

NOVEMBER 2018 EXCEL SWIM SCHEDULE

Check the Excel "Schedule & News" website section for details and updates

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 October SWIM 9:00-10:30AM short course lanes	29 October SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	30 October AM LITC track workout SWIM 7:00-8:15PM short course lanes	31 October SWIM 6:00-7:30AM SWIM 7:30-9:00AM short course lanes Happy Halloween!	1 November AM LITC bike intervals SWIM 7:00-8:15PM short course lanes	2 November SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	3 November LITC/TRE weekend bike rides and runs Daylight Saving Time ends - turn your clocks back one hour tonight!
4 November SWIM 9:00-10:30AM short course lanes TCS NYC Marathon DST ends; turn clocks back 1 hour Sat night.	5 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	6 AM LITC track workout NO PM workout Pool closes early for Election Day	7 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	8 AM LITC bike intervals SWIM 7:00-8:15PM short course lanes	9 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	10 November LITC/TRE weekend bike rides and runs Race Awesome 5K Turkey Trot being held in Eisenhower Park
11 November SWIM 9:00-10:30AM short course lanes Veterans Day	12 >ONE WORKOUT< SWIM 7:00-8:30AM short course lanes Vets Day observed	13 AM LITC track workout SWIM 7:00-8:15PM short course lanes	14 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	15 AM LITC bike intervals SWIM 7:00-8:15PM short course lanes	16 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	17 November LITC/TRE weekend bike rides and runs
18 November NO morning workout SC Meter Masters Swim Meet at Aquatic Center	19 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	20 AM LITC track workout SWIM 7:00-8:15PM short course lanes	21 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	22 NO PM workout Entire facility closed Happy Thanksgiving!	23 >ONE WORKOUT< SWIM 7:00-8:30AM short course lanes Butterball Burnoff Special Workout	24 November LITC/TRE weekend bike rides and runs
25 November SWIM 9:00-10:30AM short course lanes	26 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	27 AM LITC track workout SWIM 7:00-8:15PM short course lanes	28 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	29 AM LITC bike intervals SWIM 7:00-8:15PM short course lanes	30 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	1 December LITC/TRE weekend bike rides and runs