

# MARCH 2026 EXCEL SWIMMING SCHEDULE

Regularly check the Excel Swim Schedule website section for updates **posted 02-15-26**

| SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  |
|--|---|---|--|--|--|---|
| <b>1 March</b><br><b>SWIM 9:00-10:30AM</b><br>short course lanes<br>in <b>Aquatic Center</b>                                       | <b>2</b><br><b>SWIM 6:00-7:15AM</b><br>short course lanes<br><b>SWIM 7:15-8:30AM</b><br>short course lanes  | <b>3</b><br><b>SWIM 6:30-7:45PM</b><br>short course lanes<br>Purim              | <b>4</b><br><b>SWIM 6:00-7:15AM</b><br>short course lanes<br><b>SWIM 7:15-8:30AM</b><br>short course lanes     | <b>5</b><br><b>SWIM 6:30-7:45PM</b><br>short course lanes  | <b>6</b><br><b>SWIM 6:00-7:15AM</b><br>short course lanes<br><b>SWIM 7:15-8:30AM</b><br>short course lanes   | <b>7 March</b><br>Daylight Saving Time<br>begins - turn clocks<br><b>AHEAD ONE HOUR</b><br>before going to bed! |
| <b>8 March</b><br><b>SWIM 9:00-10:30AM</b><br>short course lanes<br>in <b>Aquatic Center</b>                                       | <b>9</b><br><b>SWIM 6:00-7:15AM</b><br>short course lanes<br><b>SWIM 7:15-8:30AM</b><br>short course lanes  | <b>10</b><br><b>SWIM 6:30-7:45PM</b><br>short course lanes                      | <b>11</b><br><b>SWIM 6:00-7:15AM</b><br>short course lanes<br><b>SWIM 7:15-8:30AM</b><br>short course lanes    | <b>12</b><br><b>SWIM 6:30-7:45PM</b><br>short course lanes   | <b>13</b><br>No AM workouts<br>Jr. Olympics being held<br>at our pool March 13-15                            | <b>14 March</b>   |
| <b>15 March</b><br><b>SWIM 9:00-10:30AM</b><br>short course lanes<br>in <b>Freedom Pool</b>  | <b>16</b><br><b>SWIM 6:00-7:15AM</b><br>short course lanes<br><b>SWIM 7:15-8:30AM</b><br>short course lanes | <b>17</b><br><b>SWIM 6:30-7:45PM</b><br>short course lanes<br>St. Patrick's Day | <b>18</b><br><b>SWIM 6:00-7:15AM</b><br>short course lanes<br><b>SWIM 7:15-8:30AM</b><br>short course lanes    | <b>19</b><br><b>SWIM 6:30-7:45PM</b><br>short course lanes   | <b>20</b><br><b>SWIM 6:00-7:15AM</b><br><b>SWIM 7:15-8:30AM</b><br>short course lanes<br>First Day of Spring | <b>21 March</b><br>Fri-Sun Mar 20-22<br>Colonies Zone SCY<br>Champs at Harvard                                  |
| <b>22 March</b><br><b>SWIM 9:00-10:30AM</b><br>short course lanes<br>in <b>Freedom Pool</b>  | <b>23</b><br><b>SWIM 6:00-7:15AM</b><br>short course lanes<br><b>SWIM 7:15-8:30AM</b><br>short course lanes | <b>24</b><br><b>SWIM 6:30-7:45PM</b><br>short course lanes                      | <b>25</b><br><b>SWIM 6:00-7:15AM</b><br>short course lanes<br><b>SWIM 7:15-8:30AM</b><br>short course lanes    | <b>26</b><br><b>SWIM 6:30-7:45PM</b><br>short course lanes   | <b>27</b><br><b>SWIM 6:00-7:15AM</b><br>short course lanes<br><b>SWIM 7:15-8:30AM</b><br>short course lanes  | <b>28 March</b>   |
| <b>29 March</b><br><b>SWIM 9:00-10:30AM</b><br>short course lanes<br>in <b>Aquatic Center</b><br>Palm Sunday<br>Skidmore Yard Meet | <b>30</b><br><b>SWIM 6:00-7:15AM</b><br>short course lanes<br><b>SWIM 7:15-8:30AM</b><br>short course lanes | <b>31</b><br><b>SWIM 6:30-7:45PM</b><br>short course lanes                      | <b>1 April</b><br><b>SWIM 6:00-7:15AM</b><br><b>SWIM 7:15-8:30AM</b><br>short course lanes<br>Passover sundown | <b>2</b><br><b>SWIM 6:30-7:45PM</b><br>short course lanes<br>School Spring Recess<br>1 <sup>st</sup> Day of Passover | <b>3</b><br><b>SWIM 6:00-7:15AM</b><br><b>SWIM 7:15-8:30AM</b><br>short course lanes<br>School Spring Recess | <b>4 April</b><br>Masters Yard meet at<br>Asphalt Green in NYC  |