

Team Life



Multnomah Athletic Club

The Multnomah Athletic Club Masters Swimmers regularly enjoy time together outside of practice and meets. You will find us after each night practice hanging out together in the hot tub, catching up on our personal lives and favorite TV shows and movies. We have special holiday practices where everyone is invited to a meal at the MAC Sports Pub or a downtown Portland restaurant. We throw a party each year to celebrate the accomplishments of our swimmers who compete at Associations. We camp together at open water events, go to concerts, and celebrate life with our OMS teammates.



Associations celebration 2015



MAC 50 meter pool reopening celebration



Halloween practice 2015



MAC Sports Pub get together



MAC campers



OMS belly dancing night