

Empire Swimming Lightning Team Practice Schedule at Masters School October 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	3	0 1	2	3	4	5
REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	NO PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	
6		7 8	9	10	11	12
REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	NO PRACTICE	
				GRYM Meet	GRYM Meet	GRYM Meet
13	1	4 15	16	17	18	19
REGULAR PRACTICE Entry Deadline For PAC Meet	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	NO PRACTICE	NO PRACTICE	
20	2	1 22	23	24	25	26
REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	NO PRACTICE	NO PRACTICE	Entry Deadline For Halloween 8&U Meet
				WILTON MEET	WILTON MEET	WILTON MEET
27	2	8 Example 29	30	31	1	2
REGULAR PRACTICE	REGULAR PRACTICE	Swim for Breast Cancer Event 6:15 - 7:50 PM at Masters	REGULAR PRACTICE	NO PRACTICE	REGULAR PRACTICE	

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