

2025

September

Season begins Sept. 8th!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 <u>V3: Updated</u> <u>9/15/25</u>	01 NO PRACTICE - Labor Day	02 <i>New Swimmer Try</i> <i>Outs 6:30-7:30pm</i>	03	04 <i>New Swimmer Try</i> <i>Outs 6:30-7:30pm</i>	05	06
07	08 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	09 NO PRACTICE - HS Home Swim Meet P & S JMS Lifting 7:30-8:30pm	10 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	11 Age Group 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm	12 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	13 AG10-11am CH 11-12pm P & S 10-12pm
14 <i>Challenge & Age Group Dry</i> <i>Land Workout 3-4pm @</i> <i>Summit Gym</i> <i>Age-Group Swim 4:15-5:15pm</i>	15 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	16 Age Group 6:30-7:30pm P & S JMS Lifting 7:30-8:30pm	17 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	18 Age Group 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm	19 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	20 AG10-11am CH 11-12pm P & S 10-12pm
21 Age Group 4:15-5:15pm	22 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	23 NO PRACTICE - HS Home Swim Meet P & S JMS Lifting 7:30-8:30pm	24 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	25 Age Group 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm	26 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	27 <i>10-12am Time Trials</i> <i>All Groups (this is a</i> <i>mock swim meet)</i> <i><u>Volunteers needed!</u></i>
28 Age Group 4:15-5:15pm	29 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	30 NO PRACTICE - HS Home Swim Meet P & S JMS Lifting 7:30-8:30pm	01	02	03	04
05	06	<p>Notes: There will not be daily dryland practice! On JMS Lifting Days, Performance and Select members please go to Johnston Middle School and enter door #15 (back of the building).</p>				

2025

October



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	01 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	02 Age Group 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm	03 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	04 10-11am Age Group 11-12pm Challenge 10-12pm Perf & Select
05 Challenge & Age Group Dry Land Workout 3-4pm @ Summit Gym Age Group Swim 4:15-5:15pm	06 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	07 Age Group 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm	08 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	09 Age Group 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm	10 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	11 NO PRACTICE - HS Home Swim Meet P & S JMS Lifting 10-11am
12	13 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	14 Age Group 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm	15 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	16 Age Group 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm	17 Combined Practice Ch, P, & S 6:30-7:30pm	18 Waukee Waves Fall Invite Swim Meet No Practice
19	20 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	21 Age Group 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm	22 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	23 Age Group 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm	24 Combined Practice Ch, P, & S 6:30-7:30pm	25 CIA Fall Mixer Swim Meet @ Summit Pool No Practice
26 CIA Fall Mixer Swim Meet @ Summit Pool	27 No Practice - Pool Cleaning post swim meet	28 Age Group 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm	29 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	30 Halloween Activites - No Practice	31 Halloween - No Practice	01
02	03	Notes: There will not be daily dryland practice! On JMS Lifting Days, Performance and Select members please go to Johnston Middle School and enter door #15 (back of the building).				

2025

November



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	01 10-11am Age Group 11-12pm Challenge 10-12pm Perf & Select
02	03 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	04 Age Group 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm	05 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	06 NO PRACTICE - HS Home Swim Meet P & S JMS Lifting 7:30-8:30pm	07 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	08 NO PRACTICE - HS Home Swim Meet P & S JMS Lifting 10-11am
09 Challenge & Age Group Dry Land Workout 3-4pm @ Summit Gym Age Group Swim 4:15-5:15pm	10 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	11 Age Group 6:30-7:30pm P & S JMS Lifting 7:30-8:30pm	12 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	13 Age Group 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm	14 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	15 10-11am Age Group 11-12pm Challenge 10-12pm Perf & Select
16	17 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	18 Age Group 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm	19 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	20 Age Group 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm	21 Combined Practice Ch, P, & S 6:30-7:30pm	22 DMSF Fall Invite @ Valley No Practice
23 DMSF Fall Invite @ Valley	24 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	25 Age Group 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm	26 Thanksgiving - No Practice	27 Thanksgiving - No Practice	28 Thanksgiving - No Practice	29 Thanksgiving - No Practice
30 Thanksgiving - No Practice	01	Notes: There will not be daily dryland practice! On JMS Lifting Days, Performance and Select members please go to Johnston Middle School and enter door #15 (back of the building).				

2025

December



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	01 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	02 Age Group 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm	03 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	04 Age Group 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm	05 Snowglobe Swim Meet @ Wellmark YMCA No Practice	06 Snowglobe Swim Meet @ Wellmark YMCA No Practice
07 Snowglobe Swim Meet @ Wellmark YMCA	08 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	09 NO PRACTICE - HS Home Swim Meet P & S JMS Lifting 7:30-8:30pm	10 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	11 Age Group 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm	12 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	13 10-11am Age Group 11-12pm Challenge 10-12pm Perf & Select
14 Challenge & Age Group Dry Land Workout 3-4pm @ Summit MPR Age Group Swim 4:15-5:15pm	15 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	16 NO PRACTICE - HS Home Swim Meet P & S JMS Lifting 7:30-8:30pm	17 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	18 Age Group 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm	19 Combined Practice Ch, P, & S 6:30-7:30pm	20 Waukee Waves Dec. Invite @ Waukee Nat. No Practice
21 Age Group Swim 4:15-5:15pm	22 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	23 Age Group 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm	24 Holiday Break - No Practice	25 Holiday Break - No Practice	26 Holiday Break - No Practice	27 Holiday Break - No Practice
28 Holiday Break - No Practice	29 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	30 Age Group 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm	31 New Years Eve - No Practice	01	02	03
04	05	Notes: There will not be daily dryland practice! On JMS Lifting Days, Performance and Select members please go to Johnston Middle School and enter door #15 (back of the building).				

2026

January



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	01 New Years Day - No Practice	02 New Years Day - No Practice	03 10-11am Age Group 11-12pm Challenge 10-12pm Perf & Select
04 Challenge & Age Group Dry Land Workout 3-4pm @ Summit Gym Age Group Swim 4:15- 5:15pm	05 Challenge 6:30- 7:30pm Perf 7:30-8:30pm Select 7:30-9pm	06 NO PRACTICE - HS Home Swim Meet	07 Challenge 6:30- 7:30pm Perf 7:30-8:30pm Select 7:30-9pm	08 NO PRACTICE - HS Home Swim Meet	09 Challenge 6:30- 7:30pm Perf 7:30-8:30pm Select 7:30-9pm	10 Blizzard Blast @ SEP HS No Practice
11 Blizzard Blast @ SEP HS	12 Challenge 6:30- 7:30pm Perf 7:30-8:30pm Select 7:30-9pm	13 Age Group 6:30- 7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm	14 Challenge 6:30- 7:30pm Perf 7:30-8:30pm Select 7:30-9pm	15 Age Group 6:30- 7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm	16 Challenge 6:30- 7:30pm Perf 7:30-8:30pm Select 7:30-9pm	17 10-11am Age Group 11-12pm Challenge 10-12pm Perf & Select
18	19 MLK Day - No Practice	20 Age Group 6:30- 7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm	21 Challenge 6:30- 7:30pm Perf 7:30-8:30pm Select 7:30-9pm	22 Age Group 6:30- 7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm	23 DMSY Skywalk Open @ Wellmark Y No Practice	24 DMSY Skywalk Open @ Wellmark Y No Practice
25 DMSY Skywalk Open @ Wellmark Y	26 Challenge 6:30- 7:30pm Perf 7:30-8:30pm Select 7:30-9pm	27 Age Group 6:30- 7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm	28 Challenge 6:30- 7:30pm Perf 7:30-8:30pm Select 7:30-9pm	29 Age Group 6:30- 7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm	30 CIA WBB @ Waukee No Practice	31 CIA WBB @ Waukee No Practice
01	02	Notes: There will not be daily dryland practice or JMS Lifting this month!				

2026

February



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 CIA WBB @ Waukee	02 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	03 Age Group 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm	04 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	05 Age Group 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm	06 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	07 NO PRACTICE - HS Home Swim Meet
08	09 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	10 Age Group 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm	11 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	12 Age Group 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm	13 Combined Practice Ch, P, & S 6:30-7:30pm	14 IASI Regionals & 8 and Un Champs @ TBD No Practice
15 IASI Regionals & 8 and Un Champs @ TBD	16 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	17 Age Group 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm	18 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	19 Age Group 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm	20 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm *Age Group Champs @ TBD	21 10-11am Age Group 11-12pm Challenge 10-12pm Perf & Select *Age Group Champs @ TBD
22 *Age Group Champs @ TBD	23 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	24 Age Group 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm	25 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm	26 Age Group 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9:00pm *Senior Champs @ Wellmark Y	27 Challenge 6:30-7:30pm Perf 7:30-8:30pm Select 7:30-9pm *Senior Champs @ Wellmark Y	28 10-11am Age Group 11-12pm Challenge 10-12pm Perf & Select *Senior Champs @ Wellmark Y
01 *Senior Champs @ Wellmark Y	02	03	04	05	06	07
08	09	Notes: There will not be daily dryland practice or JMS Lifting this month! The official Blaze season is over Feb 28, the "Stay in Shape" season in March is a stand alone option for all swimmers which requires register again, this time, on Eleyo. Please register on Eleyo for "Stay in Shape Blaze" @ https://johnston.ce.eleyo.com/				

2026

March



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 *Senior Champs @ Welmark Y	02 6-7pm Stay in Shape	03 6-7pm Stay in Shape	04	05 6-7pm Stay in Shape	06	07 <u>End of Season</u> <u>Swim Banquet</u> <u>5-7PM @ Summit</u> <u>MS Cafeteria</u>
08	09 6-7pm Stay in Shape	10 6-7pm Stay in Shape	11	12 6-7pm Stay in Shape	13	14 10-12pm MYAS Regional Swimmers Only Practice
15	16 6-7pm Stay in Shape	17 6-7pm Stay in Shape	18	19 6-7pm Stay in Shape	20	21 10-12pm MYAS Regional Swimmers Only Practice
22	23 6-7pm Stay in Shape	24 6-7pm Stay in Shape	25	26 6-7pm Stay in Shape	27	28 MYAS Regionals Swim Meet @ U of M
29 MYAS Regionals Swim Meet @ U of M	30	31	01	02	03	04
05	06	Notes: There will not be daily dryland practice or JMS Lifting this month! The official Blaze season is over, the "Stay in Shape" season is a stand alone season which requires each participant to register again, this time, on Eleyo. Please register on Eleyo for "Stay in Shape Blaze" @ https://johnston.ce.eleyo.com/				

2026

April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	01	02	03	04
05	06 LCM 2026 Season Begins!	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	01	02
03	04	Notes:				

2026

May

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	01	Notes:				

2026

June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	01	02	03	04
05	06	Notes:				

2026

July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	01
02	03	Notes:				

2026

August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	Notes:				