

MAY 2024 EXCEL SWIMMING SCHEDULE

Regularly check the [Excel Swim Schedule website section](#) for updates *updated 02-09-24*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 April SWIM 9:00-10:30AM short course lanes in Freedom Pool	29 April SWIM 6:00-7:30AM LONG course lanes SWIM 7:30-9:00AM LONG course lanes	30 April SWIM 6:30-7:45PM short course lanes Last day of Passover	1 May SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	2 May SWIM 6:30-7:45PM short course lanes	3 May SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	4 May LI Marathon Festival of Events weekend
5 May No morning workout facility is CLOSED for Long Island Marathon	6 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	7 SWIM 6:30-7:45PM short course lanes	8 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short 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 May
12 May SWIM 9:00-10:30AM short course lanes in Aquatic Center Happy Mother's Day!	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 LONG course lanes	17 SWIM 6:00-7:30AM LONG course lanes SWIM 7:30-9:00AM LONG course lanes	18 May
19 May No morning workout facility special events	20 SWIM 6:00-7:30AM LONG course lanes SWIM 7:30-9:00AM LONG 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 short course lanes	24 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	25 May Memorial Day holiday weekend
26 May SWIM 9:00-10:30AM short course lanes in Aquatic Center	27 No morning workouts Enjoy the holiday with your family & friends! Happy Memorial Day	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	31 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	1 June