

## Empire Swimming Xtreme Practice Schedule November 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	\$ € \$ 29	30	31	1	2
REGULAR	REGULAR	Swim for Breast	REGULAR	REGULAR		REGULAR
PRACTICE	PRACTICE	Cancer Event 5:00 - 7:35 PM	PRACTICE	PRACTICE		PRACTICE
		at Ardsley				
3	4	5	6	7	8	9
REGULAR	REGULAR	REGULAR	REGULAR	REGULAR		REGULAR
PRACTICE	PRACTICE	PRACTICE	PRACTICE	PRACTICE		PRACTICE
					PAC Meet	PAC Meet
10	11	12	13	14	15	16
REGULAR	3:15 - 5:15 PM	REGULAR	REGULAR	NO PRACTICE		REGULAR
PRACTICE Entry Deadline For	At HACKLEY	PRACTICE Entry Deadline For	PRACTICE			PRACTICE
CRA Meet		Trident Meet		WRAT Meet	WRAT Meet	WRAT Meet
17	18	19	20	21	22	23
REGULAR	REGULAR	REGULAR	REGULAR	REGULAR		REGULAR
PRACTICE	PRACTICE	PRACTICE	PRACTICE	PRACTICE		PRACTICE
24	25	26	27	28	29	30
REGULAR	REGULAR	REGULAR	NO PRACTICE	7:30 - 9:30 AM	7:30 - 9:30 AM	REGULAR
PRACTICE	PRACTICE	PRACTICE		at HACKLEY	at HACKLEY	PRACTICE

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