

PRELIMINARY FEBRUARY 2023 EXCEL SWIMMING SCHEDULE

Regularly check the [Excel Swim Schedule website section](#) for updates **posted 10-31-22**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 January SWIM 9:00-10:30AM short course lanes in Aquatic Center	30 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	31 <i>NO evening workout facility special event Contact/email Lisa in advance to substitute a morning workout.</i>	1 February SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	2 <i>NO evening workout facility special event Contact/email Lisa in advance to substitute a morning workout.</i>	3 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	4 February
5 February >Ground Hog Yard Meet Westport CT< SWIM 8:30-10:00AM short course lanes in Aquatic Center	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 short course lanes SWIM 7:30-9:00AM short course lanes	9 SWIM 6:30-7:45PM short course lanes	10 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	11 February
12 February SWIM 8:30-10:00AM short course lanes in Aquatic Center Super Bowl Sunday	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 <i>NO evening workout facility special event Contact/email Lisa in advance to substitute a morning workout.</i>	17 ONE WORKOUT SWIM 6:00-7:30AM extra lanes rented 7:30am facility event	18 February
19 February SWIM 9:00-10:30AM short course lanes in Freedom Pool	20 8:00AM - 12 NOON Workout Challenge hosted by EXCEL! Prez Day fed holiday	21 SWIM 6:30-7:45PM short course lanes	22 SWIM 6:00-7:00AM SWIM 7:00-8:00AM short course lanes 8:00am facility event	23 <i>NO evening workout Facility special event Contact/email Lisa in advance to substitute a morning workout.</i>	24 SWIM 6:00-7:00AM SWIM 7:00-8:00AM short course lanes 8:00am facility event	25 February
26 February 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	1 March <i>Schedule details will be available & posted in early February</i>	2 March <i>Schedule details will be available & posted in early February</i>	3 March <i>Schedule details will be available & posted in early February</i>	4 March Sun Mar 5 March Madness Mini Meet hosted by our team