

## ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>27</b>	<b>28</b> NA-M-6:15-7:00 NB-M-6:15-7:00 NC-M-7:00-7:45 ND-M-7:00-7:45 TA-E-5:30-6:30 TB-OFF TC-OFF TD-OFF A2-E-5:30-6:30 A1-E-6:30-7:45 S4-C-4:00-5:00 S3- E-7:45-9:00 S2/1-C-5:30-7:00 am S2/1-C-3:30-5:00	<b>29</b> NA-OFF NB-OFF NC-OFF ND-OFF TA-M-6:15-7:00 TB-M-6:15-7:00 TC-M-7:00-7:45 TD-M-7:00-7:45 A2-OFF A1-OFF S4-OFF S3-OFF S2/1-C-5:30-7:00 am	<b>30</b> NA-M-5:30-6:30 NB-M-5:30-6:30 NC-OFF ND-OFF TA-OFF TB-E-5:30-6:30 TC-E-5:30-6:30 TD-E-5:30-6:30 A2-M-6:30-8:00 A1-E-6:30-7:45 S4-OFF S3-E-7:45-9:00 S2/1-M-3:30-5:30	<b>1</b> NA-E-6:00-6:30 NB-E-6:00-6:30 NC-E-5:30-6:00 ND-E-5:30-6:00 TA-M-7:00-7:45 TB-M-7:00-7:45 TC-M-6:15-7:00 TD-M-6:15-7:00 A2-OFF A1-E-6:30-7:45 S4-OFF S3-E-7:45-9:00 S2/1-C-5:30-7:00 am	<b>2</b> NA-OFF NB-OFF NC-OFF ND-OFF TA-E-5:00-5:45 TB-E-5:00-5:45 TC-E-5:00-5:45 TD-E-5:45-6:30 A2-M-6:15-7:45 A1-E-6:30-8:00 S4-E-5:45-6:30 S3-C-6:30-8:00 S2/1-C-3:30-5:30	<b>3</b> NA-E-10:00-11:00 NB-E-9:00-10:00 NC-E-9:00-10:00 ND-E-9:00-10:00 TA-E-11:00-12:00 TB-E-11:00-12:00 TC-E-10:00-11:00 TD-E-10:00-11:00 A2-E-12:00-1:00 A1-E-1:00-2:00 S4-E-11:00-12:00 S3-C-12:00-1:30 S2/1-M-8:00-10:00
<b>4</b>	<b>5</b> NA-M-6:15-7:00 NB-M-6:15-7:00 NC-M-7:00-7:45 ND-M-7:00-7:45 TA-E-5:30-6:30 TB-OFF TC-OFF TD-OFF A2-E-5:30-6:30 A1-E-6:30-7:45 S4-C-4:00-5:00 S3- E-7:45-9:00 S2/1-C-5:30-7:00 am S2/1-C-3:30-5:00	<b>6</b> NA-E-5:30-6:15 NB-E-6:15-7:00 NC-E-6:15-7:00 ND-E-6:15-7:00 TA-M-6:15-7:00 TB-M-6:15-7:00 TC-M-7:00-7:45 TD-M-7:00-7:45 A2-E-5:30-6:15 A1-E-7:00-8:00 S4-C-4:00-5:00 S3-E-8:00-9:00 S2/1-C-3:30-5:00	<b>7</b> NA-OFF NB-OFF NC-OFF ND-OFF TA-OFF TB-OFF TC-OFF TD-OFF A2-OFF A1-OFF S4-OFF S3-C-4:00-5:00 S2/1-C-5:30-7:00 am	<b>8</b> NA-C-6:00-7:00 NB-C-5:00-6:00 NC-C-5:00-6:00 ND-C-5:00-6:00 TA-OFF TB-OFF TC-OFF TD-OFF A2-C-6:00-7:30 A1-E-5:30-7:00 S4-C-4:00-5:00 S3-C-7:00-8:30 S2/1-C-5:30-7:00 am S2/1-C-3:30-5:00	<b>9</b> NA-OFF NB-OFF NC-OFF ND-OFF TA-E-5:00-5:45 TB-E-5:00-5:45 TC-E-5:00-5:45 TD-E-5:45-6:30 A2-M-6:15-7:45 A1-E-6:30-8:00 S4-E-5:45-6:30 S3-C-6:30-8:00 S2/1-C-3:30-5:30 S2/1-C-5:30-6:30 d	<b>10</b> A2, A1, T1, T2 @ EBSC vs WEST  N1, N2 @ EBSC Inter-Squad  S4, S3, S2, S1 @ EBSC vs WEST
<b>11</b>	<b>12</b> NA-M-6:15-7:00 NB-M-6:15-7:00 NC-M-7:00-7:45 ND-M-7:00-7:45	<b>13</b> NA-E-5:30-6:15 NB-E-6:15-7:00 NC-E-6:15-7:00 ND-E-6:15-7:00	<b>14</b> NA-OFF NB-OFF NC-OFF ND-OFF	<b>15</b> NA-OFF NB-OFF NC-OFF ND-OFF	<b>16</b> NA-OFF NB-OFF NC-OFF ND-OFF	<b>17</b> NA-E-10:00-11:00 NB-E-9:00-10:00 NC-E-9:00-10:00 ND-E-9:00-10:00

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	TA-E-5:30-6:30 TB-OFF TC-OFF TD-OFF A2-E-5:30-6:30 A1-E-6:30-7:45 S4-C-4:00-5:00 S3- E-7:45-9:00 S2/1-C-5:30-7:00 am S2/1-C-3:30-5:00	TA-M-6:15-7:00 TB-M-6:15-7:00 TC-M-7:00-7:45 TD-M-7:00-7:45 A2-E-5:30-6:15 A1-E-7:00-8:00 S4-C-4:00-5:00 S3-E-8:00-9:00 S2/1-C-3:30-5:00 S2/1-C-5:00-6:00 d	TA-OFF TB-E-5:30-6:30 TC-E-5:30-6:30 TD-E-5:30-6:30 A2-M-5:30-7:00 A1-E-6:30-7:45 S4-C-4:00-5:00 S3-E-7:45-9:00 S2/1-M-4:00-5:30	TA-M-7:00-7:45 TB-M-7:00-7:45 TC-M-6:15-7:00 TD-M-6:15-7:00 A2-OFF A1-OFF S4-OFF S3-OFF S2/1-C-5:30-7:00 am S2/1-OFF	TA-E-5:00-5:45 TB-E-5:00-5:45 TC-E-5:00-5:45 TD-E-5:45-6:30 A2-M-6:15-7:45 A1-E-6:30-8:00 S4-E-5:45-6:30 S3-C-6:30-8:00 S2/1-C-3:30-5:30 S2/1-C-5:30-6:30 d	TA-E-11:00-12:00 TB-E-11:00-12:00 TC-E-10:00-11:00 TD-E-10:00-11:00 A2-OFF A1-E-12:00-1:30 S4-C-12:00-1:30 S3-C-12:00-1:30 S2/1-M-8:00-10:00
18	19 NA-M-6:15-7:00 NB-M-6:15-7:00 NC-M-7:00-7:45 ND-M-7:00-7:45 TA-E-5:30-6:30 TB-OFF TC-OFF TD-OFF A2-E-5:30-6:30 A1-E-6:30-7:45 S4-C-4:00-5:00 S3- E-7:45-9:00 S2/1-C-5:30-7:00 am S2/1-C-3:30-5:00	20 NA-OFF NB-OFF NC-OFF ND-OFF TA-M-6:15-7:00 TB-M-6:15-7:00 TC-M-7:00-7:45 TD-M-7:00-7:45 A2-OFF A1-OFF S4-C-4:00-5:00 S3-OFF S2/1-C-3:30-5:00 S2/1-C-5:00-6:00 d	21 NA-OFF NB-OFF NC-OFF ND-OFF TA-OFF TB-E-5:30-6:30 TC-E-5:30-6:30 TD-E-5:30-6:30 A2-M-5:30-7:00 A1-E-6:30-7:45 S4-C-4:00-5:00 S3-E-7:45-9:00 S2/1-M-4:00-5:30	22 NA-E-5:30-6:15 NB-E-5:30-6:15 NC-E-6:15-7:00 ND-E-6:15-7:00 TA-OFF TB-OFF TC-OFF TD-OFF A2-OFF A1-E-7:00-8:00 S4-C-4:00-5:00 S3-E-8:00-9:00 S2/1-C-5:30-7:00 am S2/1-C-3:30-5:00	23 NA-OFF NB-OFF NC-OFF ND-OFF TA-E-5:00-5:45 TB-E-5:00-5:45 TC-E-5:00-5:45 TD-E-5:45-6:30 A2-M-6:15-7:45 A1-E-6:30-8:00 S4-E-5:45-6:30 S3-C-6:30-8:00 S2/1-C-3:30-5:30 S2/1-C-5:30-6:30 d	24 A2, A1, T1, T2 @ EBSC vs SST S4, S3, S2, S1 @ EBSC vs SST
25	26 NA-M-6:15-7:00 NB-M-6:15-7:00 NC-M-7:00-7:45 ND-M-7:00-7:45 TA-E-5:30-6:30 TB-OFF TC-OFF TD-OFF A2-E-5:30-6:30 A1-E-6:30-7:45	27 NA-E-5:30-6:15 NB-E-6:15-7:00 NC-E-6:15-7:00 ND-E-6:15-7:00 TA-M-6:15-7:00 TB-M-6:15-7:00 TC-M-7:00-7:45 TD-M-7:00-7:45 A2-E-5:30-6:15 A1-E-7:00-8:00	28 NA-M-7:00-7:45 NB-M-7:00-7:45 NC-M-6:15-7:00 ND-M-6:15-7:00 TA-E-5:45-6:30 TB-E-5:00-5:45 TC-E-5:00-5:45 TD-E-5:00-5:45 A2-E-5:45-6:30 A1-E-6:30-7:45	29 NA-E-5:30-6:15 NB-E-5:30-6:15 NC-E-6:15-7:00 ND-E-6:15-7:00 TA-M-7:00-7:45 TB-M-7:00-7:45 TC-M-6:15-7:00 TD-M-6:15-7:00 A2-OFF A1-E-7:00-8:00 S4-C-4:00-5:00	30 NA-OFF NB-OFF NC-OFF ND-OFF TA-C-5:00-5:45 TB-C-5:00-5:45 TC-C-5:45-6:30 TD-C-5:45-6:30 A2-E-5:30-6:30 A1-E-6:30-8:00	31 12&U Trunk Or Treat! S4-E-8:00-9:00 S3-E-9:00-10:30 S2/1-E-7:00-9:00

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	<p>S4-C-4:00-5:00  S3- E-7:45-9:00  S2/1-C-5:30-7:00 am  S2/1-C-3:30-5:00</p>	<p>S4-C-4:00-5:00  S3-E-8:00-9:00  S2/1-C-3:30-5:00  S2/1-C-5:00-6:00 d</p>	<p>S4-OFF  S3-E-7:45-9:00  S2/1-C-3:30-5:00</p>	<p>S3-E-8:00-9:00  S2/1-C-5:30-7:00 am  2/1-C-3:30-5:00</p>	<p>S4-E-5:45-6:30  S3-C-6:30-8:00  S2/1-C-3:30-5:00  S2/1-C-5:00-6:00 d</p>	