

CONFIRMED NOVEMBER 2022 EXCEL SWIM SCHEDULE

Regularly check the [Excel Swim Schedule website section](#) for updates **posted 07-28-22**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>30 October</p> <p>SWIM 8:30-10:00AM short course lanes</p>	<p>31 October</p> <p>SWIM 6:00-7:30AM SWIM 7:30-9:00AM short course lanes</p> <p>Happy Halloween!</p>	<p>1 November</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>2 November</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>3 November</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>4 November</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>5 November</p> <p>Daylight saving time ends - turn clocks BACK ONE hour before going to bed</p>
<p>6 November</p> <p>SWIM 8:30-10:00AM short course lanes <i>Did you turn your clocks back one hour last night</i> TCS NYC Marathon</p>	<p>7</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>8</p> <p>SWIM 5:45-7:00PM short course lanes Facility closes early due to Election Day</p>	<p>9</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>10</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>11</p> <p>SWIM 6:00-7:30AM SWIM 7:30-9:00AM short course lanes</p> <p>Veterans Day</p>	<p>12 November</p> <p>Kings Park 15K Run</p>
<p>13 November</p> <p>SWIM 9:00-10:30AM short course lanes</p> <p>RA 5K Turkey Trot St. Croix Coral Reef Swim</p>	<p>14</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>15</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>16</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>17</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>18</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>19 November</p>
<p>20 November</p> <p>Excel Team Challenge Masters swim meet at the NC Aquatic Center <i>(no morning workout)</i></p>	<p>21</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>22</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>23</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>24</p> <p><i>No evening workout</i> <i>entire facility closed</i> GC 5 Mile Turkey Trot</p> <p>Happy Thanksgiving!</p>	<p>25</p> <p>ONE WORKOUT SWIM 7:15-8:45AM extra lanes rented Special Butterball Burnoff Workout!</p>	<p>26 November</p> <p>Race Awesome Dark Strides 5K & 10K Rogue Runs Cedar Creek Park</p>
<p>27 November</p> <p>SWIM 9:00-10:30AM short course lanes</p>	<p>28</p> <p>SWIM 6:00-7:30AM SWIM 7:30-9:00AM short course lanes</p>	<p>29</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>30</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>1 December</p> <p><i>Full schedule details</i> <i>posted mid-November</i></p>	<p>2 December</p> <p><i>Full schedule details</i> <i>posted mid-November</i></p>	<p>3 December</p>