



# Empire Swimming

## Lightning Team Practice Schedule at Masters School

### April 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 REGULAR PRACTICE	2 REGULAR PRACTICE  <span style="color: red;">PAC Meet Deadline</span>	3 REGULAR PRACTICE	4 REGULAR PRACTICE	5 REGULAR PRACTICE	6 LIGHTNING CLINIC 9:30 - 11:00 AM at HACKLEY <span style="background-color: #90EE90;">*Backstroke*</span>	7
8 REGULAR PRACTICE	9 REGULAR PRACTICE	10 REGULAR PRACTICE	11 REGULAR PRACTICE	12 REGULAR PRACTICE  <span style="color: red;">Empire Time Trial Deadline</span>	13 LIGHTNING CLINIC 9:30 - 11:00 AM at HACKLEY <span style="background-color: #90EE90;">*Breaststroke*</span>	14
15 REGULAR PRACTICE	16 REGULAR PRACTICE	17 REGULAR PRACTICE	18 REGULAR PRACTICE	19 REGULAR PRACTICE	20 NO PRACTICE  <span style="color: red;">EMPIRE TIME TRIAL MEET</span>	21
22 REGULAR PRACTICE	23 NO PRACTICE	24 REGULAR PRACTICE	25 REGULAR PRACTICE	26 REGULAR PRACTICE	27 LIGHTNING CLINIC 9:30 - 11:00 AM at HACKLEY <span style="background-color: #90EE90;">*Butterfly*</span>	28
29 REGULAR PRACTICE	30 REGULAR PRACTICE					

Regular Masters Lightning practice is Monday-Friday 6:15 - 7:45 PM, Saturday 8:00 - 9:30 AM