

JANUARY 2025 EXCEL SWIMMING SCHEDULE

Regularly check the Excel "Swim Schedule" website section for updates **posted 11-07-24**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>29 December</p> <p>No morning workout holiday training break</p>	<p>30 December</p> <p>No morning workouts holiday training break</p>	<p>31 December</p> <p>Facility closed</p> <p>New Year's Eve</p>	<p>1 January 2025!</p> <p>Facility closed</p> <p>Happy New Year!</p>	<p>2 January</p> <p>No evening workout holiday training break</p>	<p>3 January</p> <p>No morning workouts holiday training break</p>	<p>4 January</p>
<p>5 January</p> <p>SWIM 9:00-10:30AM short course lanes in Aquatic Center</p>	<p>6</p> <p>No morning workouts</p> <p>Monday swimmers may attend Sunday workout</p>	<p>7</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>8</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>9</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>10</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>11 January</p>
<p>12 January</p> <p>SWIM 9:00-10:30AM short course lanes in Aquatic Center</p>	<p>13</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>14</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>15</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>16</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>17</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>18 January</p>
<p>19 January</p> <p>SWIM 9:00-10:30AM short course lanes in Freedom Pool</p>	<p>20</p> <p>ONE WORKOUT SWIM 7:15-8:45AM extra lanes rented MLK federal holiday</p>	<p>21</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>22</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>23</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>24</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>25 January</p>
<p>26 January</p> <p>SWIM 9:00-10:30AM short course lanes in Aquatic Center</p>	<p>27</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>28</p> <p>No evening workout - facility special event. Tue PM swimmers may attend Mon or Wed AM.</p>	<p>29</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>30</p> <p>No evening workout - facility special event. Thu PM swimmers may attend Wed or Fri AM.</p>	<p>31</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>1 February</p>