

# JANUARY 2019 EXCEL SWIM SCHEDULE

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 December  <b>SWIM 9:00-10:30AM</b> short course setup extra lanes rented	<i>31 December 2018</i>  <i>NO morning workouts</i>  <i>New Year's Eve</i>  <i>Enjoy the holiday break</i>	<i>1 January 2019</i>  <i>NO evening workout</i>  <i>Happy New Year!</i>  <i>Enjoy the holiday break</i>	<i>2 January</i>  <i>NO morning workouts</i>  <i>Team training break</i>	<i>3 January</i>  <i>NO evening workout</i>  <i>Team training break</i>	<i>4 January</i>  <i>NO morning workouts</i>  <i>Team training break</i>	5 January  <b>The first training day of the new January-April membership term is on Sunday 6 January 2019</b>
6 January  <b>SWIM 9:00-10:30AM</b> short course lanes  <b>First day of new term</b>	7  <b>SWIM 6:00-7:30AM</b> short course lanes  <b>SWIM 7:30-9:00AM</b> short course lanes	8  AM LITC track workout  <b>SWIM 7:00-8:15PM</b> short course lanes	9  <b>SWIM 6:00-7:30AM</b> short course lanes  <b>SWIM 7:30-9:00AM</b> short course lanes	10  AM LITC bike intervals  <b>SWIM 7:00-8:15PM</b> short course lanes	11  <b>SWIM 6:00-7:30AM</b> short course lanes  <b>SWIM 7:30-9:00AM</b> short course lanes	12 January  LITC/TRE weekend bike rides and runs
13 January  <b>SWIM 9:00-10:30AM</b> short course lanes	14  <b>SWIM 6:00-7:30AM</b> short course lanes  <b>SWIM 7:30-9:00AM</b> short course lanes	15  AM LITC track workout  <b>SWIM 7:00-8:15PM</b> short course lanes	16  <b>SWIM 6:00-7:30AM</b> short course lanes  <b>SWIM 7:30-9:00AM</b> short course lanes	17  AM LITC bike intervals  <b>SWIM 7:00-8:15PM</b> short course lanes	18  <b>SWIM 6:00-7:30AM</b> short course lanes  <b>SWIM 7:30-9:00AM</b> short course lanes	19 January  LITC/TRE weekend bike rides and runs
20 January  <b>TBD Freedom Pool?</b> <b>SWIM 9:00-10:30AM</b> short course lanes	21  <b>ONE WORKOUT</b> <b>SWIM 7:00-8:30AM</b> short course setup extra lanes rented  <b>MLK federal holiday</b>	22  AM LITC track workout  <b>SWIM 7:00-8:15PM</b> short course lanes	23  <b>SWIM 6:00-7:30AM</b> short course lanes  <b>SWIM 7:30-9:00AM</b> short course lanes	24  AM LITC bike intervals  <b>SWIM 7:00-8:15PM</b> short course lanes	25  <b>SWIM 6:00-7:30AM</b> short course lanes  <b>SWIM 7:30-9:00AM</b> short course lanes	26 January  LITC/TRE weekend bike rides and runs
27 January  <b>SWIM 9:00-10:30AM</b> short course lanes	28  <b>SWIM 6:00-7:30AM</b> short course lanes  <b>SWIM 7:30-9:00AM</b> short course lanes	29  AM LITC track workout  <b>SWIM 7:00-8:15PM</b> short course lanes	30  <b>SWIM 6:00-7:30AM</b> short course lanes  <b>SWIM 7:30-9:00AM</b> short course lanes	31  AM LITC bike intervals  <b>SWIM 7:00-8:15PM</b> short course lanes	1 February  <b>SWIM 6:00-7:30AM</b> short course lanes  <b>SWIM 7:30-9:00AM</b> short course lanes	2 February  LITC/TRE weekend bike rides and runs