

ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – OCTOBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 N2/1-C-5:30-6:30 T2/1-E-5:30-6:45 A2/1-E-6:30-8:00 S4-C-5:00-6:30 S3-C-6:30-8:00 S2/1-C-3:30-5:00 S2/1-C-5:00-6:00 w	2 N2/1@RA T2/1@RA A2/1@RA S4/3-OFF S2/1-E-10:40-12:00
3	4 N2/1-M-6:15-7:15 T2/1-OFF A2/1-E-5:00-6:30 S4-C-3:30-5:00 S3-E-6:30-8:00 S2/1-C-5:30-7:00 am S2/1-C-3:30-5:00 S2/1-C-5:00-5:30 r	5 N2/1-OFF T2/1-C-6:30-7:45 A2/1-M-6:15-7:45 S4-C-3:30-5:00 S3-E-5:00-5:30 d S3-E-5:30-7:00 S2/1-C-3:30-5:00 S2/1-C-5:00-6:00 w M-E-7:00-8:30	6 N2/1-E-6:30-7:30 T2/1-C-6:30-7:45 A2/1-E-5:00-6:30 A2/1-E-6:30-7:00 d S4-OFF S3-OFF S2/1-C-3:30-5:00 S2/1-C-5:00-5:30 r	7 N2/1-C-5:00-6:00 T2/1-E-5:30-6:45 A2/1-OFF S4-C-3:30-5:00 S3-E-4:00-5:30 S2/1-C-5:30-7:00 am S2/1-C-3:30-5:00 M-C-6:00-7:30	8 N2/1-C-5:30-6:30 T2/1-E-5:30-6:45 A2/1-C-6:30-8:00 S4@LAKE S3@LAKE S2/1@LAKE	9 N2/1@EBSC T2/1@EBSC A2/1@EBSC S4/3-OFF S2/1-OFF
10	11 N2/1-M-6:15-7:15 T2/1-E-6:30-7:45 A2/1-E-5:00-6:30 S4-OFF S3-OFF S2/1-C-5:30-7:00 am S2/1-C-3:30-5:00 S2/1-C-5:00-5:30 r	12 N2/1-OFF T2/1-OFF A2/1-OFF S4-C-3:30-5:00 S3-C-6:30-8:00 S2/1-C-3:30-5:00 S2/1-C-5:00-6:00 w M-M-6:15-7:45	13 N2/1-E-6:30-7:30 T2/1-C-6:30-7:45 A2/1-E-5:00-6:30 A2/1-E-6:30-7:00 d S4-OFF S3-M-6:15-7:45 S2/1-C-3:30-5:00 S2/1-C-5:00-5:30 r	14 N2/1-OFF T2/1-OFF A2/1-OFF S4-C-3:30-4:45 S3-M-6:15-7:45 S2/1-C-5:30-7:00 am M-OFF	15 N2/1-C-5:30-6:30 T2/1-E-5:30-6:45 A2/1-E-6:30-8:00 S4-C-5:00-6:30 S3-C-6:30-8:00 S2/1-C-3:30-5:00 S2/1-C-5:00-6:00 w	16 N2/1-OFF T2/1-OFF A2/1-OFF S4/3@OZ S2/1@OZ
17	18 N2/1-M-6:15-7:15 T2/1-OFF A2/1-E-5:00-6:30 S4-C-3:30-5:00 S3-E-6:30-8:00 S2/1-C-5:30-7:00 am S2/1-C-3:30-5:00 S2/1-C-5:00-5:30 r	19 N2/1-OFF T2/1-C-6:30-7:45 A2/1-M-6:15-7:45 S4-C-3:30-5:00 S3-E-5:00-5:30 d S3-E-5:30-7:00 S2/1-C-3:30-5:00 S2/1-C-5:00-6:00 w M-E-7:00-8:30	20 N2/1-E-6:30-7:30 T2/1-C-6:30-7:45 A2/1-E-5:00-6:30 A2/1-E-6:30-7:00 d S4-OFF S3-M-6:15-7:45 S2/1-C-3:30-5:00 S2/1-C-5:00-5:30 r	21 N2/1-E-5:00-6:00 T2/1-M-6:15-7:30 A2/1-OFF S4-C-3:30-5:00 S3-E-6:00-7:30 S2/1-C-5:30-7:00 am S2/1-C-3:30-5:00 M-C-6:30-8:00	22 N2/1-C-5:30-6:30 T2/1-E-5:00-6:15 A2/1-E-6:15-7:45 S4-C-5:00-6:30 S3-C-6:30-8:00 S2/1-C-3:30-5:00 S2/1-C-5:00-6:00 w	23 N2/1-OFF T2/1-OFF A2/1-OFF S4/3-OFF S2/1-E-10:40-12:00
24	25 N2/1-M-6:15-7:15 T2/1-OFF A2/1-E-5:00-6:30 S4-C-3:30-5:00 S3-E-6:30-8:00 S2/1-C-5:30-7:00 am S2/1-C-3:30-5:00 S2/1-C-5:00-5:30 r	26 N2/1-OFF T2/1-C-6:30-7:45 A2/1-M-6:15-7:45 S4-C-3:30-5:00 S3-E-5:00-5:30 d S3-E-5:30-7:00 S2/1-C-3:30-5:00 S2/1-C-5:00-6:00 w M-E-7:00-8:30	27 N2/1-E-6:30-7:30 T2/1-C-6:30-7:45 A2/1-E-5:00-6:30 A2/1-E-6:30-7:00 d S4-OFF S3-M-6:15-7:45 S2/1-C-3:30-5:00 S2/1-C-5:00-5:30 r	28 N2/1-OFF T2/1-E-5:00-6:15 A2/1-OFF S4-C-3:30-5:00 S3-E-6:15-7:45 S2/1-C-5:30-7:00 am S2/1-C-3:30-5:00 M-C-6:30-8:00	29 N2/1-C-5:30-6:30 T2/1-E-5:00-6:15 A2/1-E-6:15-7:45 S4-C-5:00-6:30 S3-C-6:30-8:00 S2/1-C-3:30-5:00 S2/1-C-5:00-6:00 w	30 N2/1-OFF T2/1-OFF A2/1-OFF S4/3-OFF S2/1-E-7:30-9:00 am Trunk & Treat Wirth Park
31 Happy Halloween						