

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Beg/Int Group 5:15-6:15 Swim Adv. Group 5:15-6:15 Dryland Adv. Group - 6:15-7:00 Tech.	Beg/Int Group 5:15-6:15 Adv. Group 6:15 - 7:45 	1	2  Freestyle
	----- BREASTSTROKE WEEK -----					
3  IM Transitions Flip Turns	4 Beg/Int Group 5:15-6:15 Adv. Group 6:15 - 7:45	5 Beg/Int Group 5:15-6:15 Adv. Group 6:15 - 7:45	6 Beg/Int Group 5:15-6:15 Swim Adv. Group 5:15-6:15 Dryland Adv. Group - 6:15-7:00 Tech.	7 IntraSquad Home Meet 5:30-7:30 All Groups	8	9
	----- BUTTERFLY WEEK ----- 					
10 	11 Beg/Int Group 5:15-6:15 Adv. Group 6:15 - 7:45 	12 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	13 Beg/Int Group 5:15-6:15 Swim Adv. Group 5:15-6:15 Dryland Adv. Group - 6:15-7:00 Tech.	14 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	15  IGHSAU State Swimming & Diving Championships Diving 10:00am Prelims 5:00pm	16 IGHSAU State Swimming & Diving Championships Finals 12:00pm
	----- STARTS, TURNS, UNDERWATER WORK & RELAY WEEK -----					
17	18 Beg/Int Group 5:15-6:15 Adv. Group 6:15 - 7:45	19 Beg will not practice Team Pictures Individuals 5:30 Team 6:15 Starts and Turns 630-745 Adv. ONLY	20 Beg/Int Group 5:15-6:15 Swim Adv. Group 5:15-6:15 Dryland Adv. Group - 6:15-7:00 Tech.	21 Beg/Int Group 5:15-6:15 Adv. Group 6:15-7:45	22	23 MACR Pentathlon Cedar Rapids Time: TBA
24 	25 Beg/Int Group 5:15-6:15 Adv. Group 6:15 - 7:45	26 Beg/Int Group 5:15-6:15 Adv. Group 6:15 - 7:45	27 No Practice 	28 No Practice 	29	30

Blue Wave Swim Team Schedule