

OCTOBER 2019 EXCEL SWIM SCHEDULE

Check the Excel "Swim Schedule" website section for details & updates

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 September SWIM 9:00-10:30AM short course lanes in FREEDOM POOL	30 September ONE WORKOUT SWIM 7:00-8:30AM short course lanes <i>Schools closed Rosh Hashanah</i>	1 October AM LITC track workout SWIM 7:00-8:15PM short course lanes	2 October SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	3 October AM LITC bike intervals SWIM 7:00-8:15PM short course lanes	4 October SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	5 October <i>LITC/TRE weekend bike rides and runs</i>
6 October SWIM 9:00-10:30AM short course lanes	7 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	8 AM LITC track workout SWIM 7:00-8:15PM short course lanes Yom Kippur	9 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes Yom Kippur	10 AM LITC bike intervals SWIM 7:00-8:15PM short course lanes	11 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	12 October <i>LITC/TRE weekend bike rides and runs</i>
13 October SWIM 9:00-10:30AM short course lanes	14 ONE WORKOUT SWIM 7:00-8:30AM short course lanes <i>Schools closed Columbus Day</i>	15 AM LITC track workout 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 AM LITC bike intervals SWIM 7:00-8:15PM short course lanes	18 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	19 October <i>LITC/TRE weekend bike rides and runs</i>
20 October SWIM 9:00-10:30AM short course lanes in FREEDOM POOL	21 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	22 AM LITC track workout SWIM 7:00-8:15PM short course lanes	23 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	24 AM LITC bike intervals SWIM 7:00-8:15PM short course lanes	25 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	26 October <i>LITC/TRE weekend bike rides and runs</i>
27 October SWIM 9:00-10:30AM short course lanes	28 October SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	29 October AM LITC track workout SWIM 7:00-8:15PM short course lanes	30 October SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	31 October AM LITC bike intervals SWIM 7:00-8:15PM short course lanes Happy Halloween! 🍎	1 November SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	2 November <i>LITC/TRE weekend bike rides and runs</i> <i>DST ends - turn clocks back one hour Sat nite</i>