

# SEPTEMBER 2017 EXCEL SWIMMING SCHEDULE

Regularly check the Excel "Schedule & News" website section for updates and further details

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>3 September</p> <p>No scheduled workouts</p> <p>Labor Day weekend</p>	<p>4 September</p> <p>No scheduled workouts</p> <p>Happy Labor Day!</p>	<p>5 September</p> <p>FIRST day of NEW membership term!</p> <p>SWIM 6:45-8:00PM short course lanes</p>	<p>6</p> <p>SWIM 6:00-7:30AM short course lanes</p> <p>SWIM 7:30-9:00AM short course lanes</p> <p>Adult Team Tryouts</p>	<p>7</p> <p>AM LITC bike intervals</p> <p>SWIM 6:30-7:45PM short course lanes</p> <p>Adult Team Tryouts</p>	<p>8</p> <p>SWIM 6:00-7:30AM short course lanes</p> <p>SWIM 7:30-9:00AM short course lanes</p> <p>Adult Team Tryouts</p>	<p>9 September</p> <p>LITC/TRE - weekend group runs/bike rides</p>
<p>10 September</p> <p>SWIM 9:00-10:30AM short course lanes</p> <p>Adult &amp; Youth Tryouts</p>	<p>11</p> <p>SWIM 6:00-7:30AM short course lanes</p> <p>SWIM 7:30-9:00AM short course lanes</p> <p>Adult Team Tryouts</p>	<p>12</p> <p>AM LITC track workout</p> <p>SWIM 6:45-8:00PM short course lanes</p> <p>Adult &amp; Youth Tryouts</p>	<p>13</p> <p>SWIM 6:00-7:30AM short course lanes</p> <p>SWIM 7:30-9:00AM short course lanes</p>	<p>14</p> <p>AM LITC bike intervals</p> <p>SWIM 6:30-7:45PM short course lanes</p> <p>Youth Team Tryouts</p>	<p>15</p> <p>SWIM 6:00-7:30AM short course lanes</p> <p>SWIM 7:30-9:00AM short course lanes</p>	<p>16 September</p> <p>LITC/TRE - weekend group runs/bike rides</p>
<p>17 September</p> <p>SWIM 9:00-10:30AM short course lanes</p> <p>Youth Team Tryouts</p>	<p>18</p> <p>SWIM 6:00-7:30AM short course lanes</p> <p>SWIM 7:30-9:00AM short course lanes</p>	<p>19</p> <p>AM LITC track workout</p> <p>SWIM 6:45-8:00PM short course lanes</p> <p>Youth Team Tryouts</p>	<p>20</p> <p>SWIM 6:00-7:30AM short course lanes</p> <p>SWIM 7:30-9:00AM short course lanes</p>	<p>21</p> <p>SWIM 6:30-7:45PM short course lanes</p> <p>Rosh Hashanah</p> <p>Youth Team Tryouts</p>	<p>22</p> <p>SWIM 6:00-7:30AM short course lanes</p> <p>SWIM 7:30-9:00AM short course lanes</p> <p>Autumn begins</p>	<p>23 September</p> <p>LITC/TRE - weekend group runs/bike rides</p>
<p>24 September</p> <p>SWIM 9:00-10:30AM short course lanes</p>	<p>25</p> <p>SWIM 6:00-7:30AM short course lanes</p> <p>SWIM 7:30-9:00AM short course lanes</p>	<p>26</p> <p>AM LITC track workout</p> <p>SWIM 6:45-8:00PM short course lanes</p>	<p>27</p> <p>SWIM 6:00-7:30AM short course lanes</p> <p>SWIM 7:30-9:00AM short course lanes</p>	<p>28</p> <p>AM LITC bike intervals</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>29</p> <p>SWIM 6:00-7:30AM short course lanes</p> <p>SWIM 7:30-9:00AM short course lanes</p>	<p>30 September</p> <p>LITC/TRE - weekend group runs/bike rides</p> <p>Yom Kippur</p>