



# Empire Swimming Lightning Team Practice Schedule July 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 8:15 - 9:45 AM at HACKLEY SUMMER SCHEDULE	2 8:15 - 9:45 AM at HACKLEY SUMMER SCHEDULE	3 8:15 - 9:45 AM at HACKLEY SUMMER SCHEDULE	4 NO PRACTICE	5 NO PRACTICE	6 NO PRACTICE	7
8 8:15 - 9:45 AM at HACKLEY SUMMER SCHEDULE	9 8:15 - 9:45 AM at HACKLEY SUMMER SCHEDULE	10 8:15 - 9:45 AM at HACKLEY SUMMER SCHEDULE	11 8:15 - 9:45 AM at HACKLEY SUMMER SCHEDULE	12 8:15 - 9:45 AM at HACKLEY SUMMER SCHEDULE	13 NO PRACTICE	14
15 8:15 - 9:45 AM at HACKLEY SUMMER SCHEDULE	16 8:15 - 9:45 AM at HACKLEY SUMMER SCHEDULE	17 8:15 - 9:45 AM at HACKLEY SUMMER SCHEDULE	18 8:15 - 9:45 AM at HACKLEY SUMMER SCHEDULE	19 8:15 - 9:45 AM at HACKLEY SUMMER SCHEDULE	20 NO PRACTICE	21
22 8:15 - 9:45 AM at HACKLEY SUMMER SCHEDULE	23 8:15 - 9:45 AM at HACKLEY SUMMER SCHEDULE	24 8:15 - 9:45 AM at HACKLEY SUMMER SCHEDULE	25 8:15 - 9:45 AM at HACKLEY SUMMER SCHEDULE	26 8:15 - 9:45 AM at HACKLEY SUMMER SCHEDULE	27 NO PRACTICE	28
29 8:15 - 9:45 AM at HACKLEY SUMMER SCHEDULE	30 8:15 - 9:45 AM at HACKLEY SUMMER SCHEDULE	31 NO PRACTICE ISCA Elite Showcase Meet	1 CRA Prelims/Finals ISCA Elite Showcase Meet	2 CRA Prelims/Finals ISCA Elite Showcase Meet	3 CRA Prelims/Finals ISCA Elite Showcase Meet	4 CRA Prelims/Finals
	<b>HAVE A GREAT SUMMER -- SEE YOU IN SEPTEMBER!</b>					