

## TENTATIVE AUGUST 2026 EXCEL SWIM SCHEDULE

Regularly check the Excel "Swim Schedule" website section for updates [posted 03-07-26]

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 July  8am West Neck OWS	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	31 July  SWIM 6:00-7:15AM short course lanes SWIM 7:15-8:30AM short course lanes	1 August  <span style="color: red;">Swim Across America 1 Mile, 2 Mile &amp; 5K open water swims Glen Cove</span>
2 August  8am West Neck OWS  Smith Point Sprint Tri	3  SWIM 6:00-7:15AM short course lanes SWIM 7:15-8:30AM short course lanes	4  SWIM 6:30-7:45PM short course lanes	5  SWIM 6:00-7:15AM short course lanes SWIM 7:15-8:30AM short course lanes	6  SWIM 6:30-7:45PM short course lanes	7  SWIM 6:00-7:15AM short course lanes SWIM 7:15-8:30AM short course lanes	8 August
9 August  8am West Neck OWS	10  SWIM 6:00-7:15AM SWIM 7:15-8:30AM short course lanes  NCPD Memorial 5K run	11  SWIM 6:30-7:45PM short course lanes	12  SWIM 6:00-7:15AM short course lanes SWIM 7:15-8:30AM short course lanes	13  SWIM 6:30-7:45PM short course lanes	14  SWIM 6:00-7:15AM short course lanes SWIM 7:15-8:30AM short course lanes	15 August
16 August  <span style="color: red;">Long Beach Memorial One Mile Ocean Swim</span>	17  7:00AM open water at Crescent Beach Aquatic Center closed	18  Aquatic Center is closed for annual maintenance	19  7:00AM open water at Crescent Beach Aquatic Center closed	20  Aquatic Center is closed for annual maintenance	21  7:00AM open water at Crescent Beach Aquatic Center closed	22 August
23 August  8am West Neck OWS  Tobay Sprint Tri	24  7:00AM open water at Crescent Beach Aquatic Center closed	25  Aquatic Center is closed for annual maintenance	26  7:00AM open water at Crescent Beach Aquatic Center closed	27  Aquatic Center is closed for annual maintenance	28  7:00AM open water at Crescent Beach Aquatic Center closed	29 August  <span style="color: red;">Return to Aquatic Center pool training after Labor Day - enjoy the holiday!</span>