



Empire Swimming
 Lightning Team Practice Schedule at Masters School
 May 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4 LIGHTNING CLINIC 9:30 - 11:00 AM at HACKLEY *Freestyle*	5
6	NO PRACTICE	8	9	10	11 LIGHTNING CLINIC 9:30 - 11:00 AM at HACKLEY *Starts & Turns*	12
13	14	15	16	17	18	19
REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	NO PRACTICE	NO PRACTICE
				PAC MEET	PAC MEET	PAC MEET
20	21	22	23	24	25 LIGHTNING CLINIC 9:30 - 11:00 AM at HACKLEY *IM*	26
REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	
Empire Meet Deadline						
27	28	29	30	31	1	2
NO PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	NO PRACTICE	
					EMPIRE JUNE SPRINT MEET	
Regular Masters Lightning practice is Monday-Friday 6:15 - 7:45 PM, Saturday 8:00 - 9:30 AM						