

## Empire Swimming Xtreme Practice Schedule October 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	3	1	2	3	4	5
REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	NO PRACTICE	REGULAR PRACTICE		REGULAR PRACTICE
6		7 8	9	10	11	12
6:00 - 7:45 PM At ARDSLEY	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	NO PRACTICE		REGULAR PRACTICE
				GRYM Meet	GRYM Meet	GRYM Meet
13 <b>3:00 - 5:00 PM</b>	-	.4 15	16	17	18	19
At HACKLEY  Entry Deadline For PAC Meet	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	6:00 - 7:45 PM At ARDSLEY		REGULAR PRACTICE
20	Ź	21 22	23	24	25	26
REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	NO PRACTICE		REGULAR PRACTICE
				WILTON MEET	WILTON MEET	WILTON MEET
27	2	28 CAMMINA 29	30	31	1	2
REGULAR PRACTICE	REGULAR PRACTICE	Swim for Breast Cancer Event 5:00 - 7:35 PM at Ardsley	REGULAR PRACTICE	REGULAR PRACTICE		REGULAR PRACTICE

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