

APRIL 2024 EXCEL SWIMMING SCHEDULE

Regularly check the Excel Swim Schedule website section for updates **posted 01-25-24**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 March SWIM 9:00-10:30AM short course lanes in Aquatic Center Happy Easter	1 April SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	2 SWIM 6:30-7:45PM short course lanes	3 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	4 SWIM 6:30-7:45PM short course lanes	5 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	6 April
7 April SWIM 9:00-10:30AM short course lanes in Aquatic Center	8 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	9 <i>No evening workout facility special event Contact/email Lisa in advance to substitute a morning workout.</i>	10 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	11 <i>No evening workout facility special event Contact/email Lisa in advance to substitute a morning workout.</i>	12 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	13 April Race Awesome Spring Duathlon - Cedar Creek Park in Seaford
14 April <i>No morning workout facility special events Contact/email Lisa in advance to substitute Monday AM workout.</i>	15 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	16 SWIM 6:30-7:45PM short course lanes	17 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	18 SWIM 6:30-7:45PM short course lanes	19 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	20 April
21 April SWIM 9:00-10:30AM short course lanes in Aquatic Center	22 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	23 SWIM 6:30-7:45PM short course lanes 1 st day of Passover	24 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	25 SWIM 6:30-7:45PM LONG course lanes	26 SWIM 6:00-7:30AM LONG course lanes SWIM 7:30-9:00AM LONG course lanes	27 April
28 April SWIM 9:00-10:30AM short course lanes in Freedom Pool	29 SWIM 6:00-7:30AM LONG course lanes SWIM 7:30-9:00AM LONG course lanes	30 SWIM 6:30-7:45PM short course lanes Last day of Passover	1 May SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	2 May SWIM 6:30-7:45PM short course lanes	3 May SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	4 May LI Marathon Festival of Events weekend