


Empire Swimming Xtreme Practice Schedule at Ardsley November 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6  REGULAR PRACTICE PAC Meet
7	8	9	10	11 3:30 - 5:15 PM at Hackley WRAT Meet	12 WRAT Meet	13 REGULAR PRACTICE GRYM 8 & U Invit Meet WRAT Meet
14	15	16	17	18	19	20 REGULAR PRACTICE
21	22	23	24 NO PRACTICE	25 7:00 - 9:00 AM at Hackley	26 7:00 - 9:00 AM at Hackley	27 8:00 - 10:00 AM at Hackley
28	29	30 REGULAR PRACTICE Entry Deadline For Jan Jump Start Meet				

Regular Xtreme practice is Monday-Friday 5:00 - 7:30 PM, Sunday 7:45 - 9:45 AM at Hackley