

## ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – APRIL 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Spring Break All Groups Off	2 Spring Break All Groups Off	3
4	5 N2-OFF N1-OFF T2-E-5:00-6:15 T1-E-5:00-6:15 A2-C-5:30-7:00 A1-E-6:15-7:45 S4-E-6:15-7:45 S3-E-3:30-5:00 S2-C-5:30-7:30 S1-C-3:30-5:30	6 N2-C-5:30-6:30 N1-C-5:30-6:30 T2-M-5:30-6:45 <b>T1-M-5:30-6:45</b> 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	7 N2-C-6:30-7:30 N1-C-6:30-7:30 T2-E-5:00-6:15 T1-E-5:00-6:15 A2-C-5:00-6:30 A1-E-6:15-7:45 S4-E-6:15-7:45 S3-E-3:30-5:00 S2-C-5:00-6:30 S1-C-3:30-5:00	8 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	9 N2-C-5:30-6:30 N1-C-5:30-6:30 T2-E-5:00-6:15 T1-E-5:00-6:15 A2-C-6:30-8:00 A1-E-6:15-7:45 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	10 S2-E-8:30-10:00 S1-E-7:00-8:30
11	12 N2-M-5:30-6:30 <b>N1-M-5:30-6:30</b> T2-E-5:00-6:15 T1-E-5:00-6:15 A2-C-5:30-7:00 A1-E-6:15-7:45 S4-E-6:15-7:45 S3-E-3:30-5:00 S2-C-5:30-7:30 S1-C-5:30-7:00 am S1-C-3:30-5:30	13 N2-C-5:30-6:30 N1-C-5:30-6:30 T2-M-5:30-6:45 <b>T1-M-5:30-6:45</b> 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	14 N2-C-6:30-7:30 N1-C-6:30-7:30 T2-E-5:00-6:15 T1-E-5:00-6:15 A2-C-5:00-6:30 A1-E-6:15-7:45 S4-E-6:15-7:45 S3-E-3:30-5:00 S2-C-5:00-6:30 S1-C-3:30-5:00	15 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-5:30-7:00 am S1-C-3:30-5:30 M-E-6:30-8:00	16 N2-C-5:30-6:30 N1-C-5:30-6:30 T2-E-5:00-6:15 T1-E-5:00-6:15 A2-C-6:30-8:00 A1-E-6:15-7:45 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	17 S2-E-8:30-10:00 S1-E-7:00-8:30
18	19 N2-M-5:30-6:30 <b>N1-M-5:30-6:30</b> T2-C-5:00-6:15 T1-C-5:00-6:15 A2-E-5:30-7:00 A1-C-6:15-7:45 S4-C-6:15-7:45 S3-C-3:30-5:00 S2-E-5:30-7:00 am S2-E-5:30-7:30 S1-C-5:30-7:00 am S1-E-3:30-5:30	20 N2-E-5:30-6:30 N1-E-5:30-6:30 T2-M-5:30-6:45 <b>T1-M-5:30-6:45</b> A2-E-6:30-8:00 A1-E-5:00-6:30 S4-OFF S3-C-3:30-5:00 S2-E-6:30-8:00 S1-E-3:30-5:30 S2/1-E-5:30-6:30 w M-C-6:30-8:00	21 N2-E-6:30-7:30 N1-E-6:30-7:30 T2-C-5:00-6:15 T1-C-5:00-6:15 A2-E-5:00-6:30 A1-C-6:15-7:45 S4-E-6:15-7:45 S3-C-3:30-5:00 S2-E-5:00-6:30 S1-E-3:30-5:00	22 N2-OFF N1-OFF T2-OFF T1-OFF A2-E-5:30-7:00 A1-C-5:00-6:30 S4-C-5:00-6:30 S3-C-3:30-5:00 S2-E-5:30-7:30 S1-C-5:30-7:00 am S1-E-3:30-5:30 M-C-6:30-8:00	23 N2-E-5:30-6:30 N1-E-5:30-6:30 T2-C-5:00-6:15 T1-C-5:00-6:15 A2-E-6:30-8:00 A1-C-6:15-7:45 S4-C-6:15-7:45 S3-C-3:30-5:00 S1-E-3:30-5:30 S2-E-6:30-8:00 S2/1-E-5:30-6:30 w	24 S2-E-8:30-10:00 S1-E-7:00-8:30
25	26 N2-M-5:30-6:30 <b>N1-M-5:30-6:30</b> T2-C-5:00-6:15 T1-C-5:00-6:15 A2-E-5:30-7:00 A1-C-6:15-7:45 S4-C-6:15-7:45 S3-C-3:30-5:00 S2-E-5:30-7:00 am S2-E-5:30-7:30 S1-C-5:30-7:00 am S1-E-3:30-5:30	27 N2-E-5:30-6:30 N1-E-5:30-6:30 T2-M-5:30-6:45 <b>T1-M-5:30-6:45</b> A2-E-6:30-8:00 A1-C-5:00-6:30 S4-C-5:00-6:30 S3-C-3:30-5:00 S2-E-6:30-8:00 S1-E-3:30-5:30 S2/1-E-5:30-6:30 w M-C-6:30-8:00	28 N2-C-6:30-7:30 N1-C-6:30-7:30 T2-E-5:30-6:30 T1-E-5:30-6:30 A2-C-5:00-6:30 A1-E-6:30-8:00 S4-E-6:30-8:00 S3-OFF S2-C-5:00-6:30 S1-C-3:30-5:00	29 N2-OFF N1-OFF T2-OFF T1-OFF A2-E-5:30-7:00 A1-C-5:00-6:30 S4-C-5:00-6:30 S3-C-3:30-5:00 <b>S2/1-C-5:30-7:00 am</b> <b>S2/1-E-3:30-5:30</b> M-C-6:30-8:00	30 N2-E-5:30-6:30 N1-E-5:30-6:30 T2-C-5:00-6:15 T1-C-5:00-6:15 A2-E-6:30-8:00 A1-C-6:15-7:45 S4-C-6:15-7:45 S3-C-3:30-5:00 <b>S2/1-E-3:30-5:30</b> S2/1-E-5:30-6:30 w	

Note: Competitions will be added as information becomes available.