

APRIL 2026 EXCEL SWIMMING SCHEDULE

Regularly check the Excel website for schedule updates (*posted 02-15-26*)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 March SWIM 9:00-10:30AM short course lanes in Aquatic Center Palm Sunday Skidmore Yard Meet	30 SWIM 6:00-7:15AM short course lanes SWIM 7:15-8:30AM short course lanes	31 SWIM 6:30-7:45PM short course lanes	1 April SWIM 6:00-7:15AM short course lanes SWIM 7:15-8:30AM short course lanes	2 SWIM 6:30-7:45PM short course lanes School Spring Recess 1 st Day of Passover	3 ONE WORKOUT SWIM 7:15-8:30AM short course lanes School Spring Recess Good Friday	4 April Masters Yard meet at Asphalt Green in NYC
5 April SWIM 9:00-10:30AM short course lanes in Aquatic Center Easter Sunday	6 SWIM 6:00-7:15AM short course lanes SWIM 7:15-8:30AM short course lanes School Spring Recess	7 SWIM 6:30-7:45PM short course lanes School Spring Recess	8 SWIM 6:00-7:15AM short course lanes SWIM 7:15-8:30AM short course lanes School Spring Recess	9 SWIM 6:30-7:45PM short course lanes School Spring Recess Passover last day	10 SWIM 6:00-7:15AM short course lanes SWIM 7:15-8:30AM short course lanes School Spring Recess	11 April Race Awesome Spring Duathlon in Seaford
12 April No morning workout Masters Yard Meet at our pool TEAM EVENT	13 SWIM 6:00-7:15AM short course lanes SWIM 7:15-8:30AM short course lanes	14 SWIM 6:30-7:45PM short course lanes	15 SWIM 6:00-7:15AM short course lanes SWIM 7:15-8:30AM short course lanes	16 SWIM 6:30-7:45PM short course lanes	17 SWIM 6:00-7:15AM short course lanes SWIM 7:15-8:30AM short course lanes	18 April
19 April No morning workout Facility special events being held in both the Aquatic Center and in the Freedom pool	20 SWIM 6:00-7:15AM short course lanes SWIM 7:15-8:30AM short course lanes	21 SWIM 6:30-7:45PM short course lanes	22 SWIM 6:00-7:15AM short course lanes SWIM 7:15-8:30AM short course lanes	23 SWIM 6:30-7:45PM LONG course lanes	24 SWIM 6:00-7:15AM LONG course lanes SWIM 7:15-8:30AM LONG course lanes	25 April
26 April SWIM 9:00-10:30AM short course lanes in Aquatic Center	27 SWIM 6:00-7:15AM LONG course lanes SWIM 7:15-8:30AM LONG course lanes	28 SWIM 6:30-7:45PM short course lanes	29 SWIM 6:00-7:15AM short course lanes SWIM 7:15-8:30AM short course lanes	30 SWIM 6:30-7:45PM short course lanes Current member May- Aug enrollments due	1 May	2 May April 30 - May 3 Masters Nationals in Greensboro, NC LI Marathon weekend