



Empire Swimming Xtreme Practice Schedule January 2026

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

Regular Xtreme practice is Monday-Friday 5:00 - 7:30 PM at ARDSLEY, Sunday 7:45 - 9:45 AM at HACKLEY