

MEN'S AND WOMEN'S SWIMMING FALL 2025 PRACTICE SCHEDULE

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

UST VOLUNTARY PRACTICE SCHEDULE Monday, 8/25—Wednesday, 9/10

6 Lanes Reserved (Lanes will be marked with cones.)
All non-reserved areas available for Recreation Center Members.

8/25, 8/27 + 8/29	7:30—9:00AM
9/2—9/5	7:30—9:00AM
9/8—9/10	7:30—9:00AM
9/11	Official Practices Begin!

UST OFFICIAL PRACTICE SCHEDULE Thursday, 9/11—Saturday, 2/14

6 Lanes Reserved (Lanes will be marked with cones.)
All non-reserved areas available for Recreation Center Members.

Mondays	7:30—9:30AM
Fridays	7:30—9:30AM 2:00—4:00PM
Saturdays	8:00AM—10:15AM
Finals Week + Winter Break	TBD
Post-Season 2/23—4/30	TBD

- UST will have 6 lanes reserved (#8–13) marked with cones.
- 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

