

NU WAVE SWIM CLUB

Practice Schedule- Seasonal Competitive Groups

NEWMAN

(Beginning January 3, 2022)

Stroke School	Monday through Thursday	5:30 – 6:15 pm	@ Newman
	Monday through Thursday	6:30 – 7:30 pm	@ Newman
	Saturday	10:00 – 10:45 am	@ Newman
Riptide	Monday/Thursday	5:15 – 6:15 pm	@ Newman
	Wednesday	5:15 – 6:15 pm	@ Newman
	Saturday	10:00 – 11:00 am	@ Newman
Whitecaps	Tuesday/Thursday	6:15 – 7:15 pm	@ Newman
	Tuesday/Friday	5:15 – 6:15 pm	@ Newman
Varsity	Mon/Wed/Thurs	6:15 – 7:30 pm	@ Newman
	Mon/Wed/Thurs	6:30 – 7:45 pm	@ UNO