



# Empire Swimming

## Lightning Team Practice Schedule at Purchase College

### December 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 REGULAR PRACTICE	2 REGULAR PRACTICE	3 REGULAR PRACTICE	4 REGULAR PRACTICE	5 REGULAR PRACTICE	6 NO PRACTICE PAC MEET	7
8 REGULAR PRACTICE	9 REGULAR PRACTICE	10 REGULAR PRACTICE	11 REGULAR PRACTICE	12 REGULAR PRACTICE	13 NO PRACTICE TRIDENT MEET CRA MEET	14 TRIDENT MEET CRA MEET
15 REGULAR PRACTICE Entry Deadline For Jump Start Meet	16 REGULAR PRACTICE	17 REGULAR PRACTICE	18 REGULAR PRACTICE	19 REGULAR PRACTICE Entry Deadline For YMID MLK 8&U MEET	20 REGULAR PRACTICE	21
22 REGULAR PRACTICE	23 REGULAR PRACTICE	24 NO PRACTICE	25 NO PRACTICE	26 5:00 - 6:30PM at HACKLEY	27 NO PRACTICE	28
29 9:30am-11:00am at HACKLEY	30 9:30am-11:00am at HACKLEY	31 NO PRACTICE	1 NO PRACTICE	2 5:00 - 6:30pm at HACKLEY	3 11:00am-12:30pm at HACKLEY	4

**Regular Purchase Lightning practice is Monday-Friday 6:30 - 8:00 PM, Saturday 8:00 - 9:30 AM**