

DECEMBER 2024 EXCEL SWIMMING SCHEDULE

Regularly check the Excel "Swim Schedule" website section for updates **posted 11-07-24**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 December SWIM 9:00-10:30AM short course lanes in Aquatic Center	2 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	3 SWIM 6:30-7:45PM short course lanes	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 ONE WORKOUT SWIM 6:00-7:30AM extra lanes rented <i>ECAC college meet</i>	7 December
8 December SWIM 9:00-10:30AM short course lanes in Freedom Pool <i>NJ Masters SCM Meet</i> <i>Jingle 5K Run Seaford</i>	9 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	10 SWIM 6:30-7:45PM short course lanes	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 December
15 December SWIM 9:00-10:30AM short course lanes in Freedom Pool	16 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	17 SWIM 6:30-7:45PM short course lanes	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 December First Day of Winter
22 December SWIM 9:00-10:30AM LAST pool workout before holiday break open to ALL current Excel team members	23 <i>No morning workouts</i> <i>holiday training break</i>	24 <i>Facility closed</i> Christmas Eve	25 <i>Facility closed</i> Merry Christmas!	26 <i>No evening workout</i> <i>holiday training break</i> Happy Hanukkah!	27 <i>No morning workouts</i> <i>holiday training break</i>	28 December
29 December <i>No morning workout</i> <i>holiday training break</i>	30 December <i>No morning workouts</i> <i>holiday training break</i>	31 December <i>Facility closed</i> New Year's Eve	1 January 2025! <i>Facility closed</i> Happy New Year!	2 January <i>No evening workout</i> <i>holiday training break</i>	3 January <i>No morning workouts</i> <i>holiday training break</i>	4 January