



## AFTERNOON/EVENING PRACTICE SCHEDULE: August 18th - March 6th

### Klein High

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Black</u>	4:00 – 6:00	4:00 – 6:00	4:00 – 6:00	4:00 – 6:00	4:00 – 6:00
<u>Junior Elite</u>	6:00 – 8:00	6:00 – 8:00	6:00 – 8:00	6:00 – 8:00	6:00 – 8:00
<u>Platinum</u>	6:00 – 7:45	6:00 – 7:45	6:00 – 7:45	6:00 – 7:45	6:00 – 7:45
<u>Silver</u>	5:15 – 6:15	5:15 – 6:15	5:15 – 6:15	5:15 – 6:15	5:15 – 6:15
<u>Bronze</u>	7:00 – 7:40	7:00 – 7:40	7:00 – 7:40	7:00 – 7:40	OFF
<u>Copper*</u>	6:30 – 7:00	6:30 – 7:00	6:30 – 7:00	6:30 – 7:00	OFF

**\*Copper swimmers at Klein High MUST choose either Monday/Wednesday or Tuesday/Thursday**

### Klein Cain

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Gold</u>	6:00 – 7:30	6:00 – 7:30	6:00 – 7:30	6:00 – 7:30	6:00 – 7:30
<u>Silver</u>	6:15 – 7:15	6:15 – 7:15	6:15 – 7:15	6:15 – 7:15	6:15 – 7:15

### Spring Creek Oaks (SCO)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>National Elite</u>	3:45 – 5:45	3:45 – 6:15	3:45 – 5:45	3:45 – 6:15	3:45 – 5:45	TBA
<u>Pre-National Elite</u>	3:45 – 5:45	3:45 – 5:45	3:45 – 5:45	3:45 – 5:45	3:45 – 5:45	TBA

#### Waterpolo - Starting 11/3/25

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Ages 15-18</u>	6:30-8:00	OFF	6:30-8:00	OFF	6:30-8:00
<u>Ages 13-14</u>	OFF	6:30 - 7:30	OFF	6:30 - 7:30	OFF
<u>Ages 12 &amp; u</u>	OFF	6:30-7:15	OFF	6:30-7:15	OFF

### Gleannloch Farms Athletic Pool

Most Klein/Cain practices will shift to GLF when the pools are down due to maintenance issues or if they host UIL competitions. Practice time will be the same, just a change in location. Review the “News” section on the website for known practice changes.



## MORNING PRACTICE SCHEDULE: September 8th – February 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Elite	5:30 – 7:00 @ SCO	5:45 – 6:45 @ ATH	5:30 – 7:00 @ SCO	5:45 – 6:45 @ ATH	OFF	TBA
Pre-National Elite	5:30 – 7:00 @ SCO	5:45 – 6:45 @ ATH	5:30 – 7:00 @ SCO	5:45 – 6:45 @ ATH	OFF	TBA
Black	5:30 – 7:00 @ SCO	5:45 – 6:45 @ ATH	5:30 – 7:00 @ SCO	5:45 – 6:45 @ ATH	OFF	TBA
Junior Elite	5:30 – 7:00 @ SCO	5:45 – 6:45 @ ATH	5:30 – 7:00 @ SCO	5:45 – 6:45 @ ATH	OFF	TBA
Platinum Plus	5:30 – 7:00 @ SCO	5:45 – 6:45 @ ATH	5:30 – 7:00 @ SCO	5:45 – 6:45 @ ATH	OFF	TBA

- SCO = Spring Creek Oaks
  - 6002 Bur Oak Drive, Spring, TX, 77379
- ATH = Athlete Training + Health
  - 19711 Stuebner Airline Rd., Spring, TX, 77379

ATH is optional training for Black, Junior Elite and Platinum. Members must pay the dryland fee at registration in order to participate.