



February 2010

Practice times @ Hackley

AG - 5:30-7
Xtreme 645-845

Meets this month:

5-6 NYSA

12-15 Region I

13-14 SONOCO

18-21 Senior Mets

21 HMST 8 & under

Practice times @ Hackley

AG - 5:30-7
Xtreme 645-845

MARCH UPDATE - Starting
March 1st, we switch to
SPRING SCHEDULE at
HACKLEY.

Phone: 914-949-2342
E-mail:
coach@empireswimming.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Regular practice	2 Regular practice	3 Regular practice	4 Regular practice	5 Regular practice	6 Meet NYSA Regular AM Xtreme 10-12
7 Meet NYSA	8 Regular practice	9 Regular practice	10 AG 530-7 Xtr. 645-830	11 AG 530-7 Xtr. 645-830	12 Meet: Region1 <u>No Practices</u>	13 Meet: Region1 SONOCO <u>No Practices</u>
14 Meet: Region1 SONOCO <u>No Practices</u>	15 Meet: Region1 <u>No Practices</u>	16 AG 530-7 Xtr. 645-815	17 AG 530-7 Xtr. 645-815	18 Meet: SRMETS AG 530-7 Xtr. 645-815	19 Meet: SRMETS AG 530-7 NO XTR!	20 Meet: SRMETS Regular AM NO XTREME
21 Meet: SRMETS HMST 8&u	22 AG 5-630 Xtr 630-830	23 AG 5-630 Xtr 630-830	24 AG 5-630 Xtr 630-830	25 AG 5-630 Xtr 630-830	26 NO AG! Xtr 430-615	27 Regular AM Xtreme 10-12
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