

MAY 2023 EXCEL SWIMMING SCHEDULE

Regularly check the [Excel Swim Schedule website section](#) for updates **posted 03-01-23**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 April SWIM 9:00-10:30AM in Freedom Pool	1 May SWIM 6:00-7:30AM LONG course lanes SWIM 7:30-9:00AM LONG course lanes	2 SWIM 6:30-7:45PM short course lanes	3 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	4 SWIM 6:30-7:45PM short course lanes	5 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	6 May LI Marathon weekend
7 May <i>No morning workout facility is CLOSED for Long Island Marathon</i>	8 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	9 SWIM 6:30-7:45PM short course lanes	10 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	11 SWIM 6:30-7:45PM LONG course lanes	12 SWIM 6:00-7:30AM LONG course lanes SWIM 7:30-9:00AM LONG course lanes	13 May
14 May SWIM 9:00-10:30AM in Freedom Pool Happy Mother's Day!	15 SWIM 6:00-7:30AM LONG course lanes SWIM 7:30-9:00AM LONG course lanes	16 SWIM 6:30-7:45PM LONG course lanes	17 SWIM 6:00-7:30AM LONG course lanes SWIM 7:30-9:00AM LONG course lanes	18 SWIM 6:30-7:45PM LONG course lanes	19 SWIM 6:00-7:30AM LONG course lanes SWIM 7:30-9:00AM LONG course lanes	20 May
21 May <i>No morning workout facility special events</i>	22 SWIM 6:00-7:30AM LONG course lanes SWIM 7:30-9:00AM LONG course lanes	18 SWIM 6:30-7:45PM short course lanes	19 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	20 SWIM 6:30-7:45PM short course lanes	21 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	27 May Memorial Day holiday weekend
28 May SWIM 9:00-10:30AM short course lanes in Aquatic Center	29 <i>No morning workout Enjoy the holiday with your family & friends! Happy Memorial Day</i>	30 SWIM 6:30-7:45PM short course lanes	31 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	1 June <i>Daily schedule details available in mid-May</i>	2 June <i>Daily schedule details available in mid-May</i>	3 June <i>Daily schedule details available in mid-May</i>