THE WEEKLY WAVE

NEWSLETTER

WAUKEE WAVES

NOVEMBER 4, 2026

01. Swim Practice Schedule Changes

02. The Qualifier at Waukee Volunteers Needed

03. Bronze Mock Meet Nov. 13 Registration Open

04. All Stars Applications Open

05. Inclement Weather Policy

Waves Swim Practice Schedule Changes

Please review the practice schedule listed below as there are multiple changes over the next few weeks due to high school practice times and swim meets. You can also review the schedule on the Waves Google Calendar located on the website under the Waukee Waves Swim Team tab then Swim Team Calendars.

The Qualifier at Waukee Volunteers Needed

There are still a few volunteer spots open for next weekends meet, The Qualifier at Waukee. Click the volunteer link to sign up for a position. Credits will be issued to Captyn accounts for volunteering at this meet. Please consider volunteering for our meet!

Bronze Nov. 13 Mock Meet Registration Open

Registration is now open on SportsEngine for the Bronze Mock Meet on Friday, November 13. Swimmers will compete in the 50 Free, 50 Back, 25 Breaststroke, and 25 Butterfly. Registraion closes on Tuesday, November 10.

All Star Applications Now Open!

Applications for Team Iowa selection for Midwest All Stars is now open through December 14. Click here for more information.

Inclement Weather Policy

In the event of inclement weather that closes the school district, the Natatorium will not have any programming that day. Cancellations will be communicated via text and email thru Captyn for Waves practices.

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	November 2	November 3	November 4	November 5	November 6	November 7	November 8
Bronze	5:30 - 6:15 PM	5:30 - 6:15 PM	5:30 - 6:15 PM	None	None	None	None
Silver	6:15 - 7:45 PM	6:15 - 7:45 PM	6:15 - 7:30 PM	None	5:30 - 7:00 PM	None	None
Gold 1	6:15 - 7:45 PM	6:15 - 7:45 PM	6:15 - 7:30 PM	7:30 - 8:30 PM	5:30 - 7:00 PM	None	None
Gold 2	6:00 - 8:00 PM	6:00 - 8:00 PM	5:45 - 7:30 PM	7:30 - 8:30 PM	5:30 - 7:00 PM	7:00 - 8:30 AM	None
Senior AM	5:45 - 7:00 AM	None	5:45 - 7:00 AM	None	None	7:00 - 8:30 AM	None
Senior PM	5:30 - 7:30 PM	5:30 - 7:30 PM	4:00 - 5:45 PM	7:30 - 8:30 PM	5:15 - 7:00 PM	None	None

	November 9	November 10	November 11	November 12	November 13	November 14	November 15
Bronze	Group 1 5:30 - 6:00 PM Group 2 6:00 - 6:30 PM	Group 1 5:30 - 6:00 PM Group 2 6:00 - 6:30 PM	Group 1 5:30 - 6:00 PM Group 2 6:00 - 6:30 PM	5:15 - 6:30 PM	None	None	None
Silver	6:30 - 8:00 PM	6:30 - 8:00 PM	6:30 - 7:45 PM	6:15 - 7:45 PM	5:30 - 7:00 PM	None	None
Gold 1	6:30 - 8:00 PM	6:30 - 8:00 PM	6:30 - 7:45 PM	6:15 - 7:45 PM	5:30 - 7:00 PM	None	None
Gold 2	6:00 - 8:00 PM	6:00 - 8:00 PM	6:00 - 7:45 PM	5:45 - 7:45 PM	5:30 - 7:00 PM	None	None
Senior AM	None	None	None	None	None	None	None
Senior PM	6:00 - 8:00 PM	6:00 - 8:00 PM	6:00 - 7:45 PM	5:30 - 7:30 PM	5:30 - 7:00 PM	None	None

	November 16	November 17	November 18	November 19	November 20	November 21	November 22
Bronze	5:30 - 6:15 PM	5:30 - 6:15 PM	5:30 - 6:15 PM	5:15 - 6:30 PM	None	None	None
Silver	6:15 - 7:45 PM	6:15 - 7:45 PM	6:15 - 7:30 PM	6:15 - 7:45 PM	5:30 - 7:00 PM	None	None
Gold 1	6:15 - 7:45 PM	6:15 - 7:45 PM	6:15 - 7:30 PM	6:15 - 7:45 PM	5:30 - 7:00 PM	None	None
Gold 2	6:00 - 8:00 PM	6:00 - 8:00 PM	5:45 - 7:30 PM	5:45 - 7:45 PM	5:30 - 7:00 PM	None	None
Senior AM	TBA	None	TBA	None	None	None	None
Senior PM	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:15 PM	5:30 - 7:30 PM	5:15 - 7:00 PM	None	None

Waves Advanced Dive Clinic Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	November 2	November 3	November 4	November 5	November 6	November 7	November 8
Diving Advanced Clinic	5:00 - 7:00 PM	None	5:00 - 7:00 PM	None	None	None	None
	November 9	November 10	November 11	November 12	November 13	November 14	November 15
Diving Advanced Clinic	None	None	None	None	None	None	None
	November 16	November 17	November 18	November 19	November 20	November 21	November 22
Diving Advanced Clinic	5:00 - 7:00 PM	None	5:00 - 7:00 PM	None	None	None	None