



Empire Swimming

Lightning Team Practice Schedule at Hackley School

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 REGULAR PRACTICE	2 REGULAR PRACTICE	3 REGULAR PRACTICE	4 REGULAR PRACTICE	5 REGULAR PRACTICE	6 LIGHTNING CLINIC 9:30 - 11:00 AM at HACKLEY	7
SPRING SCHEDULE	SPRING SCHEDULE PAC Meet Deadline	SPRING SCHEDULE	SPRING SCHEDULE	SPRING SCHEDULE	*Backstroke*	
8 REGULAR PRACTICE	9 REGULAR PRACTICE	10 REGULAR PRACTICE	11 REGULAR PRACTICE	12 REGULAR PRACTICE	13 LIGHTNING CLINIC 9:30 - 11:00 AM at HACKLEY	14
SPRING SCHEDULE	SPRING SCHEDULE	SPRING SCHEDULE	SPRING SCHEDULE	SPRING SCHEDULE Empire Time Trial Deadline	*Breaststroke*	
15 REGULAR PRACTICE	16 REGULAR PRACTICE	17 REGULAR PRACTICE	18 REGULAR PRACTICE	19 REGULAR PRACTICE	20 NO PRACTICE	21
SPRING SCHEDULE	SPRING SCHEDULE	SPRING SCHEDULE	SPRING SCHEDULE	SPRING SCHEDULE	EMPIRE TIME TRIAL MEET	
22 REGULAR PRACTICE	23 NO PRACTICE	24 REGULAR PRACTICE	25 REGULAR PRACTICE	26 6:15 - 7:45 PM at MASTERS	27 LIGHTNING CLINIC 9:30 - 11:00 AM at HACKLEY	28
SPRING SCHEDULE		SPRING SCHEDULE	SPRING SCHEDULE		*Butterfly*	
29 REGULAR PRACTICE	30 REGULAR PRACTICE					31
SPRING SCHEDULE	SPRING SCHEDULE					
Regular SPRING Hackley Lightning practice is: Mon-Fri 4:45-6:15 pm, Sat: 9:30 - 11:00 am						