



# Empire Swimming Xtreme Team Practice Schedule May 2024

| Monday   | Tuesday                              | Wednesday        | Thursday              | Friday                | Saturday                             | Sunday                |
|--|--------------------------------------|------------------|-----------------------|-----------------------|--------------------------------------|-----------------------|
|  |                                      | 1                | 2                     | 3                     | 4                                    | 5                     |
|  |                                      | REGULAR PRACTICE | REGULAR PRACTICE      | REGULAR PRACTICE      |                                      | REGULAR PRACTICE      |
| 6  | 7                                    | 8                | 9                     | 10                    | 11                                   | 12                    |
| REGULAR PRACTICE   | <b>NO PRACTICE</b>                   | REGULAR PRACTICE | REGULAR PRACTICE      | REGULAR PRACTICE      |                                      | REGULAR PRACTICE      |
| 13   | 14                                   | 15               | 16                    | 17                    | 18                                   | 19                    |
| REGULAR PRACTICE   | <b>5:30 - 7:30 PM<br/>at ARDSLEY</b> | REGULAR PRACTICE | REGULAR PRACTICE      | REGULAR PRACTICE      |                                      | REGULAR PRACTICE      |
|  |                                      |                  |                       | <b>PAC MEET</b>       | <b>PAC MEET</b>                      | <b>PAC MEET</b>       |
| 20   | 21                                   | 22               | 23                    | 24                    | 25                                   | 26                    |
| REGULAR PRACTICE   | <b>5:30 - 7:30 PM<br/>at ARDSLEY</b> | REGULAR PRACTICE | REGULAR PRACTICE      | REGULAR PRACTICE      | <b>8:00 - 9:30 AM<br/>at HACKLEY</b> | <b>NO PRACTICE</b>    |
| <b>Empire Meet Deadline</b>  |                                      |                  | <b>CACTUS CLASSIC</b> | <b>CACTUS CLASSIC</b> | <b>CACTUS CLASSIC</b>                | <b>CACTUS CLASSIC</b> |
| 27   | 28                                   | 29               | 30                    | 31                    | 1                                    | 2                     |
| <b>NO PRACTICE</b>   | <b>5:30 - 7:30 PM<br/>at ARDSLEY</b> | REGULAR PRACTICE | REGULAR PRACTICE      | REGULAR PRACTICE      | <b>NO PRACTICE</b>                   |                       |
|  |                                      |                  |                       |                       | <b>EMPIRE JUNE SPRINT MEET</b>       |                       |
| <b>Regular Xtreme practice is Monday-Friday 5:00 - 7:30 PM, Sunday 7:45 - 9:45 AM at Hackley</b> |                                      |                  |                       |                       |                                      |                       |