

ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – DECEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 N2/1-E-5:30-6:30 T2/1-M-6:00-7:15 A2/1-E-6:30-8:00 S4/3-C-3:30-5:00 S2/1-E-3:30-5:30 s	3 N2/1-OFF T2/1-OFF A2/1-OFF S4/3-OFF S2/1-M-6:00-8:00 s M-OFF	4 N2/1-E-5:30-6:30 T2/1-C-5:00-6:15 A2/1-E-6:00-6:30 d A2/1-E-6:30-8:00 s S4/3-C-3:30-5:00 S2/1-E-3:30-5:30 s US Open – Atlanta	5 N2/1-OFF T2/1-E-5:30-6:45 A2/1-M-6:00-7:30 S4/3-C-3:30-5:00 s S4/3-C-5:00-5:30 d S2/1-E-3:30-5:30 s M-E-6:30-8:00 US Open - Atlanta	6 N2/1-E-5:30-6:30 T2/1-OFF A2/1-E-6:30-8:00 S4/3-C-3:30-5:00 S2/1-E-3:30-5:30 s S2/1-E-5:30-6:30 d US Open - Atlanta	7 EBSC Swim-A-Long S1/2-E-7:00-8:30 S3/4-E-12:00-1:00 A1/2-E-1:00-2:00 T1/2-E-2:00-3:00 N1/2-E-3:00-4:00 M-E-4:00-5:00 US Open - Atlanta
8 N2/1@MFSC T2/1@MFSC A2/1@MFSC S4/3@MFSC S2/1@MFSC	9 N2/1-E-5:30-6:30 T2/1-M-6:00-7:15 A2/1-E-6:30-8:00 S4/3-C-3:30-5:00 S2/1-E-3:30-5:30 s	10 N2/1-OFF T2/1-E-5:30-6:45 A2/1-M-6:00-7:30 S4/3-C-3:30-5:00 s S4/3-C-5:00-5:30 d S2/1-E-3:30-5:30 s S2/1-E-5:30-6:30 d M-E-6:30-8:00	11 N2/1-E-5:30-6:30 T2/1-C-5:00-6:15 A2/1-E-6:00-6:30 d A2/1-E-6:30-8:00 s S4/3-C-3:30-5:00 S2/1-E-3:30-5:30 s	12 N2/1-OFF T2/1-E-5:30-6:45 A2/1-OFF S4/3-M-6:00-7:30 S2/1-E-3:30-5:30 s M-E-6:30-8:00	13 N2/1-E-5:30-6:30 T2/1-OFF A2/1-E-6:30-8:00 S4/3-C-3:30-5:00 S2/1-E-3:30-5:30 s S2/1-E-5:30-6:30 d	14 S2/1-E-7:00-8:30 12&U WI Single Age Sprint Champs
15 12&U WI Single Age Sprint Champs	16 N2/1-E-5:30-6:30 T2/1-M-6:00-7:15 A2/1-E-6:30-8:00 S4/3-C-3:30-5:00 S2/1-E-3:30-5:30 s	17 N2/1-OFF T2/1-E-5:30-6:45 A2/1-M-6:00-7:30 S4/3-C-3:30-5:00 s S4/3-C-5:00-5:30 d S2/1-E-3:30-5:30 s S2/1-E-5:30-6:30 d M-E-6:30-8:00	18 N2/1-E-5:30-6:30 T2/1-C-5:00-6:15 A2/1-E-6:00-6:30 d A2/1-E-6:30-8:00 s S4/3-C-3:30-5:00 S2/1-E-3:30-5:30 s	19 N2/1-OFF T2/1-E-5:30-6:45 A2/1-C-5:00-6:30 S4/3-C-3:30-5:00 s S4/3-C-5:00-5:30 d S2/1-E-3:30-5:30 s M-E-6:30-8:00	20 N2/1-E-5:30-6:30 T2/1-OFF A2/1-E-6:30-8:00 S4/3-C-3:30-5:00 S2/1-E-3:30-5:30 s S2/1-E-5:30-6:30 d	21 S2/1-E-7:00-9:00
22	23 N2/1-OFF T2/1-OFF A2/1-M-10:30-12:00 S4/3-M-9:00-10:30 s S2/1-M-7:00-9:00 s	24 All Groups Off	25 All Groups Off	26 N2/1-OFF T2/1-OFF A2/1-E-10:30-12:00 S4/3-E-9:30-10:00 d S4/3-E-9:00-10:30 s S2/1-E-7:00-9:00 s M-E-5:30-7:00	27 N2/1-OFF T2/1-OFF A2/1-E-10:30-12:00 S4/3-E-9:00-10:30 s S2/1-E-7:00-9:00 s S2/1-E-9:00-10:00 d	28 S2/1-E-7:00-9:00 s
29	30 N2/1-OFF T2/1-OFF A2/1-E-10:30-12:00 S4/3-E-9:00-10:30 s S2/1-E-7:00-9:00 s S2/1-E-9:00-10:00 d	31 S2/1-M-7:00-9:00				

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