

THE WEEKLY WAVE



NEWSLETTER



WAVES PERSONALIZED CAP ORDER DEADLINE TONIGHT

Personalized caps are now available for purchase on the Waves Team Store through Elsmore Swim Shop. The deadline to order personalized caps is December 3rd (tonight) at midnight! [Click here to access the team store and place an order.](#)

ACAC Tundra Invite Meet Entries due December 4

Meet entries for 2026 ACAC The Tundra Invite are due tomorrow, December 4! The meet is held at the Ames High School pool. The competition takes place January 16-18.

Renew USA Swimming Membership before the end of the year!

Every year in December, USA swimming memberships need to be renewed. If you have not already renewed your swimmer(s) memberships for 2026, please log on to your USA swimming account and renew your membership(s). High school boys need to renew their memberships during the high school season for times achieved to transfer into USA swimmings database.

DECEMBER 3, 2025

- 01. Waves Personalized Cap Order**
- 02. ACAC Tundra Meet Entries Due**
- 03. Renew USA Swimming Membership before EOY**
- 04. Swim Practice Changes**
- 05. Natatorium Door Policy**

Swim Practice Schedule Changes

There are multiple changes to the schedule for the upcoming weeks due to pool availability. Please review the schedule below.

Natatorium Door Policy

On a holiday or a weekend, the Nat entrance doors will be unlocked 15 mins before the start of practice and will lock 15 mins after the start of practice. Please ensure your swimmer gets inside the building during this time otherwise they will be locked out.

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	December 1	December 2	December 3	December 4	December 5	December 6	December 7
Silver	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	6:00 - 7:30 PM	None	None	None
Gold 1	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	6:00 - 7:30 PM	None	None	None
Gold 2	6:00 - 8:00 PM	6:00 - 8:00 PM	5:30 - 7:15 PM	6:00 - 8:00 PM	None	None	None
Senior AM	5:45 - 7:00 AM	None	5:45 - 7:00 AM	None	None	9:00 - 11:00 AM	None
Senior PM	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:15 PM	4:00-6:00 PM	5:00 - 6:30 PM	None	None
	December 8	December 9	December 10	December 11	December 12	December 13	December 14
Silver	6:30 - 8:00 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	None	5:30 - 7:00 PM	10:00 - 11:30 AM	None
Gold 1	6:30 - 8:00 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	7:30 - 8:30 PM	5:30 - 7:00 PM	10:00 - 11:30 AM	None
Gold 2	6:30 - 8:30 PM	6:00 - 8:00 PM	5:30 - 7:15 PM	7:30 - 8:30 PM	5:30 - 7:15 PM	9:30 - 11:30 AM	None
Senior AM	5:45 - 7:00 AM	None	5:45 - 7:00 AM	None	None	7:30 - 9:30 AM	None
Senior PM	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:15 PM	7:30 - 8:30 PM	5:30 - 7:15 PM	None	None
	December 15	December 16	December 17	December 18	December 19	December 20	December 21
Silver	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None
Gold 1	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 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	5:30 - 7:15 PM	7:30 - 8:30 PM	5:30 - 7:15 PM	None	None
Senior AM	6:00 - 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	7:30 - 8:30 PM	5:30 - 7:15 PM	None	None

Waves Dive Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	December 1	December 2	December 3	December 4	December 5	December 6	December 7
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	None	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	None	None	None
Diving Senior	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	None	None	None
	December 8	December 9	December 10	December 11	December 12	December 13	December 14
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	None	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	None	None	None
Diving Senior	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	None	None	None
	December 15	December 16	December 17	December 18	December 19	December 20	December 21
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	None	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	None	None	None
Diving Senior	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	None	None	None

Elsmore Swim Shop

Holiday Coupon Code

A red rectangular coupon graphic with white text. The text is arranged in five lines: 'SAVE 25%', 'IN-STORE & ONLINE', 'WITH CODE', 'HOLIDAYS25', and '\$25'. The font is a serif typeface.

SAVE 25%
IN-STORE & ONLINE
WITH CODE
HOLIDAYS25
\$25