



# Empire Swimming

## Lightning Team Practice Schedule at Hackley School

### May 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
		REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	LIGHTNING CLINIC 9:30 - 11:00 AM at HACKLEY	
		SPRING SCHEDULE	SPRING SCHEDULE	SPRING SCHEDULE	*Freestyle*	
6	7	8	9	10	11	12
REGULAR PRACTICE	NO PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	LIGHTNING CLINIC 9:30 - 11:00 AM at HACKLEY	
SPRING SCHEDULE		SPRING SCHEDULE	SPRING SCHEDULE	SPRING SCHEDULE	*Starts & Turns*	
13	14	15	16	17	18	19
REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	NO PRACTICE	
SPRING SCHEDULE	SPRING SCHEDULE	SPRING SCHEDULE	SPRING SCHEDULE	SPRING SCHEDULE		
				PAC MEET	PAC MEET	PAC MEET
20	21	22	23	24	25	26
REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	LIGHTNING CLINIC 9:30 - 11:00 AM at HACKLEY	
SPRING SCHEDULE	SPRING SCHEDULE	SPRING SCHEDULE	SPRING SCHEDULE	SPRING SCHEDULE	*IM*	
Empire Meet Deadline						
27	28	29	30	31	1	2
NO PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	NO PRACTICE	
	SPRING SCHEDULE	SPRING SCHEDULE	SPRING SCHEDULE	SPRING SCHEDULE		
					EMPIRE JUNE SPRINT MEET	
Regular SPRING Hackley Lightning practice is: Mon-Fri 4:45-6:15 pm, Sat: 9:30 - 11:00 am						