

APRIL 2023 EXCEL SWIMMING SCHEDULE

Regularly check the Excel Swim Schedule website section for updates **posted 03-01-23**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2 April</p> <p>SWIM 9:00-10:30AM short course lanes in Aquatic Center Palm Sunday Ironman 70.3 Texas</p>	<p>3</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>4</p> <p>No evening workout facility special event Email Lisa <i>in advance</i> to request a morning workout substitution</p>	<p>5</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>6</p> <p>SWIM 6:30-7:45PM short course lanes</p> <p>1st day of Passover</p>	<p>7</p> <p>ONE WORKOUT SWIM 7:00-8:30AM extra SC lanes rented</p> <p>Good Friday</p>	<p>8 April</p>
<p>9 April</p> <p>SWIM 9:00-10:30AM short course lanes in Aquatic Center</p> <p>Easter Sunday</p>	<p>10</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>11</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>12</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>13</p> <p>SWIM 6:30-7:45PM short course lanes</p> <p>Last day of Passover</p>	<p>14</p> <p>SWIM 6:00-7:30AM SWIM 7:30-9:00AM short course lanes</p> <p>Zone Swim Champs</p>	<p>15 April</p> <p>Zone Champs Rutgers</p> <p>Race Awesome Spring Duathlon in Seaford</p>
<p>16 April</p> <p>No morning workout facility special events</p> <p>Zone Swim Champs</p>	<p>17</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>18</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>19</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>20</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>21</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>22 April</p> <p>Yonkers Swim Meet</p>
<p>23 April</p> <p>No morning workout facility special events</p> <p>RSVP due for Apr 30 SAA Kick-Off Party</p>	<p>24</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>25</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>26</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>27</p> <p>SWIM 6:30-7:45PM LONG course lanes</p> <p>Masters National Champs California</p>	<p>28</p> <p>SWIM 6:00-7:30AM SWIM 7:30-9:00AM LONG course lanes</p> <p>Masters Nationals</p>	<p>29 April</p> <p>Masters National Champs California</p> <p>5K Run for the Wild</p>
<p>30 April</p> <p>SWIM 9:00-10:30AM in Freedom Pool</p> <p>SAA Kick-Off Party 2pm Chestler home</p>	<p>1 May</p> <p>SWIM 6:00-7:30AM LONG course lanes SWIM 7:30-9:00AM LONG course lanes</p>	<p>2</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>3</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>4</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>5</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>6 May</p> <p>LI Marathon weekend</p>