

TENTATIVE JUNE 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
<p>31 May</p> <p>SWIM 9:00-10:30AM short course lanes in Aquatic Center</p>	<p>1 June</p> <p>SWIM 6:00-7:15AM long course lanes SWIM 7:15-8:30AM long course lanes</p>	<p>2</p> <p>SWIM 6:30-7:45PM long course lanes</p>	<p>3</p> <p>SWIM 6:00-7:15AM long course lanes SWIM 7:15-8:30AM long course lanes</p>	<p>4</p> <p>SWIM 6:30-7:45PM long course lanes</p>	<p>5</p> <p>SWIM 6:00-7:15AM long course lanes SWIM 7:15-8:30AM long course lanes</p>	<p>6 June</p> <p>Escape from Alcatraz Tri</p>
<p>7 June</p> <p>8am open water swim at West Neck Beach <i>LIAC long course meet at our pool all weekend</i> Ironman 70.3 Omaha</p>	<p>8</p> <p>SWIM 6:00-7:15AM long course lanes SWIM 7:15-8:30AM long course lanes</p>	<p>9</p> <p>SWIM 6:30-7:45PM long course lanes</p>	<p>10</p> <p>SWIM 6:00-7:15AM long course lanes SWIM 7:15-8:30AM long course lanes</p>	<p>11</p> <p>SWIM 6:30-7:45PM long course lanes</p>	<p>12</p> <p>SWIM 6:00-7:15AM long course lanes SWIM 7:15-8:30AM long course lanes</p>	<p>13 June</p> <p>RJA Memorial Mighty Montauk Tri & AquaBike</p>
<p>14 June</p> <p>8am West Neck OWS <i>LIAC long course meet at our pool all weekend</i></p>	<p>15</p> <p>SWIM 6:00-7:15AM long course lanes SWIM 7:15-8:30AM long course lanes</p>	<p>16</p> <p>SWIM 6:30-7:45PM long course lanes</p>	<p>17</p> <p>SWIM 6:00-7:15AM long course lanes SWIM 7:15-8:30AM long course lanes</p>	<p>18</p> <p>SWIM 6:30-7:45PM long course lanes</p>	<p>19</p> <p>SWIM 6:00-7:15AM long course lanes SWIM 7:15-8:30AM long course lanes</p>	<p>20 June</p>
<p>21 June</p> <p>8am West Neck OWS <i>SSC long course meet at our pool all weekend</i> Happy Father's Day!</p>	<p>22</p> <p>SWIM 6:00-7:15AM long course lanes SWIM 7:15-8:30AM long course lanes</p>	<p>23</p> <p>SWIM 6:30-7:45PM long course lanes</p>	<p>24</p> <p>SWIM 6:00-7:15AM long course lanes SWIM 7:15-8:30AM long course lanes</p>	<p>25</p> <p>SWIM 6:30-7:45PM long course lanes</p>	<p>26</p> <p>SWIM 6:00-7:15AM long course lanes SWIM 7:15-8:30AM long course lanes</p>	<p>27 June</p>
<p>28 June</p> <p>8am West Neck OWS <i>LIAC long course meet at our pool all weekend</i> Great Gatsby Sprint Tri</p>	<p>29</p> <p>SWIM 6:00-7:15AM long course lanes SWIM 7:15-8:30AM long course lanes</p>	<p>30</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>1 July</p> <p>SWIM 6:00-7:15AM short course lanes SWIM 7:15-8:30AM short course lanes</p>	<p>2 July</p> <p>SWIM 6:30-7:45PM short course lanes</p>	<p>3 July</p> <p>ONE WORKOUT SWIM 7:15-8:45AM short course lanes <i>federal holiday observed</i></p>	<p>4 July</p>