

# MAY 2019 EXCEL SWIM SCHEDULE

Check the Excel "Swim Schedule" website section for details & updates

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>28 April</p> <p><i>NO workout EP Sprint Tri in Freedom Pool &amp; LIAC long course age group meet main pool</i></p>	<p>29 April</p> <p>SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes <i>neoprene shorts back in style through August</i></p>	<p>30 April</p> <p>AM LITC track workout</p> <p>SWIM 7:00-8:15PM LCM + SCM lanes <i>neoprene shorts back in style through August</i></p>	<p>1 May</p> <p>SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes New membership term (May-August) begins</p>	<p>2 May</p> <p>AM LITC bike intervals</p> <p>SWIM 7:00-8:15PM short course lanes</p>	<p>3 May</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>4 May</p> <p><i>LI Marathon Festival of Events Weekend directed by our very own Corey Roberts!</i></p>
<p>5 May</p> <p><i>NO workout – ENTIRE facility is CLOSED for Long Island Marathon</i></p> <p><i>NYC Parks Swim Meet Ironman 70.3 Virginia</i></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>AM LITC track workout</p> <p>SWIM 7:00-8:15PM 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>AM LITC bike intervals</p> <p>SWIM 7:00-8:15PM long course lanes</p>	<p>10</p> <p>SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes</p>	<p>11 May</p> <p>LITC/TRE weekend bike rides and runs</p>
<p>12 May</p> <p>SWIM 9:00-10:30AM short course lanes in FREEDOM POOL</p> <p>Happy Mother's Day!</p>	<p>13</p> <p>SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes</p>	<p>14</p> <p>AM LITC track workout</p> <p>SWIM 7:00-8:15PM LCM + SCM lanes</p>	<p>15</p> <p>SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes</p>	<p>16</p> <p>AM LITC bike intervals</p> <p>SWIM 7:00-8:15PM long course lanes</p>	<p>17</p> <p>SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes</p>	<p>18 May</p> <p>LITC/TRE weekend bike rides and runs</p>
<p>19 May</p> <p>SWIM 9:00-10:30AM short course lanes in FREEDOM POOL</p>	<p>20</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>21</p> <p>AM LITC track workout</p> <p>SWIM 7:00-8:15PM 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>AM LITC bike intervals</p> <p>SWIM 7:00-8:15PM 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 May</p> <p>LITC/TRE weekend bike rides and runs</p> <p>2 Bridges 2.5K &amp; 5K Open Water Events</p>
<p>26 May</p> <p>SWIM 9:00-10:30AM short course lanes</p>	<p>27</p> <p><i>NO WORKOUT</i></p> <p><i>Happy Memorial Day!</i></p> <p><i>Long Beach 10 Mile &amp; 5K Race to Remember</i></p>	<p>28</p> <p>AM LITC track workout</p> <p>SWIM 7:00-8:15PM 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</p> <p>AM LITC bike intervals</p> <p>SWIM 7:00-8:15PM long course lanes</p>	<p>31</p> <p>SWIM 6:00-7:30AM long course lanes SWIM 7:30-9:00AM long course lanes</p>	<p>1 June</p> <p><i>LITC/TRE weekend bike rides and runs</i></p> <p><i>June schedule details posted when available</i></p>