

TENTATIVE JULY 2026 EXCEL SWIMMING SCHEDULE

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 June 8am West Neck OWS Great Gatsby Sprint Tri	29 SWIM 6:00-7:15AM long course lanes SWIM 7:15-8:30AM long course lanes	30 SWIM 6:30-7:45PM short course lanes	1 July 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	3 ONE WORKOUT SWIM 7:15-8:45AM short course lanes <i>federal holiday observed</i>	4 July Happy 4 th of July!
5 July 8am West Neck OWS	6 SWIM 6:00-7:15AM short course lanes SWIM 7:15-8:30AM short course lanes	7 SWIM 6:30-7:45PM short course lanes	8 SWIM 6:00-7:15AM short course lanes SWIM 7:15-8:30AM short course lanes	9 <i>No PM pool workout [Sr. Mets July 9-12] Thu eve swimmers may attend Fri Jul 10 workout</i>	10 ONE WORKOUT SWIM 6:00-7:15AM long course lanes <i>before Sr Mets warmup</i>	11 July Sr. Mets at the Aquatic Center entire weekend
12 July 8am West Neck OWS Jamesport Sprint Tri	13 SWIM 6:00-7:15AM long course lanes SWIM 7:15-8:30AM long course lanes	14 SWIM 6:30-7:45PM long course lanes	15 SWIM 6:00-7:15AM long course lanes SWIM 7:15-8:30AM long course lanes	16 SWIM 6:30-7:45PM long course lanes	17 ONE WORKOUT SWIM 6:00-7:15AM long course lanes <i>before Jr Mets warmup</i>	18 July Jr. Mets at the Aquatic Center entire weekend
19 July 8am West Neck OWS Ironman Lake Placid Montauk Sprint Tri	20 SWIM 6:00-7:15AM long course lanes SWIM 7:15-8:30AM long course lanes	21 SWIM 6:30-7:45PM long course lanes	22 SWIM 6:00-7:15AM long course lanes SWIM 7:15-8:30AM long 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 July
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 Swim Across America 1 Mile, 2 Mile & 5K open water swims Glen Cove