

THE WEEKLY WAVE



NEWSLETTER



Waukee Waves October Invitational

This Saturday Waves swimmers will compete at the Waukee Natatorium for the Waukee Waves October Invitational. Meet warm ups begin at 12:30 PM and the competition begins at 1:30 PM. [Visit the Waukee Waves website](#) for information on psych sheets, timelines and heat sheets.

ACAC Tim Jenks Results

Over the weekend, Waves swimmers competed in Ames at the ACAC Tim Jenks Autumn Opener. This meet marked the start of the Fall/Winter 2026 competition season. The Waves did a great job of racing with a few personal best times achieved! The coaches were excited to see improvements made in the water. Keep it up Waves!

OCTOBER 15, 2025

01. Waukee Waves October Invitational
02. ACAC Tim Jenks Results
03. Swim Team Practice Time Changes
04. Pre Competitive Swim January Registration

Swim Team Practice Time Changes Next Week

Please review the calendar below or visit the Waukee Waves website for practice schedule changes happening next week due to high school meets taking place at the Nat.

Pre Competitive Swim January Registration

Registration for the January Pre Competitive Swim Class will open Friday, December 19 at 7:00 AM.

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	October 13	October 14	October 15	October 16	October 17	October 18	October 19
Silver	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	None	None
Gold 1	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	None	None
Gold 2	6:00 - 8:00 PM	6:00 - 8:00 PM	5:30 - 7:15 PM	6:00 - 8:00 PM	5:30 - 7:15 PM	None	None
Senior AM	5:45 - 7:00 AM	None	5:45 - 7:00 AM	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	5:30 - 7:15 PM	None	None
	October 20	October 21	October 22	October 23	October 24	October 25	October 26
Silver	6:00 - 7:30 PM	6:30 - 7:30 PM	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None
Gold 1	6:00 - 7:30 PM	6:30 - 8:00 PM	5:30 - 7:00 PM	7:00 - 8:30 PM	5:30 - 7:00 PM	None	None
Gold 2	6:00 - 8:00 PM	6:30 - 8:00 PM	5:30 - 7:15 PM	7:00 - 8:30 PM	5:30 - 7:15 PM	None	None
Senior AM	5:45 - 7:00 AM	None	5:45 - 7:00 AM	None	None	None	None
Senior PM	5:30 - 7:30 PM	6:15 - 8:15 PM	5:30 - 7:15 PM	7:00 - 8:30 PM	5:30 - 7:15 PM	None	None
	October 27	October 28	October 29	October 30	October 31	November 1	November 2
Silver	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	6:00 - 7:30 PM	None	9:30 - 11:00 AM	None
Gold 1	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	6:00 - 7:30 PM	None	9:30 - 11:00 AM	None
Gold 2	6:00 - 8:00 PM	6:00 - 8:00 PM	5:30 - 7:15 PM	6:00 - 8:00 PM	5:30 - 7:15 PM	8:00 - 10:00 AM	None
Senior AM	5:45 - 7:00 AM	None	5:45 - 7:00 AM	None	None	8:00 - 10:00 AM	None
Senior PM	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:15 PM	5:30 - 7:30 PM	5:30 - 7:15 PM	None	None

Waves Dive Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	October 13	October 14	October 15	October 16	October 17	October 18	October 19
Diving Bronze	5:30 - 6:45 PM	None	5:30 - 6:45 PM	None	None	None	None
Diving Silver	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None	None	None
Diving Gold	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None	None	None
Diving Senior	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None	None	None
	October 20	October 21	October 22	October 23	October 24	October 25	October 26
Diving Bronze	5:30 - 6:45 PM	None	5:30 - 6:45 PM	None	None	None	None
Diving Silver	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None	None	None
Diving Gold	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None	None	None
Diving Senior	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None	None	None
	October 27	October 28	October 29	October 30	October 31	November 1	November 2
Diving Bronze	5:30 - 6:45 PM	None	5:30 - 6:45 PM	None	None	None	None
Diving Silver	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None	None	None
Diving Gold	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None	None	None
Diving Senior	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None	None	None