

# MAY 2020 EXCEL SWIMMING SCHEDULE

Regularly check the Excel "Swim Schedule" website section for *updates*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 April  SWIM 9:00-10:30AM long course lanes	27  SWIM 6:00-7:30AM long course lanes  SWIM 7:30-9:00AM long course lanes	28  AM LITC track workout  SWIM 7:00-8:15PM SCM + LCM lanes	29  SWIM 6:00-7:30AM long course lanes  SWIM 7:30-9:00AM long course lanes	30  AM LITC bike intervals  SWIM 7:00-8:15PM short course lanes	1 May  SWIM 6:00-7:30AM SWIM 7:30-9:00AM short course lanes  New membership term (May-August) begins!	2 May  <i>LITC/TRE weekend bike rides and runs</i>
3 May  SWIM 9:00-10:30AM short course lanes	4  SWIM 6:00-7:30AM short course lanes  SWIM 7:30-9:00AM short course lanes	5  AM LITC track workout  SWIM 7:00-8:15PM short course lanes	6  SWIM 6:00-7:30AM short course lanes  SWIM 7:30-9:00AM short course lanes	7  AM LITC bike intervals  SWIM 7:00-8:15PM long course lanes	8  SWIM 6:00-7:30AM long course lanes  SWIM 7:30-9:00AM long course lanes	9 May  <i>LITC/TRE weekend bike rides and runs</i>
10 May  SWIM 9:00-10:30AM long course lanes IN FREEDOM POOL  Happy Mother's Day!	11  SWIM 6:00-7:30AM long course lanes  SWIM 7:30-9:00AM long course lanes	12  AM LITC track workout  SWIM 7:00-8:15PM SCM + LCM lanes	13  SWIM 6:00-7:30AM long course lanes  SWIM 7:30-9:00AM long course lanes	14  AM LITC bike intervals  SWIM 7:00-8:15PM long course lanes	15  SWIM 6:00-7:30AM long course lanes  SWIM 7:30-9:00AM long course lanes	16 May  <i>LITC/TRE weekend bike rides and runs</i>
17 May  SWIM 9:00-10:30AM short course lanes IN FREEDOM POOL	18  SWIM 6:00-7:30AM long course lanes  SWIM 7:30-9:00AM long course lanes	19  AM LITC track workout  SWIM 7:00-8:15PM SCM + LCM lanes	20  SWIM 6:00-7:30AM long course lanes  SWIM 7:30-9:00AM long course lanes	21  AM LITC bike intervals  SWIM 7:00-8:15PM short course lanes	22  SWIM 6:00-7:30AM short course lanes  SWIM 7:30-9:00AM short course lanes	23 May  <i>LITC/TRE weekend bike rides and runs</i>
24 May SWIM 9:00-10:30AM short course lanes  31 May SWIM 9:00-10:30AM short course lanes	25  NO SWIM PRACTICE Enjoy the holiday with your family & friends!  MEMORIAL DAY	26  AM LITC track workout  SWIM 7:00-8:15PM short course lanes	27  SWIM 6:00-7:30AM short course lanes  SWIM 7:30-9:00AM short course lanes	28  AM LITC bike intervals  SWIM 7:00-8:15PM short course lanes	29  SWIM 6:00-7:30AM short course lanes  SWIM 7:30-9:00AM short course lanes	30 May  <i>LITC/TRE weekend bike rides and runs</i>