

DECEMBER 2023 EXCEL SWIMMING SCHEDULE

Regularly check the Excel "Swim Schedule" website section for updates **posted 11-09-23**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 November SWIM 9:00-10:30AM short course lanes in Aquatic Center	27 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	28 SWIM 6:30-7:45PM short course lanes	29 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	30 SWIM 6:30-7:45PM short course lanes	1 December ONE WORKOUT SWIM 6:00-7:30AM extra lanes rented <i>ECAC college winter swim championships</i>	2 December Rudolph 4 Mile Run Riverhead
3 December SWIM 9:00-10:30AM In Freedom Pool <i>SCM Masters Swim Meet in Wilton, CT</i>	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 SWIM 7:30-9:00AM short course lanes Happy Hanukkah!	9 December
10 December SWIM 9:00-10:30AM In Freedom Pool <i>Jingle 5K Run in Cedar Creek Park</i>	11 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	12 SWIM 6:30-7:45PM short course lanes	13 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	14 SWIM 6:30-7:45PM short course lanes	15 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	16 December <i>Fri-Sun Dec 15-17: Colonies Zone SCM Champs at WPI in MA</i>
17 December SWIM 9:00-10:30AM short course lanes in Aquatic Center	18 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	19 SWIM 6:30-7:45PM short course lanes	20 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	21 SWIM 6:30-7:45PM short course lanes First Day of Winter	22 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	23 December
24 December No pool workout Christmas Eve = = = = = 31 December No pool workout New Year's Eve	25 Entire facility closed MERRY CHRISTMAS	26 No evening workout holiday training break	27 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	28 SWIM 6:30-7:45PM short course lanes	29 No morning workouts holiday training break	30 December