

Preliminary FEBRUARY 2022 EXCEL SWIMMING Schedule

Regularly check the Excel "Swim Schedule" website section **posted 11-05-21**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 January SWIM 9:00-10:30AM short course lanes	31 January SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	1 February NO Yoga or PM Swim Facility special event Contact/email Lisa in advance to substitute a morning workout.	2 SWIM 6:00-7:30AM SWIM 7:30-9:00AM short course lanes Ground Hog Day	3 NO evening workout Facility special event Contact/email Lisa in advance to substitute a morning workout.	4 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	5 February
6 February SWIM 9:00-10:30AM short course lanes in Freedom Pool Super Bowl Sunday	7 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	8 SWIM 6:30-7:45PM short course lanes	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 February Lincoln's birthday
13 February SWIM 9:00-10:45AM extra lanes rented Special extended workout challenge prep training day!	14 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	15 SWIM 6:30-7:45PM short course lanes	16 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	17 NO evening workout Facility special event Contact/email Lisa in advance to substitute a morning workout.	18 ONE WORKOUT SWIM 6:00-7:30AM extra lanes rented	19 February
20 February SWIM 9:00-10:30AM short course lanes Winter recess/school break February 20-27	► 21 ◀ Excel's 100 x 100's Workout Challenge from 8am to 12noon Prez Day fed holiday	22 SWIM 6:30-7:45PM short course lanes	23 SWIM 6:00-7:00AM SWIM 7:00-8:00AM short course lanes 8am facility event	24 NO evening workout Facility special event Contact/email Lisa in advance to substitute a morning workout.	25 SWIM 6:00-7:00AM SWIM 7:00-8:00AM short course lanes 8am facility event	26 February
27 February SWIM 9:00-10:30AM short course lanes Winter recess/school break February 20-27	28 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	1 March March schedule will be available & posted online early February	2 March March schedule will be available & posted online early February	3 March March schedule will be available & posted online early February	4 March March schedule will be available & posted online early February	5 March