



Empire Swimming

Lightning Team Practice Schedule at Masters 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	6 REGULAR PRACTICE	7 6:30 - 7:45pm at MASTERS	8 REGULAR PRACTICE	9 REGULAR PRACTICE Entry Deadline For YMID Feb Classic	10 REGULAR PRACTICE	11
12 REGULAR PRACTICE	13 REGULAR PRACTICE	14 REGULAR PRACTICE	15 REGULAR PRACTICE	16 REGULAR PRACTICE GSA JAN JUMP START	17 9:30 - 11:00am at HACKLEY GSA JAN JUMP START	18 GSA JAN JUMP START
19 NO PRACTICE YMID MLK 8 & U Meet GSA JAN JUMP START	20 REGULAR PRACTICE	21 6:30 - 7:45pm at MASTERS	22 REGULAR PRACTICE	23 REGULAR PRACTICE PAC Winter Classic	24 NO PRACTICE PAC Winter Classic	25 PAC Winter Classic
26 6:30 - 7:45pm at MASTERS	27 REGULAR PRACTICE	28 REGULAR PRACTICE	29 REGULAR PRACTICE	30 REGULAR PRACTICE	31 REGULAR PRACTICE	

Regular Masters Lightning practice is Monday-Friday 6:15 - 7:45 PM, Saturday 8:00 - 9:30 AM