

NOVEMBER 2024 EXCEL SWIMMING POOL SCHEDULE

Regularly check the Excel "Swim Schedule" website section for updates [posted 08-10-24]

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>27 October</p> <p>SWIM 9:00-10:30AM short course lanes</p>	<p>28</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>29</p> <p><i>No PM workout girls HS Division Swim Champs.</i></p> <p><i>Tues PM swimmers may attend Wed AM workout.</i></p>	<p>30</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>31</p> <p><i>No PM workout girls HS Division Swim Champs.</i> <i>Thu PM swimmers may attend Fri AM workout.</i> <i>Happy Halloween!</i></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>Turn clocks BACK ONE HOUR before bedtime tonight. Daylight Saving Times ends at 2:00AM.</p>
<p>3 November</p> <p>SWIM 8:30-10:00AM Note EARLIER Time short course lanes</p> <p>TCS NYC Marathon</p>	<p>4</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>5</p> <p><i>NO evening workout Facility closing early due to Election Day.</i> <i>Tues PM swimmers may attend Wed AM workout</i></p>	<p>6</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>7</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>8</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>9 November</p>
<p>10 November</p> <p>SWIM 8:30-10:00AM Note EARLIER Time short course lanes</p> <p>RA 5K Turkey Trot</p>	<p>11</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p> <p>Veteran's Day</p>	<p>12</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>13</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>14</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>15</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>16 November</p>
<p>17 November</p> <p>SWIM 9:00-10:30AM 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</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>20</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>21</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>22</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>23 November</p>
<p>24 November</p> <p>SWIM 8:30-10:00AM Note EARLIER Time short course lanes 12 noon Masters SCM swim meet at our pool</p>	<p>25</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>26</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>27</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>28</p> <p><i>No PM swim - pool closed for holiday.</i> Happy Thanksgiving!</p>	<p>29</p> <p>Special Butterball Burn-Off Workout SWIM 7:30-9:00AM extra lanes rented Open to all Thu PM & Fri AM swimmers</p>	<p>30 November</p> <p>December schedule will be available and posted mid-November.</p>