

THE WEEKLY WAVE



NEWSLETTER



Waves Swim Team Parent Meetings

A parent meeting will be held for Silver group and above will be on Thursday Sept 10 at 7:30 PM. New and returning parents are welcome to join!

CANCELLED: Bronze parent meeting on Monday Sept 14. The meeting will be rescheduled with a new date coming soon.

Natatorium Access Updates

The Natatorium will lock nightly at 7:45 PM on weekdays. If parents need entry to the building they will need to be inside the Natatorium before 7:45 PM. The door will be unlocked 15 minutes before and 15 minutes after practice starts on high school meet evenings for G1, G2, and Senior. The building will also be unlocked 15 minutes before and after practices start on Saturday mornings.

Waves Equipment and Apparel

If you are in need of new equipment or Waves apparel, visit the Waukee Waves team store. Items can be purchased through Elsmore Swim Shop. [Click here to view the team store.](#) New apparel items coming soon!

SEPTEMBER 2,
2026

01. Swim Parent Meetings

02. Natatorium Access
Updates

03. Waves Equipment
and Apparel

04. Advanced Diving
Clinics

05. Natatorium Elevator
and Lobby Notice

Advanced Diving Clinics

Registration is now open on Captyn for Advanced Diving Clinics. Contact Coach Dana for more information!

Natatorium Elevator and Lobby Notice

Remind athletes there is absolutely no playing in or around the Natatorium elevator at any time. In addition, please remain respectful of school district property in the lobby and do not wheel around on the chairs.

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	August 31	September 1	September 2	September 3	September 4	September 5	September 6
Bronze	None	None	None	None	None	None	None
Silver	None	None	None	None	None	None	None
Gold 1	None	None	None	None	None	None	None
Gold 2	None	None	5:30 - 7:15 PM	5:30 - 7:30 PM	5:30 - 7:00 PM	None	None
Senior AM	None	None	None	None	None	None	None
Senior PM	6:30 - 8:00 PM	8:00 - 9:00 PM	5:30 - 7:15 PM	5:30 - 7:30 PM	5:15 - 7:00 PM	None	None
	September 7	September 8	September 9	September 10	September 11	September 12	September 13
Bronze	None	None	None	None	None	None	None
Silver	None	None	6:15 - 7:30 PM	6:15 - 7:45 PM	5:30 - 7:00 PM	9:30 - 10:45 AM	None
Gold 1	None	None	6:15 - 7:30 PM	6:15 - 7:45 PM	5:30 - 7:00 PM	9:30 - 10:45 AM	None
Gold 2	None	8:00 - 9:00 PM	5:45 - 7:30 PM	5:45 - 7:45 PM	5:30 - 7:00 PM	9:00 - 10:30 AM	None
Senior AM	None	None	None	None	None	None	None
Senior PM	None	8:00 - 9:00 PM	4:00 - 5:45 PM	5:30 - 7:30 PM	5:15 - 7:00 PM	7:00 - 9:00 AM	None
	September 14	September 15	September 16	September 17	September 18	September 19	September 20
Bronze	None	None	5:30 - 6:15 PM	TBA	None	None	None
Silver	None	None	6:15 - 7:30 PM	6:15 - 7:45 PM	5:30 - 7:00 PM	None	None
Gold 1	8:00 - 9:00 PM	8:00 - 9:00 PM	6:15 - 7:30 PM	6:15 - 7:45 PM	5:30 - 7:00 PM	None	None
Gold 2	8:00 - 9:00 PM	8:00 - 9:00 PM	5:45 - 7:30 PM	5:45 - 7:45 PM	5:30 - 7:00 PM	None	None
Senior AM	5:45 - 7:00 AM	None	None	None	None	5:45 - 7:00 AM	None
Senior PM	8:00 - 9:00 PM	8:00 - 9:00 PM	5:30 - 7:15 PM	5:30 - 7:30 PM	5:15 - 7:00 PM	None	None