

APRIL 2019 EXCEL SWIM SCHEDULE

Check the Excel "Swim Schedule" website section for details & updates

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 March SWIM 9:00-10:30AM short course lanes	1 April SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes 6:30-7:30PM Clinic	2 April AM LITC track workout SWIM 7:00-8:15PM short course lanes	3 April SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	4 April AM LITC bike intervals SWIM 7:00-8:15PM short course lanes	5 April SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	6 April LITC/TRE weekend bike rides and runs
7 April SWIM 9:00-10:30AM short course lanes	8 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes 6:30-7:30PM Clinic	9 AM LITC track workout SWIM 7:00-8:15PM short course lanes	10 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	11 AM LITC bike intervals SWIM 7:00-8:15PM short course lanes	12 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	13 April LITC/TRE weekend bike rides and runs <i>Race Awesome Spring Duathlon in Seaford at Cedar Creek Park</i>
14 April <i>NO WORKOUT – both pools unavailable due to facility special events</i> <i>Palm Sunday</i>	15 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	16 AM LITC track workout SWIM 7:00-8:15PM short course lanes	17 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	18 AM LITC bike intervals SWIM 7:00-8:15PM short course lanes	19 <i>ONE WORKOUT Swim 7:00-8:30AM short course lanes</i> <i>Good Friday</i>	20 April LITC/TRE weekend bike rides and runs <i>Happy Passover</i>
21 April SWIM 9:00-10:30AM short course lanes <i>Easter Sunday</i>	22 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	23 AM LITC track workout SWIM 7:00-8:15PM short course lanes	24 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	25 AM LITC bike intervals SWIM 7:00-8:15PM long course lanes <i>neoprene shorts back in style through August</i>	26 SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes <i>neoprene shorts back in style through August</i>	27 April LITC/TRE weekend bike rides and runs <i>USMS Nat'l Champs Bermuda Triathlon</i>
28 April <i>NO workout - EP Sprint Tri in Freedom Pool & LIAC long course age group meet main pool</i>	29 SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes	30 AM LITC track workout SWIM 7:00-8:15PM LCM + SCM lanes	1 May SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes	2 May AM LITC bike intervals SWIM 7:00-8:15PM short course lanes	3 May SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	4 May <i>LI Marathon Festival of Events Weekend</i>