

JULY 2024 EXCEL POOL SWIMMING SCHEDULE

Regularly check the Excel "Swim Schedule" website section for updates [updated 05-23-24]

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 June SWIM 9:00-10:30AM long course lanes in Aquatic Center	1 SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes	2 SWIM 6:30-7:45PM long course lanes	3 SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes	4 <i>No PM workout - pool closed for the holiday. Thu eve swimmers may attend Fri Jul 5 morning workout.</i>	5 ONE WORKOUT SWIM 7:15-8:45AM extra LC lanes rented July 4th holiday weekend	6 July
7 July <i>NO AM pool workout Facility special event</i> Jamesport Sprint Tri	8 SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes	9 SWIM 6:30-7:45PM long course lanes Maggie Fischer 5.5 mile GSB Cross Bay Swim	10 SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes	11 <i>No PM pool workout [Sr. Mets July 11-14]. Thu eve swimmers may attend Fri Jul 12 morning workout.</i>	12 ONE WORKOUT SWIM 6:00-7:15AM extra LC lanes rented <i>before Sr Mets warmup</i>	13 July Finger Lakes Open Water Swim Festival
14 July <i>NO AM pool workout Facility special event</i>	15 SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes	16 SWIM 6:30-7:45PM long course lanes	17 SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes	18 SWIM 6:30-7:45PM long course lanes	19 ONE WORKOUT SWIM 6:00-7:15AM extra LC lanes rented <i>before Jr Mets warmup</i>	20 July
21 July <i>NO AM pool workout Facility special event</i> Ironman Lake Placid	22 SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes	23 SWIM 6:30-7:45PM short course lanes	24 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	25 SWIM 6:30-7:45PM short course lanes	26 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	27 July
28 July SWIM 9:00-10:30AM short course lanes in Aquatic Center	29 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	30 SWIM 6:30-7:45PM short course lanes	31 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes ToH All Women's lifeguard tournament	1 August SWIM 6:30-7:45PM short course lanes	2 August SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	3 August Swim Across America Team Carolyn & Team Excel in Glen Cove