |
| Tuesday | 5:30-6:30pm | @ MAC Lap Pool |
| Wednesday | 5:00-6:00pm | @ MAC Lap Pool |
| Thursday | 5:30-6:30pm | @ MAC Lap Pool |
| Sunday | noon-1:00pm | @ MAC Lap Pool |

Red Select

| Days | Time | Location |
|-------------|-------------|-----------------|
| Monday | 5:30-6:30pm | @ MAC Lap Pool |
| Tuesday | 5:30-6:30pm | @ MAC Lap Pool |
| Wednesday | 5:00-6:00pm | @ MAC Lap Pool |
| Friday | 5:15-6:15pm | @ MAC Lap Pool |

Red Performance

| Days | Time | Location |
|-------------|-------------|-----------------|
| Monday | 5:30-6:30pm | @ MAC Lap Pool |
| Tuesday | 5:30-6:30pm | @ MAC Lap Pool |
| Wednesday | 5:00-6:00pm | @ MAC Lap Pool |
| Friday | 5:15-6:15pm | @ MAC Lap Pool |
| Sunday | noon-1:00pm | @ MAC Lap Pool |

Blue Select

| Days | Time | Location |
|-------------|-------------|-----------------|
| Monday | 5:30-6:30pm | @ MAC Lap Pool |
| Tuesday | 6:30-7:30pm | @ MAC Lap Pool |
| Wednesday | 6:00-7:15pm | @ MAC Lap Pool |
| Thursday | 6:30-7:30pm | @ MAC Lap Pool |
| Friday | 5:15-6:15pm | @ MAC Lap Pool |

Blue Performance

| Days | Time | Location |
|-------------|-----------------|----------------------------|
| Monday | 6:30-8:00pm | @ MAC Lap Pool |
| Tuesday | 5:30-7:30pm | @ UW Nicholas Center alt w |
| | 5:00-6:30pm | @ MAC Lap Pool |
| Wednesday | 6:00-7:30pm | @ MAC Lap Pool |
| Thursday | 6:30-8:00pm | @ MAC Lap Pool |
| Friday | 6:15-7:45pm | @ MAC Lap Pool |
| | 5:30-6:15pm | @ MAC Fitness Center |
| Sunday | 10:30am-12:00pm | @ MAC Lap Pool |

Bronze Select (Middle School)

| Days | Time | Location |
|-------------|---------------|-----------------|
| Monday | 6:30-8:00pm | @ MAC Lap Pool |
| Tuesday | 6:30-8:00pm | @ MAC Lap Pool |
| Wednesday | 6:30-8:00pm | @ MAC Lap Pool |
| Thursday | 7:00-8:30pm | @ MAC Lap Pool |
| Friday | 6:15pm-7:45pm | @ MAC Lap Pool |

Bronze Performance (Middle School)

| Days | Time | Location |
|-------------|-------------|----------------------------|
| Monday | 6:30-8:00pm | @ MAC Lap Pool |
| Tuesday | 5:30-7:30pm | @ UW Nicholas Center alt w |
| | 5:00-6:30pm | @ MAC Lap Pool |

| | | |
|-----------|-----------------|----------------|
| Wednesday | 5:30-7:30pm | @ MAC Lap Pool |
| Thursday | 6:30-8:00pm | @ MAC Lap Pool |
| Friday | 6:15-7:15pm | @ MAC Lap Pool |
| Sunday | 10:30am-12:00pm | @ MAC Lap Pool |

Silver Select (High School)

| Days | Time | Location |
|-------------|---------------|-----------------|
| Monday | 6:30-8:00pm | @ MAC Lap Pool |
| Tuesday | 6:30-8:00pm | @ MAC Lap Pool |
| Wednesday | 6:30-8:00pm | @ MAC Lap Pool |
| Thursday | 7:00-8:30pm | @ MAC Lap Pool |
| Friday | 6:15pm-7:45pm | @ MAC Lap Pool |

Silver Performance (High School)

| Days | Time | Location |
|-------------|--------------|--------------------------------|
| Monday | 6:00-8:00am | @ MAC Lap Pool (Swim) |
| Tuesday | 6:00-7:00am | @ MAC Fitness Center (Dryland) |
| Thursday | 6:00-7:00am | @ MAC Fitness Center (Dryland) |
| Friday | 6:00-8:00am | @ MAC Lap Pool (Swim) |
| Monday | 4:00-5:30pm | @ MAC Lap Pool (Swim) |
| Tuesday | 5:30-7:30pm | @ UW Nicholas Center (Swim) |
| Wednesday | 5:30-7:30pm | @ UW Nicholas Center (Swim) |
| Thursday | 4:30-6:30pm | @ MAC Lap Pool (Swim) |
| Friday | 3:45-5:15pm | @ MAC Lap Pool (Swim) |
| Sunday | 8:30-11:30am | @ MAC - swim/dryland |

Gold Performance

| Days | Time | Location |
|-------------|--------------|--------------------------------|
| Monday | 6:00-8:00am | @ MAC Lap Pool (Swim) |
| Tuesday | 6:00-7:00am | @ MAC Fitness Center (Dryland) |
| Thursday | 6:00-7:00am | @ MAC Fitness Center (Dryland) |
| Friday | 6:00-8:00am | @ MAC Lap Pool (Swim) |
| Monday | 4:00-5:30pm | @ MAC Lap Pool (Swim) |
| Tuesday | 5:30-7:30pm | @ UW Nicholas Center (Swim) |
| Wednesday | 5:30-7:30pm | @ UW Nicholas Center (Swim) |
| Thursday | 4:30-6:30pm | @ MAC Lap Pool (Swim) |
| Friday | 3:45-5:15pm | @ MAC Lap Pool (Swim) |
| Sunday | 8:30-11:30am | @ MAC - swim/dryland |

