



Empire Swimming Xtreme Team Practice Schedule December 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 REGULAR PRACTICE	2 REGULAR PRACTICE	3 REGULAR PRACTICE	4 REGULAR PRACTICE	5 5:00 - 7:00pm At ARDSLEY PAC MEET	6	7 7:45 - 9:15am at HACKLEY
8 5:00 - 6:30pm At ARDSLEY	9 5:00 - 6:30pm At ARDSLEY	10 5:00 - 6:30pm At ARDSLEY	11 NO PRACTICE CRA MEET	12 NO PRACTICE CRA MEET	13 TRIDENT MEET CRA MEET	14 NO PRACTICE TRIDENT MEET CRA MEET
15 5:00 - 6:30pm At ARDSLEY Entry Deadline For Jump Start Meet	16 6:00 - 7:30pm At ARDSLEY	17 REGULAR PRACTICE	18 REGULAR PRACTICE	19 REGULAR PRACTICE	20	21 8:00 - 10:00am at HACKLEY
22 REGULAR PRACTICE	23 REGULAR PRACTICE	24 8:00 - 10:00am at HACKLEY	25 NO PRACTICE	26 8:00 - 10:00am at HACKLEY	27 7:30 - 10:00am at HACKLEY	28 8:00 - 10:00am at HACKLEY
29 REGULAR PRACTICE	30 REGULAR PRACTICE	31 8:00 - 10:00am at HACKLEY	1 NO PRACTICE	2 7:30 - 9:30am at HACKLEY	3 7:30 - 9:30am at HACKLEY	4 REGULAR PRACTICE

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