

Excel has contracted with LIU for six (6) pool workouts at the C.W. Post Pratt Recreation Center pool during Nassau County Aquatic Center late August maintenance shutdown period as follows:

Wed Aug 17: 6:00-7:30AM

7:30-9:00AM

6:30-8:00PM

Wed Aug 24: 6:00-7:30AM

7:30-9:00AM

6:30-8:00PM

>We chose Wednesdays because our highest attendance days are in the middle of the week and, historically, a lot of people on our team are away on vacation or out of town for long weekends in late August. There's also an age group team that rents the pool Tuesday and Thursday evenings.

>To accommodate everyone, each person may only swim ONE pool workout per day (no doubling up). Please stick to your typical schedule, i.e. Tu/Th eve people swim Wed PM (not AM), the same for 6am & 7:30am swimmers. [E-mail Lisa](#) if you have swim schedule questions.

>The Pratt Recreation Center has a beautiful, clean 25-yard pool with nice full-service locker rooms (including outlets for hairdryers). Bring your swim bag onto the pool deck or bring a lock if you want to secure your belongings in a locker while swimming.

>Reference info links (and facility photos) below.

Directions (for Waze/GPS purposes use 720 Northern Boulevard, Brookville, NY 11548):

<https://www.liu.edu/visit/visit-post-campus/directions>

Campus Map (building #47 is Pratt Recreation Center where pool is):

<https://www.liu.edu/visit/visit-post-campus/campus-map>

Pratt Recreation Center:

<https://www.liuathletics.com/facilities/pratt-recreation-center/8>

INSIDE POOL VIEW:



OUTSIDE POOL VIEW:

