

# JULY 2025 EXCEL POOL SWIMMING SCHEDULE

Regularly check the Excel "Swim Schedule" website section for updates *[posted 05-06-25]*

| SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  |
|---|---|---|--|---|--|---|
| 29 June<br><br><b>SWIM 9:00-10:30AM</b><br>short course lanes<br>in Aquatic Center  | 30 June<br><br><b>SWIM 6:00-7:30AM</b><br>short course lanes<br><b>SWIM 7:30-9:00AM</b><br>short course lanes | 1 July<br><br><b>SWIM 6:30-7:45PM</b><br>short course lanes | 2<br><br><b>SWIM 6:00-7:30AM</b><br>short course lanes<br><b>SWIM 7:30-9:00AM</b><br>short course lanes  | 3<br><br><b>SWIM 6:30-7:45PM</b><br>long course lanes   | 4<br><br><b>ONE WORKOUT</b><br><b>SWIM 7:15-8:45AM</b><br>long course lanes<br><br><i>federal holiday</i>  | 5 July  |
| 6 July<br><br><b>SWIM 9:00-10:30AM</b><br>short course lanes<br>in Aquatic Center   | 7<br><br><b>SWIM 6:00-7:30AM</b><br>long course lanes<br><b>SWIM 7:30-9:00AM</b><br>long course lanes         | 8<br><br><b>SWIM 6:30-7:45PM</b><br>long course lanes       | 9<br><br><b>SWIM 6:00-7:30AM</b><br>long course lanes<br><b>SWIM 7:30-9:00AM</b><br>long course lanes    | 10<br><br><i>No PM pool workout<br/>                     [Sr. Mets July 10-13]<br/>                     Thu eve swimmers<br/>                     may attend Fri Jul 11<br/>                     morning workout.</i> | 11<br><br><b>ONE WORKOUT</b><br><b>SWIM 6:00-7:15AM</b><br>long course lanes<br><i>before Sr Mets warmup</i>   | 12 July   |
| 13 July<br><br><i>NO AM pool workout<br/>                     facility special event<br/>                     [Senior Mets Champs]</i><br><br><b>OWS 8AM at WNB</b> | 14<br><br><b>SWIM 6:00-7:30AM</b><br>long course lanes<br><b>SWIM 7:30-9:00AM</b><br>long course lanes        | 15<br><br><b>SWIM 6:30-7:45PM</b><br>long course lanes      | 16<br><br><b>SWIM 6:00-7:30AM</b><br>long course lanes<br><b>SWIM 7:30-9:00AM</b><br>long course lanes   | 17<br><br><b>SWIM 6:30-7:45PM</b><br>long course lanes  | 18<br><br><b>ONE WORKOUT</b><br><b>SWIM 6:00-7:15AM</b><br>long course lanes<br><i>before Jr Mets warmup</i>   | 19 July   |
| 20 July<br><br><i>NO AM pool workout<br/>                     facility special event<br/>                     [Junior Mets Champs]</i><br><br><b>OWS 8AM at WNB</b> | 21<br><br><b>SWIM 6:00-7:30AM</b><br>long course lanes<br><b>SWIM 7:30-9:00AM</b><br>long course lanes        | 22<br><br><b>SWIM 6:30-7:45PM</b><br>short course lanes     | 23<br><br><b>SWIM 6:00-7:30AM</b><br>short course lanes<br><b>SWIM 7:30-9:00AM</b><br>short course lanes | 24<br><br><b>SWIM 6:30-7:45PM</b><br>short course lanes   | 25<br><br><b>SWIM 6:00-7:30AM</b><br>short course lanes<br><b>SWIM 7:30-9:00AM</b><br>short course lanes   | 26 July   |
| 27 July<br><br><b>SWIM 9:00-10:30AM</b><br>short course lanes<br>in Aquatic Center  | 28<br><br><b>SWIM 6:00-7:30AM</b><br>short course lanes<br><b>SWIM 7:30-9:00AM</b><br>short course lanes      | 29<br><br><b>SWIM 6:30-7:45PM</b><br>short course lanes     | 30<br><br><b>SWIM 6:00-7:30AM</b><br>short course lanes<br><b>SWIM 7:30-9:00AM</b><br>short course lanes | 31<br><br><b>SWIM 6:30-7:45PM</b><br>short course lanes   | 1 August<br><br><b>SWIM 6:00-7:30AM</b><br><b>SWIM 7:30-9:00AM</b><br>short course lanes<br><b>Swim Across America<br/>                     10K OW Swim at CSH</b> | 2 August<br><br><b>Swim Across America<br/>                     1 Mile, 2 Mile &amp; 5K<br/>                     swims at Glen Cove</b> |