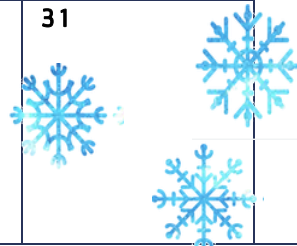


# January 2025

| Sunday                                                                                        | Monday                                                                            | Tuesday                                                                                                | Wednesday                                                                                                                                            | Thursday                                                     | Friday                                                                                             | Saturday                                                                                                                                   |
|-----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|
|               |  |                                                                                                        | <b>1</b><br><b>No Practice</b><br>                                 | <b>2</b><br>Beg/Int Group 5:15-6:15<br>Adv. Group 6:15-7:45  | <b>3</b>                                                                                           | <b>4</b><br><b>Home Meet</b><br>vs.<br>Bedell, Forest City, Newton<br>Algona, Oskey, Ottumwa<br><b>Starts at 10AM</b>                      |
| <b>5</b>                                                                                      | <b>6</b><br>Beg/Int Group 5:15-6:15<br>Adv. Group 6:15-7:45                       | <b>7</b><br>Beg/Int Group 5:15-6:15<br>Adv. Group 6:15-7:45                                            | <b>8</b><br>Beg/Int Group 5:15-6:15 Swim<br>Adv. Group 5:15-6:15 Dryland<br>Adv. Group - 6:15-7:00 Tech.                                             | <b>9</b><br>Beg/Int Group 5:15-6:15<br>Adv. Group 6:15-7:45  | <b>10</b><br>   | <b>11</b><br><b>Away Meet</b><br><b>@ MACR</b><br>vs. N. Scott, DSMY, BH, MAQ,<br>Musc. Dub, Ott<br><b>Time: TBA</b><br><b>SPRINT MEET</b> |
| <b>12</b><br> | <b>13</b><br>Beg/Int Group 5:15-6:00<br>Adv. Group 6:30-7:45                      | <b>14</b><br>Beg/Int Group 5:15-6:15<br>Adv. Group 6:15-7:45                                           | <b>15</b><br>Beg/Int Group 5:15-6:15 Swim<br>Adv. Group 5:15-6:15 Dryland<br>Adv. Group - 6:15-7:00 Tech.                                            | <b>16</b><br>Beg/Int Group 5:15-6:15<br>Adv. Group 6:15-7:45 | <b>17</b>                                                                                          | <b>18</b><br><b>Home Meet</b><br>vs.<br>Rathbun, Charles City, Oskey,<br>Newton, Black Hawk<br><b>Starts at 10AM</b>                       |
| <b>19</b>                                                                                     | <b>20</b><br>Beg/Int Group 5:15-6:15<br>Adv. Group 6:15-7:45                      | <b>21</b><br>Beg/Int Group 5:15-6:15<br>Adv. Group 6:15-7:45                                           | <b>22</b><br>Beg/Int Group 5:15-6:15 Swim<br>Adv. Group 5:15-6:15 Dryland<br>Adv. Group - 6:15-7:00 Tech.<br><b>Sectional</b><br><b>Goal Setting</b> | <b>23</b><br>Beg/Int Group 5:15-6:15<br>Adv. Group 6:15-7:45 | <b>24</b>                                                                                          | <b>25</b><br><b>Away Meet</b><br><b>Iowa Games</b><br>Dubuque Hempsted                                                                     |
| <b>26</b><br><b>Away Meet</b><br><b>Iowa Games</b><br>Dubuque Hempsted                        | <b>27</b><br>Beg/Int Group 5:15-6:15<br>Adv. Group 6:15-7:45                      | <b>28</b><br>Beg/Int Group 5:15-6:15<br>Adv. Group 6:15-7:45<br><b>Sectional entries are due on TU</b> | <b>29</b><br>Beg/Int Group 5:15-6:15 Swim<br>Adv. Group 5:15-6:15 Dryland<br>Adv. Group - 6:15-7:00 Tech.                                            | <b>30</b><br>Beg/Int Group 5:15-6:15<br>Adv. Group 6:15-7:45 | <b>31</b><br> |                                                       |

## Blue Wave Swim Team Schedule