

DECEMBER 2018 EXCEL SWIM SCHEDULE

Check the Excel "Schedule & News" website section for details and updates

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 December SWIM 9:00-10:30AM short course lanes IN FREEDOM POOL	3 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes Happy Hanukkah!	4 AM LITC track workout SWIM 7:00-8:15PM short course lanes	5 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	6 AM LITC bike intervals SWIM 7:00-8:15PM short course lanes	7 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	8 December LITC/TRE weekend bike rides and runs
9 December SWIM 9:00-10:30AM short course lanes IN FREEDOM POOL	10 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	11 AM LITC track workout SWIM 7:00-8:15PM short course lanes	12 SWIM 6:00-7:30AM SWIM 7:30-9:00AM short course lanes Team Holiday Party Houlihan's Westbury	13 AM LITC bike intervals SWIM 7:00-8:15PM short course lanes	14 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	15 December LITC/TRE weekend bike rides and runs
16 December SWIM 9:00-10:30AM short course lanes	17 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	18 AM LITC track workout SWIM 7:00-8:15PM short course lanes	19 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	20 AM LITC bike intervals SWIM 7:00-8:15PM short course lanes	21 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes First Day of Winter	22 December LITC/TRE weekend bike rides and runs
23 December SWIM 9:00-10:30AM short course setup extra lanes rented	24 NO morning workouts Christmas Eve Enjoy the holiday break	25 NO evening workout Merry Christmas! Enjoy the holiday break	26 NO morning workouts Enjoy the holiday break	27 SWIM 7:00-8:15PM short course lanes	28 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	29 December LITC/TRE weekend bike rides and runs
30 December SWIM 9:00-10:30AM short course setup extra lanes rented	31 December NO morning workouts New Year's Eve Enjoy the holiday break	1 January 2019 NO evening workout Happy New Year! Enjoy the holiday break	2 January NO morning workouts Team training break	3 January NO evening workout Team training break	4 January NO morning workouts Team training break	5 January We kick off 2019 with our first training day of the new January-April membership term on Sunday 6 January 2019