



Empire Swimming

Lightning Team Practice Schedule at Purchase College

May 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
		REGULAR PRACTICE	REGULAR PRACTICE	4:45-6:15 at HACKLEY OR 6:15-7:45 at MASTERS	LIGHTNING CLINIC 9:30 - 11:00 AM at HACKLEY *Freestyle*	
6	7	8	9	10	11	12
REGULAR PRACTICE	NO PRACTICE	4:45-6:15 at HACKLEY OR 6:15-7:45 at MASTERS	4:45-6:15 at HACKLEY OR 6:15-7:45 at MASTERS	4:45-6:15 at HACKLEY OR 6:15-7:45 at MASTERS	LIGHTNING CLINIC 9:30 - 11:00 AM at HACKLEY *Starts & Turns*	
13	14	15	16	17	18	19
REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE PAC MEET	NO PRACTICE PAC MEET	PAC MEET
20	21	22	23	24	25	26
REGULAR PRACTICE Empire Meet Deadline	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	LIGHTNING CLINIC 9:30 - 11:00 AM at HACKLEY *IM*	
27	28	29	30	31	1	2
NO PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	NO PRACTICE EMPIRE JUNE SPRINT MEET	
Regular Purchase Lightning practice is Monday-Friday 6:15 - 7:45 PM, Saturday 8:00 - 9:30 AM						