

ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – MAY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 N2/1-E-5:30-6:30 T2/1-E-6:30-7:45 A2/1-C-6:00-7:30 S4/3-C-4:30-6:00 S2-E-6:30-8:00 s S1-E-3:30-5:30 s S2/1-E-5:30-6:30 d	2 N2/1@RA T2/1@RA A2/1@LFSC S4/3@LFSC S2/1@LFSC
3 A2/1@LFSC S4/3@LFSC S2/1@LFSC	4 N2/1-C-6:00-7:00 T2/1-M-6:00-7:15 A2/1-E-6:30-8:00 S4/3-C-4:30-6:00 s S2/1-E-5:30-7:00 am S2-E-5:00-7:00 s S1-E-3:30-5:30 s	5 N2/1-OFF T2/1-E-5:30-6:45 A2/1-M-6:00-7:30 S4/3-C-4:00-4:30 d S4/3-C-4:30-6:00 s S2-E-6:30-8:00 s S1-E-3:30-5:30 s S2/1-E-5:30-6:30 d M-C-6:00-7:30	6 N2/1-E-5:30-6:30 T2/1-C-5:45-7:00 A2/1-E-6:00-6:30 d A2/1-E-6:30-8:00 s S4/3-C-4:30-6:00 S2/1-E-3:30-5:30 s TYR Pro	7 N2/1-E-5:30-6:30 T2/1-OFF A2/1-E-6:30-8:00 S4/3-M-6:00-7:30 S2/1-E-5:30-7:00 am S1/2-C-4:30-6:30 M-C-6:30-8:00 TYR Pro	8 N2/1-E-5:30-6:30 T2/1-E-6:30-7:45 A2/1-C-6:00-7:30 S4/3-C-4:30-6:00 S2-E-6:30-8:00 s S1-E-3:30-5:30 s S2/1-E-5:30-6:30 d	9 S2/1-E-7:00-8:30 N2/12WEST TYR Pro
10	11 N2/1-C-6:00-7:00 T2/1-M-6:00-7:15 A2/1-E-6:30-8:00 S4/3-C-4:30-6:00 s S2/1-E-5:30-7:00 am S2-E-5:00-7:00 s S1-E-3:30-5:30 s	12 N2/1-OFF T2/1-E-5:30-6:45 A2/1-M-6:00-7:30 S4/3-C-4:00-4:30 d S4/3-C-4:30-6:00 s S2-E-6:30-8:00 s S1-E-3:30-5:30 s S2/1-E-5:30-6:30 d M-C-6:00-7:30	13 N2/1-E-5:30-6:30 T2/1-C-5:45-7:00 A2/1-E-6:00-6:30 d A2/1-E-6:30-8:00 S4/3-C-4:30-6:00 S2/1-E-3:30-5:30 s	14 N2/1-E-5:30-6:30 T2/1-OFF A2/1-E-6:30-8:00 S4/3-M-6:00-7:30 S2/1-E-5:30-7:00 am S1/2-C-4:30-6:30 M-C-6:30-8:00	15 N2/1-E-5:30-6:30 T2/1-E-6:30-7:45 A2/1-C-6:00-7:30 S4/3-C-4:30-6:00 S2-E-6:30-8:00 s S1-E-3:30-5:30 s S2/1-E-5:30-6:30 d	16 T2/1@BDSC A2/1@BDSC S4/3@BDSC S2/1@SST
17 T2/1@BDSC A2/1@BDSC S4/3@BDSC S2/1@SST	18 N2/1-C-6:00-7:00 T2/1-M-6:00-7:15 A2/1-E-6:30-8:00 S4/3-C-4:30-6:00 s S2/1-E-5:30-7:00 am S2-E-5:00-7:00 s S1-E-3:30-5:30 s	19 N2/1-OFF T2/1-E-5:30-6:45 A2/1-M-6:00-7:30 S4/3-C-4:00-4:30 d S4/3-C-4:30-6:00 s S2-E-6:30-8:00 s S1-E-3:30-5:30 s S2/1-E-5:30-6:30 d M-C-6:00-7:30	20 N2/1-C-6:00-7:00 T2/1-E-5:30-6:45 A2/1-E-6:00-6:30 d A2/1-E-6:30-8:00 s S4/3-M-6:00-7:30 S2/1-C-4:30-6:00 s	21 N2/1-M-6:00-7:00 T2/1-OFF A2/1-E-6:30-8:00 S4/3-C-4:00-4:30 d S4/3-C-4:30-6:00 s S2/1-E-5:30-7:00 am S2-E-5:00-7:00 s S1-E-3:30-5:30 s M-C-6:00-7:30	22 N2/1-OFF T2/1-E-6:30-7:45 A1/2-E-6:45-8:00 S4/3-E-5:30-6:45 S2/1-E-3:30-5:30 s S2/1-E-5:30-6:30 d	23
24	25 All Groups Off Memorial Day	26 N2/1-OFF T2/1-E-5:30-6:45 A2/1-M-6:00-7:30 S4/3-C-4:00-4:30 d S4/3-C-4:30-6:00 s S2/1-E-5:30-7:00 am S2-E-6:30-8:00 s S1-E-3:30-5:30 s S2/1-E-5:30-6:30 d M-C-6:00-7:30	27 N2/1-C-6:00-7:00 T2/1-E-5:30-6:45 A2/1-E-6:00-6:30 d A2/1-E-6:30-8:00 s S4/3-M-6:00-7:30 S2/1-C-4:30-6:00 s	28 N2/1-M-6:00-7:00 T2/1-OFF A2/1-E-6:30-8:00 S4/3-C-4:00-4:30 d S4/3-C-4:30-6:00 s S2/1-E-5:30-7:00 am S2-E-5:00-7:00 s S1-E-3:30-5:30 s M-C-6:00-7:30	29 N2/1-E-5:30-6:30 T2/1-E-6:30-7:45 A2/1-C-6:00-7:30 S4/3-C-4:30-6:00 S2-E-6:30-8:00 s S1-E-3:30-5:30 s S2/1-E-5:30-6:30 d	30 S2/1-E-7:00-8:30 am