

OCTOBER 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>29 September</p> <p>No AM pool workout Facility special event</p> <p>BMW Berlin Marathon Ironman Chattanooga</p>	<p>30</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>1 October</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>2</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>3</p> <p>SWIM 6:30-7:45PM short course lanes</p> <p>Rosh Hashanah</p>	<p>4</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>5 October</p> <p>Race Awesome Great South Bay 5K, 10K & Half Marathon</p>
<p>6 October</p> <p>SWIM 9:00-10:30AM short course lanes</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 6:30-7:45PM short course lanes</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 short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>12 October</p> <p>Race Awesome Fall Duathlon in Seaford</p> <p>Yom Kippur</p>
<p>13 October</p> <p>SWIM 9:00-10:30AM short course lanes</p>	<p>14</p> <p>ONE WORKOUT SWIM 7:15-8:45AM short course lanes</p> <p>Columbus Day</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>First Day of Sukkot</p>	<p>18</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>19 October</p> <p>Suffolk County Marathon & FreedomFest RaceAwesome</p>
<p>20 October</p> <p>SWIM 9:00-10:30AM short course lanes in Freedom Pool</p> <p>Suffolk County Marathon</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 SWIM 7:30-9:00AM short course lanes</p> <p>Last Day of Sukkot</p>	<p>24</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>25</p> <p>SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes</p>	<p>26 October</p>
<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>No PM workout girls HS Division Swim Champs.</p> <p>Tues PM swimmers may attend Wed AM workout.</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>No PM workout girls HS Division Swim Champs.</p> <p>Thu PM swimmers may attend Fri AM workout.</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>Turn clocks BACK ONE HOUR before bedtime tonight. Daylight Saving Times ends at 2:00AM. NYC Marathon weekend.</p>