



2025-2026 SC SCHEDULE OF PRACTICE GROUPS (HOUSTON)

All times p.m. unless designated in blue.

GROUP	MON	TUES	WED	THURS	FRI	SAT
ShAC 2	4:15-5:00	4:15-5:00	4:15-5:00	4:15-5:00	4:15-5:00	10:30-11:15
ShAC 3	5:00-6:00	5:00-6:00	5:00-6:00	5:00-6:00	5:00-6:00	10:30-11:30
Junior 1	6:00-7:30	6:00-7:30	6:00-7:30	6:00-7:30	6:00-7:30	8:30-10:30
Junior 2 & 3	6:00-7:30	5:30-7:30	6:00-7:30	5:30-7:30	5:30-7:30	8:30-10:30
Senior 1 & Senior National	4:00-6:00	5:30-7:00 4:00-7:00	4:00-7:00	5:30-7:00 4:00-7:00	4:00-6:00	7:00-10:00
Masters	5:00-6:00	5:00-6:00	5:00-6:00	5:00-6:00	10:30-11:30	10:30-11:30

- Regular season practice times for SC season from 9/1/25 to 3/31/26.
- Schedule is subject to change; Refer to weekly Calendar
- ShAC trains year round, in all weather conditions. However, since the safety of the swimmer is always considered, in times of inclement weather, practices will be cancelled via email.
- Traditionally, the schedule on Saturday is used for single day holidays.

TYPICAL SINGLE DAY HOLIDAYS:

- Labor Day
- Good Friday
- Memorial Day
- Independence Day