



Empire Swimming

Lightning Team Practice Schedule at Hackley School

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 NO PRACTICE	2 5:00 - 6:30pm at HACKLEY	3 11:00am-12:30pm at HACKLEY	4
5 REGULAR PRACTICE WINTER SCHEDULE 5:00 - 6:30pm	6 REGULAR PRACTICE WINTER SCHEDULE 5:00 - 6:30pm	7 REGULAR PRACTICE WINTER SCHEDULE 5:00 - 6:30pm	8 REGULAR PRACTICE WINTER SCHEDULE 5:00 - 6:30pm	9 NO PRACTICE Entry Deadline For YMID Feb Classic	10 REGULAR PRACTICE	11
12 REGULAR PRACTICE WINTER SCHEDULE 5:00 - 6:30pm	13 REGULAR PRACTICE WINTER SCHEDULE 5:00 - 6:30pm	14 6:45 - 8:15pm at HACKLEY	15 REGULAR PRACTICE WINTER SCHEDULE 5:00 - 6:30pm	16 REGULAR PRACTICE WINTER SCHEDULE 5:00 - 6:30pm	17 REGULAR PRACTICE	18
19 NO PRACTICE YMID MLK 8 & U Meet GSA JAN JUMP START	20 REGULAR PRACTICE WINTER SCHEDULE 5:00 - 6:30pm	21 REGULAR PRACTICE WINTER SCHEDULE 5:00 - 6:30pm	22 REGULAR PRACTICE WINTER SCHEDULE 5:00 - 6:30pm	23 REGULAR PRACTICE WINTER SCHEDULE 5:00 - 6:30pm	24 NO PRACTICE PAC Winter Classic	25 PAC Winter Classic
26 6:45 - 8:15pm at HACKLEY	27 REGULAR PRACTICE WINTER SCHEDULE 5:00 - 6:30pm	28 REGULAR PRACTICE WINTER SCHEDULE 5:00 - 6:30pm	29 REGULAR PRACTICE WINTER SCHEDULE 5:00 - 6:30pm	30 REGULAR PRACTICE WINTER SCHEDULE 5:00 - 6:30pm	31 REGULAR PRACTICE	