

# JANUARY 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
<p>1 January</p> <p>No morning workout Entire facility closed</p> <p><b>HAPPY NEW YEAR</b></p>	<p>2</p> <p>No morning workouts holiday training break</p>	<p>3</p> <p>No evening workout holiday training break</p>	<p>4</p> <p>SWIM 6:00-7:30AM SWIM 7:30-9:00AM short course lanes 1<sup>st</sup> day of the 2023 membership term!</p>	<p>5</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>6</p> <p>No morning workouts</p>	<p>7 January</p>
<p>8 January</p> <p>SWIM 9:00-10:30AM short course lanes in Aquatic Center</p>	<p>9</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>10</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>11</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>12</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>13</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>14 January</p>
<p>15 January</p> <p>SWIM 9:00-10:30AM short course lanes in Aquatic Center</p>	<p>16</p> <p>ONE WORKOUT SWIM 7:15-8:45AM extra lanes rented MLK federal holiday</p>	<p>17</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>18</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>19</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>20</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>21 January</p>
<p>22 January</p> <p>SWIM 9:00-10:30AM short course lanes in Aquatic Center</p>	<p>23</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>24</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>25</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>26</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>27</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>28 January</p>
<p>29 January</p> <p>SWIM 9:00-10:30AM short course lanes in Aquatic Center</p>	<p>30</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>31</p> <p>No evening workout facility special event Contact/email Lisa in advance to substitute a morning workout.</p>	<p>1 February</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>2</p> <p>No evening workout facility special event Contact/email Lisa in advance to substitute a morning workout.</p>	<p>3</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>4 February</p>