

AUGUST 2025 EXCEL SWIMMING SCHEDULE

Check the Excel "Swim Schedule" website section for updates *[posted 05-07-25]*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 July SWIM 9:00-10:30AM short course lanes in Aquatic Center	28 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	29 SWIM 6:30-7:45PM short course lanes	30 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	31 SWIM 6:30-7:45PM short course lanes	1 August SWIM 6:00-7:30AM SWIM 7:30-9:00AM short course lanes Swim Across America 10K OW Swim at CSH	2 August Swim Across America 1 Mile, 2 Mile & 5K swims at Glen Cove
3 August SWIM 9:00-10:30AM short course lanes in Aquatic Center	4 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	5 SWIM 6:30-7:45PM short course lanes	6 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	7 SWIM 6:30-7:45PM short course lanes	8 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	9 August
10 August SWIM 9:00-10:30AM short course lanes in Aquatic Center	<i>Monday-Friday, August 11-15:</i> See Excel "Swim Schedule" website section for pool & open water swim info. [Open water group swim practices at West Neck Beach and Crescent Beach.] The Nassau County Aquatic Center is closed for routine annual maintenance.					16 August
17 August OWS 8am at WNB	<i>Monday-Friday, August 18-22:</i> See Excel "Swim Schedule" website section for pool & open water swim info. [Open water group swim practices at West Neck Beach and Crescent Beach.] The Nassau County Aquatic Center is closed for routine annual maintenance.					23 August
24 August OWS 8am at WNB	<i>Monday-Friday, August 25-29:</i> See Excel "Swim Schedule" website section for pool & open water swim info. [Open water group swim practices at West Neck Beach and Crescent Beach.] The Nassau County Aquatic Center is closed for routine annual maintenance.					30 August Return to Aquatic Center pool training after Labor Day – enjoy the holiday!