

## ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – NOVEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 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	3 NA-E-5:30-6:15 NB-E-5:30-6:15 NC-E-5:30-6:15 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-6:15-7:00 A1-E-7:00-8:15 S4-C-4:00-5:00 S3-E-4:30-5:30 S2/1-C-3:30-5:00 S2/1-C-5:00-6:00 d	4 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-6:15-7:45 A1-E-6:30-7:45 S4-OFF S3-E-7:45-9:00 S2/1-C-3:30-5:00	5 NA-E-6:15-7:30 NB-E-E-6:15-7:30 NC-E-5:00-6:15 ND-E-5:00-6:15 TA-OFF TB-OFF TC-OFF TD-OFF A2-OFF A1-OFF S4-C-4:00-5:00 S3-E-7:30-9:00 S2/1-C-5:30-7:00 am S2/1-C-3:30-5:00	6 NA-C-5:45-6:30 NB-C-5:45-6:30 NC-OFF ND-OFF TA-C-5:00-5:45 TB-C-5:00-5:45 TC-C-5:00-5:45 TD-C-5:45-6:30 A2-E-5:00-6:30 A1-E-6:30-8:00 S4-C-4:00-5:00 S3-C-6:30-8:00 S2/1-C-3:30-5:00 S2/1-C-5:00-6:00 d	7 NA-OFF NB-OFF NC-E-9:00-10:00 ND-E-9:00-10:00 TA-E-10:00-11:00 TB-E-10:00-11:00 TC-E-10:00-11:00 TD-E-9:00-10:00 A2-OFF A1-OFF S4-E-11:00-12:00 S3-C-12:00-1:30 S2/1-OFF
8	9 NA-M-5:30-6:30 NB-M-5:30-6:30 NC-M-6:30-7:30 ND-M-6:30-7:30 TA-E-5:45-6:45 TB-OFF TC-OFF TD-OFF A2-E-5:45-6:45 A1-E-6:45-8:00 S4-C-4:00-5:00 S3-E-4:30-5:45 S2/1-C-5:30-7:00 am S2/1-C-3:30-5:00	10 NA-E-5:30-6:15 NB-E-5:30-6:15 NC-E-5:30-6:15 ND-E-6:15-7:00 TA-M-5:30-6:30 TB-M-5:30-6:30 TC-M-6:30-7:30 TD-M-6:30-7:30 A2-E-6:15-7:00 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	11 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-OFF S3-E-7:45-9:00 S2/1-C-3:30-5:00	12 NA-E-6:15-7:30 NB-E-6:15-7:30 NC-E-5:00-6:15 ND-E-5:00-6:15 TA-OFF TB-OFF TC-OFF TD-OFF A2-OFF A1-OFF S4-C-4:00-5:00 S3-E-7:30-9:00 S2/1-C-3:30-5:00	13 NA-C-5:45-6:30 NB-C-5:45-6:30 NC-OFF ND-OFF TA-C-5:00-5:45 TB-C-5:00-5:45 TC-C-5:00-5:45 TD-C-5:45-6:30 A2-E-5:00-6:30 A1-E-6:30-8:00 S4-C-4:00-5:00 S3-C-6:30-8:00 S2/1-C-3:30-5:00 S2/1-C-5:00-6:00 d	14 N2/1@ EBSC T2/1@EBSC vs SWAT A2/1@EBSC vs SWAT S4/3@EBSC S2/1-OFF
15 S2/1@SWAT	16 NA-M-5:30-6:30 NB-M-5:30-6:30 NC-M-6:30-7:30 ND-M-6:30-7:30 TA-E-6:00-7:00 TB-E-5:00-6:00 TC-E-5:00-6:00 TD-E-5:00-6:00 A2-E-6:00-7:30 A1-C-6:30-8:00 S4-C-5:00-6:30 S3-E-3:30-5:00 S2/1-C-3:30-5:00 (g) S2/1-C-5:00-6:30 (b)	17 NA-E-5:00-6:00 NB-E-5:00-6:00 NC-E-5:00-6:00 ND-E-6:00-7:00 TA-M-5:30-6:30 TB-M-5:30-6:30 TC-M-6:30-7:30 TD-M-6:30-7:30 A2-OFF A1-C-6:30-8:00 S4-C-5:00-6:30 S3-E-3:30-5:00 S2/1-C-3:30-5:00 (g) S2/1-C-5:00-6:30 (b)	18 NA-OFF NB-OFF NC-OFF ND-OFF TA-E-6:00-7:00 TB-E-5:00-6:00 TC-E-5:00-6:00 TD-E-5:00-6:00 A2-E-6:00-7:30 A1-C-6:30-8:00 S4-C-5:00-6:30 S3-E-3:30-5:00 S2/1-C-3:30-5:00 (g) S2/1-C-5:00-6:30 (b)	19 NA-E-5:00-6:00 NB-E-5:00-6:00 NC-E-5:00-6:00 ND-E-6:00-7:00 TA-OFF TB-OFF TC-OFF TD-OFF A2-E-6:00-7:30 A1-C-6:30-8:00 S4-C-5:00-6:30 S3-E-3:30-5:00 S2/1-C-3:30-5:00 (g) S2/1-C-5:00-6:30 (b)	20 NA-C-5:00-6:00 NB-C-5:00-6:00 NC-C-6:00-7:00 ND-C-6:00-7:00 TA-E-5:00-6:00 TB-E-6:00-7:00 TC-E-6:00-7:00 TD-E-6:00-7:00 A2-E-5:00-6:00 A1-E-7:00-8:00 S4-OFF S3-E-3:30-5:00 S2/1-C-3:30-5:00 S2/1@WEST	21 S2/1@WEST
22 S2/1@WEST	23 N2-E-5:30-6:30 N1-E-5:30-6:30 T2-C-5:30-6:30 T1-C-5:30-6:30 A2-C-6:30-8:00 A1-E-6:30-8:00 S4-C-7:00-8:00 S3-E-4:00-5:30 S2/1-C-3:30-5:30	24 N2-E-5:45-7:00 N1-E-5:45-7:00 T2-E-5:00-5:45 T1-E-5:00-5:45 A2-OFF A1-E-7:00-8:00 S4-OFF S3-C-3:30-5:00 S2/1-E-3:30-5:00	25 ALL GROUPS OFF  HAPPY THANKSGIVING	26 ALL GROUPS OFF  HAPPY THANKSGIVING	27 S2/1-E-7:00-9:00	28 S2/1-E-7:00-9:00
29	30 See Decmeber					

S2/1 – November 16-19 – (g) = returning high school girls/(b) = fall seniors.