

# MAY 2021 EXCEL SWIMMING SCHEDULE

Regularly check Excel "Swim Schedule" website section for *updates/changes*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 May SWIM 9:00-10:30AM short course yards 1 <sup>st</sup> day of summer membership term!	3 SWIM 6:00-7:30AM short course yards SWIM 7:30-9:00AM short course yards	4 AM LITC track workout SWIM 7:05-8:20PM short course yards	5 SWIM 6:00-7:30AM short course yards SWIM 7:30-9:00AM short course yards	6 LITC group bike ride SWIM 6:30-7:45PM short course yards	7 SWIM 6:00-7:30AM short course yards SWIM 7:30-9:00AM short course yards	8 May LITC/TRE weekend bike rides and runs
9 May SWIM 9:00-10:30AM short course yards Happy Mother's Day	10 SWIM 6:00-7:30AM short course yards SWIM 7:30-9:00AM short course yards	11 AM LITC track workout SWIM 7:05-8:20PM short course yards	12 SWIM 6:00-7:30AM short course yards SWIM 7:30-9:00AM short course yards	13 LITC group bike ride SWIM 7:05-8:20PM long course meters	14 SWIM 6:00-7:30AM long course meters SWIM 7:30-9:00AM long course meters	15 May LITC/TRE weekend bike rides and runs
16 May No morning workout facility special event LIAC age group meet	17 SWIM 6:00-7:30AM long course meters SWIM 7:30-9:00AM long course meters	18 AM LITC track workout SWIM 7:05-8:20PM LCM + SCM lanes	19 SWIM 6:00-7:30AM long course meters SWIM 7:30-9:00AM long course meters	20 LITC group bike ride SWIM 7:05-8:20PM long course meters	21 SWIM 6:00-7:30AM long course meters SWIM 7:30-9:00AM long course meters	22 May LITC/TRE weekend bike rides and runs
23 May No morning workout facility special event age group swim meet	24 SWIM 6:00-7:30AM long course meters SWIM 7:30-9:00AM long course meters	25 AM LITC track workout SWIM 7:05-8:20PM LCM + SCM lanes	26 SWIM 6:00-7:30AM long course meters SWIM 7:30-9:00AM long course meters	27 LITC group bike ride SWIM 6:30-7:45PM short course yards	28 SWIM 6:00-7:30AM short course yards SWIM 7:30-9:00AM short course yards	29 May LITC/TRE weekend bike rides and runs
30 May SWIM 9:00-10:30AM short course yards	31 ONE WORKOUT SWIM 7:00-8:30AM short course yards Memorial Day	1 June	2	3	4	5 June