



# Empire Swimming

## Lightning Team Practice Schedule at Purchase College

### May 2024

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