



Empire Swimming Xtreme Team Practice Schedule April 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 REGULAR PRACTICE	2 5:30 - 7:30 PM at ARDSLEY PAC Meet Deadline	3 NO PRACTICE (Power Failure)	4 PRACTICE SITES TBD (Power Failure)	5 REGULAR PRACTICE	6	7 REGULAR PRACTICE
8 REGULAR PRACTICE	9 5:30 - 7:30 PM at ARDSLEY	10 3:00 - 4:45 PM at HACKLEY	11 REGULAR PRACTICE	12 REGULAR PRACTICE Empire Time Trial Deadline	13	14 REGULAR PRACTICE
15 REGULAR PRACTICE	16 5:30 - 7:30 PM at ARDSLEY	17 REGULAR PRACTICE	18 REGULAR PRACTICE	19 REGULAR PRACTICE	20 EMPIRE TIME TRIAL MEET	21 REGULAR PRACTICE
22 4:00 - 6:00 PM at ARDSLEY	23 5:30 - 6:45 PM at ARDSLEY	24 REGULAR PRACTICE	25 REGULAR PRACTICE	26 4:00 - 6:00 PM at ARDSLEY	27	28 REGULAR PRACTICE
29 REGULAR PRACTICE	30 5:30 - 7:30 PM at ARDSLEY					

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