



Empire Swimming Xtreme Team Practice Schedule June 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2 REGULAR PRACTICE
3 4:30 - 6:30 PM at ARDSLEY	4 5:30 - 7:30 PM at ARDSLEY	5 REGULAR PRACTICE CRA Meet Deadline	6 REGULAR PRACTICE	7 REGULAR PRACTICE GRYM MEET	8 EMPIRE SPRINT MEET GRYM MEET	9 REGULAR PRACTICE GRYM MEET
10 REGULAR PRACTICE	11 5:30 - 7:30 PM at ARDSLEY	12 REGULAR PRACTICE	13 REGULAR PRACTICE	14 REGULAR PRACTICE	15	16 REGULAR PRACTICE
17 REGULAR PRACTICE	18 5:30 - 7:30 PM at ARDSLEY	19 3:00 - 4:45 PM at HACKLEY	20 REGULAR PRACTICE	21 REGULAR PRACTICE PAC MEET	22 PAC MEET	23 REGULAR PRACTICE PAC MEET
24 5:00 - 6:30 PM at ARDSLEY ISCA ENTRY DEADLINE	25 5:00 - 6:30 PM at ARDSLEY	26 5:00 - 6:30 PM at ARDSLEY	27 NO PRACTICE	28 NO PRACTICE SPEEDO SUMMER CLASSIC	29 SPEEDO SUMMER CLASSIC	30 NO PRACTICE SPEEDO SUMMER CLASSIC
Regular Xtreme practice is Monday-Friday 5:00 - 7:30 PM, Sunday 7:45 - 9:45 AM at Hackley						