

MAY 2025 EXCEL SWIMMING SCHEDULE

Regularly check the Excel website for schedule updates (*posted 01-22-25*)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 April SWIM 9:00-10:30AM short course lanes in Aquatic Center	28 April SWIM 6:00-7:30AM LONG course lanes SWIM 7:30-9:00AM LONG course lanes	29 April SWIM 6:30-7:45PM short course lanes	30 April SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	1 May SWIM 6:30-7:45PM short course lanes	2 May SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	3 May LI Marathon Festival of Events weekend
4 May <i>No morning workout facility is CLOSED for Long Island Marathon</i>	5 SWIM 6:00-7:30AM SWIM 7:30-9:00AM short course lanes Cinco de Mayo	6 SWIM 6:30-7:45PM short course lanes	7 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	8 SWIM 6:30-7:45PM LONG course lanes	9 SWIM 6:00-7:30AM LONG course lanes SWIM 7:30-9:00AM LONG course lanes	10 May IM 70.3 St. George, UT
11 May SWIM 9:00-10:30AM short course lanes in Aquatic Center Happy Mother's Day!	12 SWIM 6:00-7:30AM LONG course lanes SWIM 7:30-9:00AM LONG course lanes	13 SWIM 6:30-7:45PM LONG course lanes	14 SWIM 6:00-7:30AM LONG course lanes SWIM 7:30-9:00AM LONG course lanes	15 SWIM 6:30-7:45PM LONG course lanes	16 SWIM 6:00-7:30AM LONG course lanes SWIM 7:30-9:00AM LONG course lanes	17 May Macho Trail Run & MTB Race in Stillwell Woods Brooklyn Half Marathon
18 May SWIM 9:00-10:30AM short course lanes in Aquatic Center	19 SWIM 6:00-7:30AM LONG course lanes SWIM 7:30-9:00AM LONG 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	22 SWIM 6:30-7:45PM short course lanes	23 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	24 May Memorial Day holiday weekend
25 May Aquatic Center SWIM 9:00-10:30AM short course lanes = = = = = = = 1 June Aquatic Center SWIM 9:00-10:30AM short course lanes	26 <i>No morning workouts Enjoy the holiday with your family & friends!</i> Happy Memorial Day	27 SWIM 6:30-7:45PM short course lanes	28 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	29 SWIM 6:30-7:45PM LONG course lanes	30 SWIM 6:00-7:30AM LONG course lanes SWIM 7:30-9:00AM LONG course lanes	31 May Fri-Sun May 30-Jun 1 CT Masters LCM Meet