

SHADOW CREEK PRACTICE GROUPS*

<u>Shadow Creek - Emerald Bay</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
SC - 6x/wk HS athletes	4:00-6:45pm	4:00-6:00pm	4:00-6:30pm	4:15-6:15pm	4:00-6:45pm	6:00-8:45am
Location:	Emerald Bay	Emerald Bay	Emerald Bay	Pearland NAT	Emerald Bay	Emerald Bay
	DL: 6:00-6:45pm		DL: 5:45-6:30pm		DL: 6:00-6:45pm	DL: 8:00-8:45am
SC - 5x/wk (11-13yrs)	6:30-8:30pm	6:45-8:15pm	6:30-8:30pm	OFF	6:30-8:30pm	8:10-9:40am
Location:	Emerald Bay	Pearland NAT	Emerald Bay		Emerald Bay	Pearland NAT
	DL: 6:30-7:00pm		DL: 6:30-7:00pm		DL: 6:30-7:00pm	
SC- 4x/wk (11-13 yrs)	6:30-8:30pm	OFF	6:30-8:30pm	OFF	6:30-8:30pm	8:10-9:40am
Location:	Emerald Bay		Emerald Bay		Emerald Bay	Pearland NAT
	DL: 6:30-7:00pm		DL: 6:30-7:00pm		DL: 6:30-7:00pm	
SC - 3x/wk (11-13 yrs)	6:00-7:00pm	OFF	OFF	6:00-7:00pm	OFF	8:10-9:40am
Location:	Emerald Bay			Emerald Bay		Pearland NAT
SC 2x/wk (11-13 yrs)	6:00-7:00pm	OFF	OFF	6:00-7:00pm	OFF	OFF
Location:	Emerald Bay			Emerald Bay		
SC 4x/wk (9-10yrs)	OFF	7:00-8:15pm	5:45-7:00pm	7:00-8:15pm	OFF	9:45-11:00am
Location:		Emerald Bay	Emerald Bay	Emerald Bay		Pearland NAT
SC 3x/wk (10&U)	OFF	6:00-7:00pm	OFF	OFF	6:00-7:00pm	9:45-11:00am
Location:		Emerald Bay			Emerald Bay	Pearland NAT
SC 2x/wk (10&U)	OFF	6:00-7:00pm	OFF	OFF	6:00-7:00pm	OFF
Location:		Emerald Bay			Emerald Bay	

*Some groups also have practices at the Pearland Natatorium

PEARLAND NATATORIUM PRACTICE GROUPS*

<u>Pearland Natatorium</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
NAT - 4x/wk HS athletes Location:	4:15-5:45pm Pearland NAT	OFF	4:15-5:45pm Pearland NAT	4:15-6:15pm Pearland NAT	4:15-5:45pm Pearland NAT	OFF
NAT - 5x/wk (11-13yrs) Location:	6:45-8:15pm Pearland NAT	6:45-8:15pm Pearland NAT	6:45-8:15pm Pearland NAT	OFF	6:45-8:15pm Pearland NAT	8:10-9:40am Pearland NAT
NAT - 4x/wk (11-13yrs) Location:	6:45-8:15pm Pearland NAT	OFF	6:45-8:15pm Pearland NAT	OFF	6:45-8:15pm Pearland NAT	8:10-9:40am Pearland NAT
NAT - 3x/wk (11-13 yrs) Location:	5:45-6:45pm Pearland NAT	OFF	5:45-6:45pm Pearland NAT	OFF	5:45-6:45pm Pearland NAT	OFF
NAT - 2x/wk (11-13 yrs) Location:	OFF	5:45-6:45pm Pearland NAT	OFF	5:45-6:45pm Pearland NAT	OFF	OFF
NAT - 4x/wk (9-10yrs) Location:	6:45-8:00pm Pearland NAT	OFF	6:45-8:00pm Pearland NAT	OFF	6:45-8:00pm Pearland NAT	9:45-11:00am Pearland NAT
NAT - 3x/wk 10&under Location:	5:45-6:45pm Pearland NAT	OFF	5:45-6:45pm Pearland NAT	OFF	5:45-6:45pm Pearland NAT	OFF
NAT - 2x/wk 10&under Location:	OFF	5:45-6:45pm Pearland NAT	OFF	5:45-6:45pm Pearland NAT	OFF	OFF

*If there is a facility closure swimmers may be moved to Emerald Bay if their practice group is practicing at the natatorium on the day of a closure.

PEAK FALL 2021 CLINIC GROUP*

NAT - 1x/wk - all ages	OFF	OFF	OFF	OFF	OFF	11:10am-12:10pm
Location:						Pearland NAT

Practices are scheduled for 9/18, 9/25, 10/9, 10/23, 10/30, 11/6, 11/20, 12/4, 12/18. (*11/6 may change to 11/13.)