

# APRIL 2020 EXCEL SWIMMING SCHEDULE

Regularly check the Excel "Swim Schedule" website section for *updates*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>29 March</p> <p><b>NO SWIMMING</b> All pools/gyms closed due to the Coronavirus</p>	<p>30 March</p> <p><b>NO SWIMMING</b> All pools/gyms closed due to the Coronavirus</p>	<p>31 March</p> <p><b>NO SWIMMING</b> All pools/gyms closed due to the Coronavirus</p>	<p>1 April</p> <p>SWIM 6:00-7:30AM short course lanes</p> <p>SWIM 7:30-9:00AM short course lanes</p>	<p>2 April</p> <p>AM LITC bike intervals</p> <p>SWIM 7:00-8:15PM short course lanes</p>	<p>3 April</p> <p>SWIM 6:00-7:30AM short course lanes</p> <p>SWIM 7:30-9:00AM short course lanes</p>	<p>4 April</p> <p><i>LITC/TRE weekend bike rides and runs</i></p>
<p>5 April</p> <p>SWIM 9:00-10:30AM short course lanes</p> <p>PALM SUNDAY</p>	<p>6</p> <p>SWIM 6:00-7:30AM short course lanes</p> <p>SWIM 7:30-9:00AM short course lanes</p>	<p>7</p> <p>AM LITC track workout</p> <p>SWIM 7:00-8:15PM short course lanes</p>	<p>8</p> <p>SWIM 6:00-7:30AM short course lanes</p> <p>SWIM 7:30-9:00AM short course lanes</p>	<p>9</p> <p>AM LITC bike intervals</p> <p>SWIM 7:00-8:15PM short course lanes</p> <p>PASSOVER</p>	<p>10</p> <p>ONE WORKOUT</p> <p>SWIM 7:00-8:30AM short course lanes</p> <p>Good Friday</p>	<p>11 April</p> <p><i>LITC/TRE weekend bike rides and runs</i></p>
<p>12 April</p> <p>SWIM 9:00-10:30AM short course lanes</p> <p>HAPPY EASTER!</p>	<p>13</p> <p>SWIM 6:00-7:30AM short course lanes</p> <p>SWIM 7:30-9:00AM short course lanes</p>	<p>14</p> <p>AM LITC track workout</p> <p>SWIM 7:00-8:15PM short course lanes</p>	<p>15</p> <p>SWIM 6:00-7:30AM short course lanes</p> <p>SWIM 7:30-9:00AM short course lanes</p>	<p>16</p> <p>AM LITC bike intervals</p> <p>SWIM 7:00-8:15PM short course lanes</p>	<p>17</p> <p>SWIM 6:00-7:30AM short course lanes</p> <p>SWIM 7:30-9:00AM short course lanes</p>	<p>18 April</p> <p><i>LITC/TRE weekend bike rides and runs</i></p>
<p>19 April</p> <p>SWIM 9:00-10:30AM short course lanes</p>	<p>20</p> <p>SWIM 6:00-7:30AM short course lanes</p> <p>SWIM 7:30-9:00AM short course lanes</p>	<p>21</p> <p>AM LITC track workout</p> <p>SWIM 7:00-8:15PM short course lanes</p>	<p>22</p> <p>SWIM 6:00-7:30AM short course lanes</p> <p>SWIM 7:30-9:00AM short course lanes</p>	<p>23</p> <p>AM LITC bike intervals</p> <p>SWIM 7:00-8:15PM long course lanes</p>	<p>24</p> <p>SWIM 6:00-7:30AM long course lanes</p> <p>SWIM 7:30-9:00AM long course lanes</p>	<p>25 April</p> <p><i>LITC/TRE weekend bike rides and runs</i></p>
<p>26 April</p> <p>SWIM 9:00-10:30AM long course lanes</p>	<p>27</p> <p>SWIM 6:00-7:30AM long course lanes</p> <p>SWIM 7:30-9:00AM long course lanes</p>	<p>28</p> <p>AM LITC track workout</p> <p>SWIM 7:00-8:15PM SCM + LCM lanes</p>	<p>29</p> <p>SWIM 6:00-7:30AM long course lanes</p> <p>SWIM 7:30-9:00AM long course lanes</p>	<p>30</p> <p>AM LITC bike intervals</p> <p>SWIM 7:00-8:15PM short course lanes</p>	<p>1 May</p> <p>SWIM 6:00-7:30AM short course lanes</p> <p>SWIM 7:30-9:00AM short course lanes</p> <p>New membership term (May-August) begins!</p>	<p>2 May</p> <p><i>LITC/TRE weekend bike rides and runs</i></p>