



# Empire Swimming Xcel Team Practice Schedule July 2024

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