

# NU WAVE SWIM CLUB

## PRACTICE SCHEDULE

HIGH PERFORMANCE GROUPS @UNO

2021-22 SWIM SEASON

BEGINS MONDAY, AUGUST 16, 2021



**\*Highlighted changes begin the week of September 20.**

### SENIOR-PREP

MONDAY	5:00-6:30 PM	6:30-7:00 PM (DRY-LAND)
TUESDAY	5:00-6:30 PM	
WEDNESDAY	5:00-6:30 PM	6:30-7:00 PM (DRY-LAND)
THURSDAY	5:00-6:30 PM	6:30-7:00 PM (DRY-LAND)
FRIDAY	5:00-6:30 PM	
SATURDAY	8:00-10:00 AM	10:00-10:45 AM (DRY-LAND)

### SENIOR

MONDAY	4:30-6:30 PM	<b>6:30-7:00 PM (DRY-LAND)</b>
TUESDAY	4:30-6:30 PM	
WEDNESDAY	4:30-6:30 PM	<b>6:30-7:00 PM (DRY-LAND)</b>
THURSDAY	4:30-6:30 PM	<b>6:30-7:00 PM (DRY-LAND)</b>
FRIDAY	4:30-6:30 PM	
SATURDAY	8:00-10:00 AM	<b>10:00-10:45 AM (DRY-LAND)</b>

### NATIONAL

**\*SCHEDULE BEGINS MONDAY, NOVEMBER 29. TUES/THUR 5:30-7:00 AM @NEWMAN, IN ADDITION TO POSTED SENIOR PRACTICE SCHEDULE. ALL NATIONAL GROUP MEMBERS ARE ASKED TO REGISTER FOR THE SENIOR GROUP TO BEGIN THE 2021-22 SWIM YEAR.**