

OCTOBER 2021 EXCEL SWIMMING SCHEDULE

*Regularly check the Excel Swim Schedule website section **updated 08-23-21***

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 September SWIM 9:00-10:30AM short course lanes Toughman Triathlon	27 September SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	28 September SWIM 6:30-7:45PM short course lanes	29 September SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	30 September SWIM 6:30-7:45PM short course lanes	1 October SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	2 October Katie's 5K Run NHP RA Fall Duathlon Hamptons Marathon Ironman Indiana
3 October No morning workout Facility special event MightyMan Montauk Tri	4 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	5 SWIM 6:30-7:45PM short course lanes	6 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	7 SWIM 6:30-7:45PM short course lanes	8 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	9 October
10 October SWIM 9:00-10:30AM short course lanes R-T-R Half Marathon	11 ONE WORKOUT SWIM 7:15-8:45AM extra scy lanes rented Columbus Day Boston Marathon	12 SWIM 6:30-7:45PM short course lanes	13 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	14 SWIM 6:30-7:45PM short course lanes	15 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	16 October Big Foot 5M Trail Run Muddy Tire MTB Race
17 October SWIM 9:00-10:30AM short course lanes in Freedom Pool	18 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	19 SWIM 6:30-7:45PM short course lanes	20 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	21 SWIM 6:30-7:45PM short course lanes	22 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	23 October
24 October SWIM 9:00-10:30AM in Freedom Pool ===== 31 October SWIM 9:00-10:30AM short course lanes	25 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	26 No evening workout Facility special event Girls HS Div Champs	27 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	28 No evening workout Facility special event Girls HS Div Champs	29 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes	30 October