Empire Swimming
Lightning Team Practice Schedule at Hackley School
September 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7 **First Practice** **4:45 - 6:15 PM** **At Hackley**	8 **REGULAR PRACTICE**	9 **REGULAR PRACTICE**	10 **9:30 - 11:00 AM** **at Hackley**	11
12 **REGULAR PRACTICE**	13 **REGULAR PRACTICE**	14 **REGULAR PRACTICE**	15 **REGULAR PRACTICE**	16 **REGULAR PRACTICE**	17 **REGULAR PRACTICE** **Lightning Orientation** **Zoom Meeting** **5:30-6:15 PM**	18
19 **REGULAR PRACTICE**	20 **REGULAR PRACTICE** **Entry Deadline For** **GRYM Invit Meet**	21 **REGULAR PRACTICE**	22 **REGULAR PRACTICE**	23 **REGULAR PRACTICE**	24 **REGULAR PRACTICE**	25 **TEAM SUIT FITTING** **7:30 - 12:30** **AT HACKLEY**
26 **NO PRACTICE**	27 **REGULAR PRACTICE**	28 **REGULAR PRACTICE**	29 **REGULAR PRACTICE**	30 **REGULAR PRACTICE** **Entry Deadline For** **Empire TT Meet**		

Regular FALL Hackley Lightning practice is Monday-Friday 4:45 - 6:15 PM, Saturday 9:30 - 11:00 AM