

ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – MARCH 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 S2/1-C-5:30-7:00 am** S2/1-C-3:30-5:30** S3/2/1-C-5:30-7:00*	2 S2/1-C-3:30-5:30** S2/1-C-5:30-6:30 w** S3/2/1-C-5:30-7:00* M-E-5:30-7:00	3 S2/1-C-3:30-5:00** S3/2/1-C-5:00-6:30*	4 13&O State S2/1-C-5:30-7:00 am** S2/1-C-3:30-5:30*/** M-E-5:30-7:00	5 13&O State S2/1-C-3:30-5:30*/** S2/1-C-5:30-6:30 w**	6 13&O State S2/1-E-7:00-8:30*/**
7 13&O State	8 S2/1-E-3:30-5:30**	9 New Member Meeting BEHS Cafeteria 6:00-7:00 pm S2/1-C-5:30-7:00 am** S2/1-E-3:30-5:30** S2/1-E-5:30-6:30 w** M-E-5:30-7:00	10 S2/1-E-3:30-5:30**	11 S2/1-E-3:30-5:30** M-E-5:30-7:00	12 S2/1-E-3:30-5:30** S2/1-E-5:30-6:30 w**	13 S2/1-E-7:00-8:30**
14	15 N2-C-6:30-7:30 N1-C-6:30-7:30 T2-E-6:30-7:45 T1-E-6:30-7:45 A2-E-5:00-6:30 A1-C-5:00-6:30 S4-E-5:00-6:30 S3-E-3:30-5:00 S2-C-3:30-5:00 S1-C-3:30-5:00	16 N2-OFF N1-OFF T2-E-5:00-6:15 T1-E-5:00-6:15 A2-E-6:15-7:45 A1-C-5:00-6:30 S4-OFF S3-E-3:30-5:00 S2-C-3:30-5:00 S1-C-3:30-5:00 M-C-6:30-8:00 NCSA Nationals	17 N2-C-6:30-7:30 N1-C-6:30-7:30 T2-E-6:30-7:45 T1-E-6:30-7:45 A2-E-5:00-6:30 A1-C-5:00-6:30 S4-E-5:00-6:30 S3-E-3:30-5:00 S2-C-3:30-5:00 S1-C-3:30-5:00 NCSA Nationals	18 N2-E-5:00-6:00 N1-E-5:00-6:00 T2-OFF T1-OFF A2-E-6:00-7:15 A1-C-5:00-6:30 S4-E-6:00-7:30 S3-E-3:30-5:00 S2-C-3:30-5:00 S1-C-3:30-5:00 M-C-6:30-8:00 NCSA Nationals	19 N2-C-6:30-7:30 N1-C-6:30-7:30 T2-E-6:30-7:45 T1-E-6:30-7:45 A2-E-5:00-6:30 A1-C-5:00-6:30 S4-E-5:00-6:30 S3-E-3:30-5:00 S2-C-3:30-5:00 S1-C-3:30-5:00 NCSA Nationals	20 NCSA Nationals
21	22 N2-M-5:30-6:30 N1-M-6:30-7:30 T2-E-6:30-7:45 T1-E-6:30-7:45 A2-C-5:30-7:00 A1-E-5:00-6:30 S4-E-5:00-6:30 S3-E-3:30-5:00 S2-C-5:30-7:30 S1-C-3:30-5:30	23 N2-C-5:30-6:30 N1-C-5:30-6:30 T2-M-5:30-6:45 T1-M-6:45-8:00 A2-C-6:30-8:00 A1-E-5:00-6:30 S4-OFF S3-E-3:30-5:00 S2-C-6:30-8:00 S1-C-3:30-5:30 S2/1-C-5:30-6:30 w M-E-6:30-8:00	24 N2-C-6:30-7:30 N1-C-6:30-7:30 T2-E-6:30-7:45 T1-E-6:30-7:45 A2-C-5:00-6:30 A1-E-5:00-6:30 S4-E-5:00-6:30 S3-E-3:30-5:00 S2-C-5:00-6:30 S1-C-3:30-5:00	25 N2-OFF N1-OFF T2-OFF T1-OFF A2-C-5:30-7:00 A1-E-5:00-6:30 S4-E-5:00-6:30 S3-E-3:30-5:00 S2-C-5:30-7:30 S1-C-3:30-5:30 M-E-6:30-8:00	26 N2-C-5:30-6:30 N1-C-5:30-6:30 T2-E-6:30-7:45 T1-E-6:30-7:45 A2-C-6:30-8:00 A1-E-5:00-6:30 S4-E-6:15-7:45 S3-E-3:30-5:00 S1-C-3:30-5:30 S2-C-6:30-8:00 S2/1-C-5:30-6:30 w	27 Spring Break All Groups Off
28 Spring Break All Groups Off	29 Spring Break All Groups Off	30 Spring Break All Groups Off	31 Spring Break All Groups Off			

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