

Excel Swimming Pool Workouts at Cantiague Park Pool

Wednesday, August 16: 6:00-7:30AM & 7:30-9:00AM

Friday, August 18: 6:00-7:30AM

Monday, August 21: 7:30-9:00AM

Wednesday, August 16: 6:00-7:30AM & 7:30-9:00AM

Cantiague workouts are open to ALL Excel swimmers regardless of membership selection

For early morning/inclement weather questions: Lisa Baumann cell phone 516-242-2535

Location: Use 480 West John Street, Hicksville, NY 11801 for GPS purposes. Cantiague Park is centrally located 10 minutes east of the Aquatic Center and is accessible from major highways.

Facility: Cantiague is an outdoor heated pool with both long course and short course lanes and full-service locker rooms. We will be swimming in the short course 25 meter lane section (and will hopefully get to go down the water slide on our last day there!).

We will swim in light rain, but not in a downpour, dense fog, thunder or lightning. In the event of inclement weather, an email notice will be sent out 75 minutes prior to workout start time, along with notices posted on the Excel website and on the Excel Swimming Facebook page.

