



MEN'S AND WOMEN'S SWIMMING WINTER BREAK + SPRING 2025 SCHEDULE

UTHealth is proud to continue its partnership with the University of St. Thomas' Men's and Women's Swimming. The Celtics' inaugural season was a success and they will be returning for swim team practices hosted at the UTHealth Houston-Recreation Center for their second season beginning this fall.

WINTER BREAK UST PRACTICE SCHEDULE	
5 Lanes Reserved (Lanes will be marked with signs.) <i>All non-reserved areas available for Rec Center Members.</i>	
Thursday, 12/5	7:30—9:00AM
Friday, 12/6	7:30—9:00AM
Monday, 12/9	7:30—9:00AM
Tuesday, 12/10	7:30—9:00AM
Saturday, 12/14	8:15—10:15AM
Friday, 1/10	7:30—9:30AM 2:00—4:00PM

SPRING 2025 UST OFFICIAL PRACTICE SCHEDULE	
Monday, January 13th — Monday, February 17th	
5 Lanes Reserved (Lanes will be marked with signs.) <i>All non-reserved areas available for Rec Center Members.</i>	
Mondays	7:30—9:30AM 2:00—4:00PM
Fridays	7:30—9:30AM 2:00—4:00PM
Saturdays	8:15AM—10:15AM
Post Season (After 2/17)	TBD

- UST will have 5 lanes reserved (#9 –13) with up to 6 lanes reserved (#8 –13) if needed .
- UST practices are closed to members of UST Swimming only.
- UST will not host swim meets or special events at the Recreation Center this season.
- UST has access to reserved lanes + locker rooms only, not weight room, cardio area or courts.
- Dates and times are subject to change.
- *All of this information is also available on our website:*
www.uth.edu/recreation-center/programs/aquatics

