


Empire Swimming Xtreme Practice Schedule at Ardsley October 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2 REGULAR PRACTICE
3 REGULAR PRACTICE	4 REGULAR PRACTICE	5 NO PRACTICE	6 REGULAR PRACTICE	7 6:00 - 8:00 PM At ARDSLEY	8	9 REGULAR PRACTICE Empire Time Trial Meet
10 NO PRACTICE	11 6:00 - 8:00 PM At ARDSLEY	12 REGULAR PRACTICE	13 REGULAR PRACTICE	14 5:00 - 6:30 PM At ARDSLEY GRYM Invit Meet	15 GRYM Invit Meet	16 REGULAR PRACTICE GRYM Invit Meet
17 REGULAR PRACTICE Entry Deadline For PAC Meet	18 6:00 - 8:00 PM At ARDSLEY	19 REGULAR PRACTICE	20 REGULAR PRACTICE	21 6:00 - 8:00 PM At ARDSLEY	22	23 REGULAR PRACTICE
24 REGULAR PRACTICE Entry Deadline For WRAT Meet	25 REGULAR PRACTICE	26 REGULAR PRACTICE	27 REGULAR PRACTICE	28 REGULAR PRACTICE	29	30  Swim for Breast Cancer Event 7:30 - 9:30 AM at Hackley
31 REGULAR PRACTICE						
Regular Xtreme practice is Monday-Friday 5:00 - 7:30 PM, Sunday 7:45 - 9:45 AM at Hackley						