

JUNE 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
29 May SWIM 9:00-10:30AM short course lanes	30 May <i>No pool workouts</i> <i>Enjoy the holiday!</i> <i>Happy Memorial Day</i>	31 May SWIM 6:30-7:45PM short course lanes	1 June SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	2 June SWIM 6:30-7:45PM long course lanes	3 June SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes	4 June
5 June SWIM 9:00-10:30AM short course lanes	6 SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes	7 SWIM 6:30-7:45PM LCM + SCM lanes	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	10 SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes	11 June
12 June SWIM 9:00-10:30AM short course lanes in Freedom Pool	13 SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes	14 SWIM 6:30-7:45PM LCM + SCM lanes	15 SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes	16 SWIM 6:30-7:45PM short course lanes	17 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	18 June
19 June SWIM 9:00-10:30AM short course lanes Happy Father's Day	20 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	21 SWIM 6:30-7:45PM short course lanes	22 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	23 SWIM 6:30-7:45PM long course lanes	24 SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes	25 June
26 June <i>North & south shore</i> <i>open water swims!</i> <i>(no AM pool workout</i> <i>facility special event)</i>	27 SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes	28 SWIM 6:30-7:45PM short course lanes	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	1 July SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	2 July