

ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – FEBRUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 N2/1-C-5:30-6:30 T2/1-E-5:00-6:15 A2/1-E-6:15-7:45 S4-C-5:30-7:00 S3-E-3:30-5:00 S3-E-5:00-5:30 d S2/1-C-5:30-7:00 am S2/1-C-3:30-5:30 M-C-6:30-8:00	2 N2/1-E-5:00-6:00 T2/1-C-5:00-6:15 A2/1-M-6:15-7:45 S4-E-3:30-5:00 S3-C-6:15-7:45 S2/1-C-3:30-5:00	3 N2/1-C-5:30-6:30 T2/1-E-5:00-6:15 A2/1-E-6:15-7:45 S4-C-5:30-7:00 S3-E-3:30-5:00 S2/1-C-5:30-7:00 am S2/1-C-3:30-5:30 M-C-6:30-8:00	4 N2/1-OFF T2/1-C-5:30-6:45 A2/1-C-6:30-8:00 S4-OFF S3-E-4:30-6:00 S2/1-C-3:30-5:30 SST	5 N2/1@SST T2/1@SST A2/1@SST S4/3@SST S2/1@SST
6 N2/1@SST T2/1@SST A2/1@SST S4/3@SST S2/1@SST	7 N2/1-M-6:00-7:00 T2/1-OFF A2/1-E-6:00-6:30 d A2/1-E-7:00-8:00 S4-E-3:30-5:00 S3-C-5:30-7:00 S2/1-C-3:30-5:30 S2/1-C-5:30-6:30 w	8 N2/1-C-5:30-6:30 T2/1-E-5:00-6:15 A2/1-E-6:15-7:45 S4-C-5:30-7:00 S3-E-3:30-5:00 S3-E-5:00-5:30 d S2/1-C-5:30-7:00 am S2/1-C-3:30-5:30 M-C-6:30-8:00	9 N2/1-E-5:00-6:00 T2/1-C-5:00-6:15 A2/1-M-6:00-7:30 S4-E-3:30-5:00 S3-C-6:15-7:45 S2/1-C-3:30-5:00	10 N2/1-C-5:30-6:30 T2/1-E-5:00-6:15 A2/1-E-6:15-7:45 S4-C-5:30-7:00 S3-E-3:30-5:00 S2/1-C-5:30-7:00 am S2/1-C-3:30-5:30 M-C-6:30-8:00	11 N2/1-OFF T2/1-C-5:30-6:45 A2/1-C-6:30-8:00 S4-OFF S3-E-4:30-6:00 S2/1-C-3:30-5:30 S2/1-C-5:30-6:30 w	12 N2/1@NBSC T2/1@NBSC A2/1@NBSC S3/4-OFF S2/1-C-7:30-9:00
13 N2/1@NBSC T2/1@NBSC A2/1@NBSC	14 N2/1-M-6:00-7:00 T2/1-OFF A2/1-E-6:00-6:30 d A2/1-E-7:00-8:00 S4-E-3:30-5:00 S3-C-5:30-7:00 S2/1-C-3:30-5:30 S2/1-C-5:30-6:30 w	15 N2/1-C-5:30-6:30 T2/1-E-5:00-6:15 A2/1-E-6:15-7:45 S4-C-5:30-7:00 S3-E-3:30-5:00 S3-E-5:00-5:30 d S2/1-C-5:30-7:00 am S2/1-C-3:30-5:30 M-C-6:30-8:00	16 N2/1-E-5:00-6:00 T2/1-C-5:00-6:15 A2/1-M-6:15-7:45 S4-E-3:30-5:00 S3-C-6:15-7:45 S2/1-C-3:30-5:00	17 N2/1-C-5:30-6:30 T2/1-E-5:00-6:15 A2/1-E-6:15-7:45 S4-C-5:30-7:00 S3-E-3:30-5:00 S2/1-C-5:30-7:00 am S2/1-C-3:30-5:30 M-C-6:30-8:00	18 N2/1-OFF T2/1-C-5:30-6:45 A2/1-C-6:30-8:00 S4-OFF S3-E-4:30-6:00 S2/1-C-3:30-5:30 S2/1-C-5:30-6:30 w	19 N2/1@SWAT T2/1@SWAT A2/1@SWAT S4/3@SWAT S2/1@SWAT S2/1-C-7:30-9:00
20 N2/1@SWAT T2/1@SWAT A2/1@SWAT S4/3@SWAT S2/1@SWAT	21 N2/1-C-5:00-6:00* T2/1-C-5:00-6:15* A2/1-C-5:00-6:30* S4/3-C-3:30-5:00* S2/1-E-3:30-5:30** S2/1-E-5:30-6:30** w S2/1-E-6:30-8:15*	22 N2/1-OFF T2/1-OFF A2/1-E-5:00-6:30* S4/3-E-3:30-5:00* S3-E-5:00-5:30 d S2/1-C-5:30-7:00 am** S2/1-E-5:30-7:00 am* S2/1-C-3:30-5:30** S2/1-C-5:30-7:30* M-E-6:30-8:00	23 N2/1-E-5:30-6:30* T2/1-E-5:15-6:130* A2/1-E-5:00-6:30* S4/3-E-3:30-5:00* S2/1-C-3:30-5:00**/**	24 N2/1-E-5:00-6:00* T2/1-E-5:00-6:15* A2/1-E-5:00-6:30* S4/3-E-3:30-5:00* S2/1-C-5:30-7:00 am** S2/1-C-3:30-5:30** S2/1-C-5:30-7:30* M-E-6:30-8:00 12&U State Team Dinner	25 N2/1-E-5:00-6:00* T2/1-E-5:00-6:15* A2/1-E-5:00-6:30* S4/3-E-3:30-5:00* S2/1-C-3:30-5:30* S2/1-C-5:30-6:30 w**/** S2/1-C-6:30-8:00*	26 N2/1@STATE* T2/1@STATE* A2/1@STATE* S2/1-C-7:30-9:00 am**/**
27 N2/1@STATE* T2/1@STATE* A2/1@STATE*	28 N2/1-OFF T2/1-OFF A2/1-OFF S4/3-E-3:30-5:00* S2/1-C-3:30-5:30** S2/1-C-5:30-6:30 w** S2/1-C-5:30-7:00*					
	* STATE TEAM ONLY					
	** NATIONAL TEAM ONLY					