

## Empire Swimming Lightning Team Practice Schedule at Hackley School September 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4		First Practice 4:45 - 6:15 PM At Hackley	7 REGULAR PRACTICE	REGULAR PRACTICE	9:30 - 11:00 AM at Hackley	10
REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	Lightning Orientation Zoom Meeting 5:00-5:45 PM
REGULAR PRACTICE Entry Deadline For GRYM Oct Meet	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	NO PRACTICE	REGULAR PRACTICE Entry Deadline For Empire 12 & U TT Meet	TEAM SUIT FITTING 7:30 - 12:30 AT HACKLEY
NO PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	28 REGULAR PRACTICE	REGULAR PRACTICE	NO PRACTICE  Empire 12 & U  TT Meet	

Regular FALL Hackley Lightning practice is Monday-Friday 4:45 - 6:15 PM, Saturday 9:30 - 11:00 AM