

Preliminary JANUARY 2022 EXCEL SWIMMING Schedule

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2 January</p> <p>No morning workout</p> <p>holiday training break</p>	<p>3</p> <p>No morning workouts</p> <p>holiday training break</p>	<p>4</p> <p>No evening workout</p> <p>holiday training break</p>	<p>5</p> <p>SWIM 6:00-7:30AM</p> <p>SWIM 7:30-9:00AM</p> <p>short course lanes</p> <p>1st day of Jan-Apr membership term!</p>	<p>6</p> <p>SWIM 6:30-7:45PM</p> <p>short course lanes</p>	<p>7</p> <p>No morning workouts</p> <p>holiday training break</p>	<p>8 January</p>
<p>9 January</p> <p>SWIM 9:00-10:30AM</p> <p>short course lanes</p>	<p>10</p> <p>SWIM 6:00-7:30AM</p> <p>short course lanes</p> <p>SWIM 7:30-9:00AM</p> <p>short course lanes</p>	<p>11</p> <p>SWIM 6:30-7:45PM</p> <p>short course lanes</p>	<p>12</p> <p>SWIM 6:00-7:30AM</p> <p>short course lanes</p> <p>SWIM 7:30-9:00AM</p> <p>short course lanes</p>	<p>13</p> <p>SWIM 6:30-7:45PM</p> <p>short course lanes</p>	<p>14</p> <p>SWIM 6:00-7:30AM</p> <p>short course lanes</p> <p>SWIM 7:30-9:00AM</p> <p>short course lanes</p>	<p>15 January</p>
<p>16 January</p> <p>SWIM 9:00-10:30AM</p> <p>short course lanes</p> <p>in Freedom Pool</p>	<p>17</p> <p>ONE WORKOUT</p> <p>SWIM 7:00-8:30AM</p> <p>extra lanes rented!</p> <p>MLK federal holiday</p>	<p>18</p> <p>SWIM 6:30-7:45PM</p> <p>short course lanes</p>	<p>19</p> <p>SWIM 6:00-7:30AM</p> <p>short course lanes</p> <p>SWIM 7:30-9:00AM</p> <p>short course lanes</p>	<p>20</p> <p>SWIM 6:30-7:45PM</p> <p>short course lanes</p>	<p>21</p> <p>SWIM 6:00-7:30AM</p> <p>short course lanes</p> <p>SWIM 7:30-9:00AM</p> <p>short course lanes</p>	<p>22 January</p>
<p>23 January</p> <p>SWIM 9:00-10:30AM</p> <p>short course lanes</p>	<p>24</p> <p>SWIM 6:00-7:30AM</p> <p>short course lanes</p> <p>SWIM 7:30-9:00AM</p> <p>short course lanes</p>	<p>25</p> <p>SWIM 6:30-7:45PM</p> <p>short course lanes</p>	<p>26</p> <p>SWIM 6:00-7:30AM</p> <p>short course lanes</p> <p>SWIM 7:30-9:00AM</p> <p>short course lanes</p>	<p>27</p> <p>SWIM 6:30-7:45PM</p> <p>short course lanes</p>	<p>28</p> <p>SWIM 6:00-7:30AM</p> <p>short course lanes</p> <p>SWIM 7:30-9:00AM</p> <p>short course lanes</p>	<p>29 January</p>
<p>30 January</p> <p>SWIM 9:00-10:30AM</p> <p>short course lanes</p>	<p>31 January</p> <p>SWIM 6:00-7:30AM</p> <p>short course lanes</p> <p>SWIM 7:30-9:00AM</p> <p>short course lanes</p>	<p>1 February</p> <p>See full month of February for daily schedule details...</p>	<p>2 February</p> <p>See full month of February for daily schedule details...</p>	<p>3 February</p> <p>See full month of February for daily schedule details...</p>	<p>4 February</p> <p>See full month of February for daily schedule details...</p>	<p>5 February</p>