

NOVEMBER 2021 EXCEL SWIMMING SCHEDULE

Regularly check the Excel "Swim Schedule" website section **updated 08-27-21**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>31 October</p> <p>SWIM 9:00-10:30AM short course lanes</p> <p>Happy Halloween!</p>	<p>1 November</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>2 November</p> <p>SWIM 5:45-7:00PM short course lanes <i>pool closes at 7pm for Election Day</i></p>	<p>3 November</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>4 November</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>5 November</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>6 November</p> <p><i>Daylight saving time ends - turn clocks BACK ONE hour before going to bed</i></p>
<p>7 November</p> <p>SWIM 9:00-10:30AM short course lanes <i>Did you turn your clocks back one hour last night</i> NYC Marathon</p>	<p>8</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>9</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>10</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>11</p> <p>SWIM 5:45-7:00PM short course lanes <i>pool closes at 7pm for Veterans Day</i></p>	<p>12</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>13 November</p> <p>Kings Park 15K Run</p>
<p>14 November</p> <p>SWIM 9:00-10:30AM short course lanes</p> <p>RA 5K Turkey Trot</p>	<p>15</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>16</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>17</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>18</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>19</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>20 November</p>
<p>21 November</p> <p>>TEAM EVENT< No morn workout free masters swim meet at our facility</p> <p>Ironman Arizona</p>	<p>22</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>23</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>24</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>25</p> <p><i>No evening workout entire facility closed</i> GC 5 Mile Turkey Trot</p> <p>Happy Thanksgiving!</p>	<p>26</p> <p>ONE WORKOUT SWIM 7:15-8:45AM <i>extra lanes rented</i> Special Butterball Burnoff Workout!</p>	<p>27 November</p> <p>Race Awesome Dark Strides 5K & 10K Rogue Runs Cedar Creek Park</p>
<p>28 November</p> <p>SWIM 9:00-10:30AM short course lanes</p>	<p>29</p> <p>SWIM 6:00-7:30AM SWIM 7:30-9:00AM short course lanes</p> <p>Happy Hanukkah!</p>	<p>30</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>1 December</p> <p><i>Full schedule details posted mid-November</i></p>	<p>2 December</p> <p><i>Full schedule details posted mid-November</i></p>	<p>3 December</p> <p><i>Full schedule details posted mid-November</i></p>	<p>4 December</p>