

## ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – JANUARY 2021

| Sunday | Monday   | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday  |
|--------|--|--|---|---|--|---|
|        |  |  |   |   | 1<br>ALL GROUPS OFF<br>HAPPY NEW YEAR!   | 2<br>S2/1-C-9:00-11:00  |
| 3      | 4<br>N2/1-OFF<br>T2/1-E-6:00-6:45<br>A2-C-7:00-8:00<br>A1-E-6:45-8:15<br>S4-C-7:00-8:00<br>S3-E-4:30-6:00<br>S2/1-C-5:30-7:00 am<br>S2/1-C-3:30-5:30<br>M-C-5:30-7:00  | 5<br>N2/1-E-5:30-6:30<br>T2/1-C-5:30-6:30<br>A2-OFF<br>A1-C-6:30-8:00<br>S4-OFF<br>S3-E-6:30-8:00<br>S2/1-C-3:30-5:30<br>S2/1-C-5:30-6:30 w    | 6<br>N2/1-E-6:00-6:45<br>T2/1-OFF<br>A2-C-7:00-8:00<br>A1-E-6:45-8:15<br>S4-C-7:00-8:00<br>S3-E-4:30-6:00<br>S2/1-C-3:30-5:15<br>M-C-5:30-7:00  | 7<br>N2/1-E-5:30-6:30<br>T2/1-OFF<br>A2-E-6:30-8:00<br>A1-OFF<br>S4-E-6:30-8:00<br>S3-OFF<br>S1-C-5:30-7:00 am<br>S2/1-E-3:30-5:30                          | 8<br>N2/1-E-6:00-7:00<br>T2/1-E-7:00-8:00<br>A2-C-5:30-6:30<br>A1-C-6:30-8:00<br>S4-C-5:30-6:30<br>S3-E-4:30-6:00<br>S2/1-C-3:30-5:30<br>S2/1-C-5:30-6:30 w  | 9<br>N2/1@EBSC<br>T2/1@EBSC<br>A2/1@EBSC<br>S4/3@EBSC<br>S2/1@EBSC/SST  |
| 10     | 11<br>N2/1-OFF<br>T2/1-E-6:00-6:45<br>A2-C-7:00-8:00<br>A1-E-6:45-8:15<br>S4-C-7:00-8:00<br>S3-E-4:30-6:00<br>S2/1-C-5:30-7:00 am<br>S2/1-C-3:30-5:30<br>M-C-5:30-7:00 | 12<br>N2/1-E-5:00-6:00<br>T2/1-C-5:30-6:30<br>A2-OFF<br>A1-C-6:30-8:00<br>S4-OFF<br>S3-E-3:30-5:00<br>S2/1-C-3:30-5:30<br>S2/1-C-5:30-6:30 w   | 13<br>N2/1-E-6:00-6:45<br>T2/1-OFF<br>A2-C-7:00-8:00<br>A1-E-6:45-8:15<br>S4-C-7:00-8:00<br>S3-E-4:30-6:00<br>S2/1-C-3:30-5:15<br>M-C-5:30-7:00 | 14<br>N2/1-C-5:30-6:30<br>T2/1-E-5:00-6:00<br>A2-C-6:30-8:00<br>A1-E-6:00-7:30<br>S4-C-6:30-8:00<br>S3-E-3:30-5:00<br>S1-C-5:30-7:00 am<br>S2/1-C-3:30-5:30 | 15<br>N2/1-OFF<br>T2/1-OFF<br>A2-C-5:30-6:30<br>A1-C-6:30-8:00<br>S4-C-5:30-6:30<br>S3-OFF<br>S2/1-C-3:30-5:30<br>S2/1-C-5:30-6:30 w                         | 16<br>N2/1-C-10:00-11:00<br>T2/1-E-10:00-11:00<br>A2/1-OFF<br>S4-OFF<br>S3-C-8:30-10:00<br>S2/1-C-7:00-8:30       |
| 17     | 18<br>N2/1-E-6:00-6:45<br>T2/1-OFF<br>A2-C-7:00-8:00<br>A1-E-6:45-8:15<br>S4-C-7:00-8:00<br>S3-E-4:30-6:00<br>S2/1-C-5:30-7:00 am<br>S2/1-C-3:30-5:30<br>M-C-5:30-7:00 | 19<br>N2/1-E-5:00-6:00<br>T2/1-C-5:30-6:30<br>A2-OFF<br>A1-C-6:30-8:00<br>S4-OFF<br>S3-E-3:30-5:00<br>S2/1-C-3:30-5:30<br>S2/1-C-5:30-6:30 w   | 20<br>N2/1-E-6:00-6:45<br>T2/1-OFF<br>A2-C-7:00-8:00<br>A1-E-6:45-8:15<br>S4-C-7:00-8:00<br>S3-E-4:30-6:00<br>S2/1-C-3:30-5:15<br>M-C-5:30-7:00 | 21<br>N2/1-OFF<br>T2/1-C-5:30-6:30<br>A2-E-5:00-6:00<br>A1-C-6:30-8:00<br>S4-E-5:00-6:00<br>S3-E-3:30-5:00<br>S1-C-5:30-7:00 am<br>S2/1-C-3:30-5:30         | 22<br>N2/1-E-6:00-7:00<br>T2/1-E-7:00-8:00<br>A2-C-5:30-6:30<br>A1-C-6:30-8:00<br>S4-C-5:30-6:30<br>S3-E-4:30-6:00<br>S2/1-C-3:30-5:30 s<br>S2/1-C-5:30-6:30 | 23<br>N2/1-OFF<br>T2/1-E-9:00-10:00<br>A2-C-8:30-10:00<br>A1-OFF<br>S4-C-8:30-10:00<br>S3-OFF<br>S2/1-C-7:00-8:30 |
| 24     | 25<br>N2/1-OFF<br>T2/1-E-6:00-6:45<br>A2-C-7:00-8:00<br>A1-E-6:45-8:15<br>S4-C-7:00-8:00<br>S3-E-4:30-6:00<br>S2/1-C-5:30-7:00 am<br>S2/1-C-3:30-5:30<br>M-C-5:30-7:00 | 26<br>N2/1-E-5:00-6:00<br>T2/1-C-5:30-6:30<br>A2-OFF<br>A1-C-6:30-8:00<br>S4-OFF<br>S3-E-3:30-5:00<br>S2/1-C-3:30-5:30 s<br>S2/1-C-5:30-7:00 w | 27<br>N2/1-E-6:00-6:45<br>T2/1-OFF<br>A2-C-7:00-8:00<br>A1-E-6:45-8:15<br>S4-C-7:00-8:00<br>S3-E-4:30-6:00<br>S2/1-C-3:30-5:15<br>M-C-5:30-7:00 | 28<br>N2/1-OFF<br>T2/1-C-5:30-6:30<br>A2-E-5:00-6:00<br>A1-C-6:30-8:00<br>S4-E-5:00-6:00<br>S3-E-3:30-5:00<br>S1-C-5:30-7:00 am<br>S2/1-C-3:30-5:30         | 29<br>N2/1-E-6:00-7:00<br>T2/1-E-7:00-8:00<br>A2-C-5:30-6:30<br>A1-C-6:30-8:00<br>S4-C-5:30-6:30<br>S3-E-4:30-6:00<br>S2/1-C-3:30-5:30<br>S2/1-C-5:30-6:30 w | 30<br>N2/1@RA<br>T2/1@RA<br>A2/1@RA<br>S4-C-8:30-10:00<br>S3-C-7:00-8:30<br>S2/1-E-7:00-8:30                      |
| 31     |  |  |   |   |  |   |