

Preliminary February 2019 Excel Swim Schedule

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 January SWIM 9:00-10:30AM short course lanes	28 January SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	29 January AM LITC track workout SWIM 7:00-8:15PM short course lanes	30 January SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	31 January AM LITC bike intervals SWIM 7:00-8:15PM short course lanes	1 February SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	2 February LITC/TRE weekend bike rides and runs Ground Hog Day!
3 February SWIM 9:00-10:30AM short course lanes ?in Freedom Pool?	4 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	5 AM LITC track workout SWIM 7:00-8:15PM short course lanes	6 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	7 AM LITC bike intervals SWIM 7:00-8:15PM short course lanes	8 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	9 February LITC/TRE weekend bike rides and runs
10 February SWIM 9:00-10:30AM short course lanes	11 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	12 AM LITC track workout SWIM 5:45-7:00PM short course lanes Note earlier swim time (facility closing early)	13 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	14 AM LITC bike intervals TBD evening swim in LIAC Freedom Pool? short course lanes (facility special event)	15 SWIM 6:00-7:30AM in Aquatic Center short course lanes SWIM 7:30-9:00AM ?in Freedom Pool? short course lanes	16 February LITC/TRE weekend bike rides and runs
17 February SWIM 9:00-10:30AM short course lanes	18 ONE WORKOUT SWIM 7:00-8:30AM short course setup extra lanes rented Fed holiday Prez Day	19 AM LITC track workout TBD evening swim in LIAC Freedom Pool? short course lanes (facility special event)	20 SWIM 6:00-7:30AM in Aquatic Center short course lanes SWIM 7:30-9:00AM ?in Freedom Pool? short course lanes	21 AM LITC bike intervals TBD evening swim in LIAC Freedom Pool? short course lanes (facility special event)	22 SWIM 6:00-7:30AM in Aquatic Center short course lanes SWIM 7:30-9:00AM ?in Freedom Pool? short course lanes	23 February LITC/TRE weekend bike rides and runs
24 February SWIM 9:00-10:30AM short course lanes	25 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	26 AM LITC track workout SWIM 7:00-8:15PM short course lanes	27 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	28 AM LITC bike intervals TBD evening swim in LIAC Freedom Pool? short course lanes (facility special event)	1 March Month of March schedule posted when available	2 March Month of March schedule posted when available