

TENTATIVE MAY 2026 EXCEL SWIMMING SCHEDULE

Regularly check Excel "Swim Schedule" website section for updates (posted 02-15-26)

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| <p>26 April</p> <p>SWIM 9:00-10:30AM short course lanes in Aquatic Center</p> | <p>27</p> <p>SWIM 6:00-7:15AM LONG course lanes SWIM 7:15-8:30AM LONG course lanes</p> | <p>28</p> <p>SWIM 6:30-7:45PM short course lanes</p> | <p>29</p> <p>SWIM 6:00-7:15AM short course lanes SWIM 7:15-8:30AM short course lanes</p> | <p>30</p> <p>SWIM 6:30-7:45PM short course lanes</p> <p>Current member May-Aug enrollments due</p> | <p>1 May</p> <p>No AM workouts</p> | <p>2 May</p> <p>April 30 - May 3 Masters Nationals</p> <p>LI Marathon Festival of Events weekend</p> |
| <p>3 May</p> <p>No morning workout facility is CLOSED for LI Marathon Festival of Events weekend</p> | <p>4</p> <p>No AM workouts</p> | <p>5</p> <p>SWIM 6:30-7:45PM short course lanes 1st day of summer membership term Cinco de Mayo</p> | <p>6</p> <p>SWIM 6:00-7:15AM short course lanes SWIM 7:15-8:30AM short course lanes</p> | <p>7</p> <p>SWIM 6:30-7:45PM short course lanes</p> | <p>8</p> <p>SWIM 6:00-7:15AM short course lanes SWIM 7:15-8:30AM short course lanes</p> | <p>9 May</p> |
| <p>10 May</p> <p>SWIM 9:00-10:30AM short course lanes in Aquatic Center</p> <p>Happy Mother's Day!</p> | <p>11</p> <p>SWIM 6:00-7:15AM short course lanes SWIM 7:15-8:30AM short course lanes</p> | <p>12</p> <p>SWIM 6:30-7:45PM short course lanes</p> | <p>13</p> <p>SWIM 6:00-7:15AM short course lanes SWIM 7:15-8:30AM short course lanes</p> | <p>14</p> <p>SWIM 6:30-7:45PM LONG course lanes</p> | <p>15</p> <p>SWIM 6:00-7:15AM LONG course lanes SWIM 7:15-8:30AM LONG course lanes</p> | <p>16 May</p> |
| <p>17 May</p> <p>SWIM 9:00-10:30AM short course lanes in Aquatic Center</p> | <p>18</p> <p>SWIM 6:00-7:15AM LONG course lanes SWIM 7:15-8:30AM LONG course lanes</p> | <p>19</p> <p>SWIM 6:30-7:45PM short course lanes</p> | <p>20</p> <p>SWIM 6:00-7:15AM short course lanes SWIM 7:15-8:30AM short course lanes</p> | <p>21</p> <p>SWIM 6:30-7:45PM short course lanes</p> | <p>22</p> <p>SWIM 6:00-7:15AM SWIM 7:15-8:30AM short course lanes</p> <p>Shavuot</p> | <p>23 May</p> <p>Memorial Day holiday weekend</p> |
| <p>24 May 9:00-10:30am short course lanes in Aquatic Center =====</p> <p>31 May 9:00-10:30am short course lanes in Aquatic Center</p> | <p>25</p> <p>No morning workouts Enjoy the holiday with your family & friends! Happy Memorial Day</p> | <p>26</p> <p>SWIM 6:30-7:45PM short course lanes</p> | <p>27</p> <p>SWIM 6:00-7:15AM short course lanes SWIM 7:15-8:30AM short course lanes</p> | <p>28</p> <p>SWIM 6:30-7:45PM LONG course lanes</p> | <p>29</p> <p>SWIM 6:00-7:15AM LONG course lanes SWIM 7:15-8:30AM LONG course lanes</p> | <p>30 May</p> <p>Sunday May 31 - Race Awesome All Women's Sprint Tri Freedom Pool</p> |