

JULY 2022 EXCEL SWIMMING SCHEDULE

Regularly check the [Excel Swim Schedule website section](#) for updates **posted 04-27-22**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>26 June</p> <p><i>North & south shore open water swims! (no AM pool workout facility special event)</i></p>	<p>27 June</p> <p>SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes</p>	<p>28 June</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>29 June</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>30 June</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>1 July</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>2 July</p>
<p>3 July</p> <p>SWIM 9:00-10:30AM short course lanes</p>	<p>4</p> <p><i>No pool workouts Enjoy the holiday!</i></p> <p><i>Independence Day</i></p>	<p>5</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>6</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>7</p> <p>SWIM 6:30-7:45PM long course lanes</p>	<p>8</p> <p>SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes</p>	<p>9 July</p>
<p>10 July</p> <p>SWIM 9:00-10:30AM long course lanes</p>	<p>11</p> <p>SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes</p>	<p>12</p> <p>SWIM 6:30-7:45PM LCM + SCM lanes</p>	<p>13</p> <p>SWIM 6:00-7:30AM SWIM 7:30-9:00AM long course lanes SWIM 7:00-8:15PM >Substitute for Thu Jul 14 eve workout</p>	<p>14</p> <p><i>No evening workout facility special event</i> <Wed PM substitute workout day & time</p>	<p>15</p> <p>ONE WORKOUT SWIM 6:00-7:30AM long course lanes <i>7:30am facility event</i></p>	<p>16 July</p> <p>SWIM 1:30-3:00PM long course lanes Substitute day/time for Sunday July 17</p>
<p>17 July</p> <p><i>No pool workout Sr. Mets being held at Aquatic Center</i> >See Sat 7/16 swim</p>	<p>18</p> <p>SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes</p>	<p>19</p> <p>SWIM 6:30-7:45PM LCM + SCM lanes</p>	<p>20</p> <p>SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes</p>	<p>21</p> <p>SWIM 6:30-7:45PM long course lanes</p>	<p>22</p> <p>SWIM 6:00-7:00AM SWIM 7:00-8:00AM long course lanes <i>8:00am facility event</i></p>	<p>23 July</p>
<p>24 July</p> <p><i>No pool workout (open water swims)</i> = = = = = = =</p> <p>31 July</p> <p>SWIM 9:00-10:30AM short course lanes</p>	<p>25</p> <p>SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long 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</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>29</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>30 July</p>