

ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – APRIL 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 N2/1-M-5:30-6:30 T2/1-E-7:00-8:00 A2/1-E-5:30-7:00 S4-M-6:30-8:00 S3-M-4:00-5:30 S2-E-6:30-8:00 S2/1-E-5:30-6:30 w S1-E-3:30-5:30	2 SS-E-9:10-10:40 N2/1-E-1:45-2:45 T2/1-OFF A2/1-E-12:15-1:45 S4-OFF S3-E-10:45-12:15 S2/1-E-7:30-9:00
3	4 N2/1-OFF T2/1-M-6:45-8:00 A2/1-M-5:15-6:45 S4-E-5:30-7:00 S3-E-6:00-6:30 d S3-E-6:30-8:00 S2-E-5:00-6:30 S1-E-3:30-5:30	5 N2/1-M-5:30-6:30 T2/1-OFF A2/1-OFF S4-E-7:00-8:15 S3-M-4:00-5:30 S2-E-6:30-8:00 S2/1-E-5:30-6:30 w S1-E-3:30-5:30 M-E-5:30-7:00	6 ET N2/1-E-7:00-8:00 T2/1-OFF A2/1-OFF S4-OFF S3-5:00-5:30 d S3-E-5:30-7:00 S2-M-5:30-7:30 S1-M-4:00-5:50	7 N2/1-E-6:30-7:30 T2/1-M-6:45-8:00 A2/1-M-5:15-6:45 S4-E-5:30-7:00 S3-OFF S2-E-5:00-6:30 S1-E-3:30-5:30 M-E-7:00-8:30	8 N2/1-M-5:30-6:30 T2/1-E-7:00-8:00 A2/1-E-5:30-7:00 S4-M-6:30-8:00 S3-M-4:00-5:30 S2-E-6:30-8:00 S2/1-E-5:30-6:30 w S1-E-3:30-5:30	9 SS-E-9:10-10:40 N2/1-OFF T2/1-E-1:45-3:00 A2/1-E-12:15-1:45 S4-OFF S3-E-10:45-12:15 S2/1-E-7:30-9:00
10	11 N2/1-OFF T2/1-M-6:45-8:00 A2/1-M-5:15-6:45 S4-E-5:30-7:00 S3-E-6:00-6:30 d S3-E-6:30-8:00 S2-E-5:00-6:30 S1-E-5:30-7:00 am S1-E-3:30-5:30	12 ET N2/1-M-5:30-6:30 T2/1-OFF A2/1-OFF S4-M-6:30-8:00 S3-M-4:00-5:30 S2-E-5:30-7:00 S2/1-E-4:30-5:30 w S1-E-5:30-7:00 M-E-7:00-8:30	13 N2/1-OFF T2/1-OFF A2/1-OFF S4-OFF S3-OFF S3-OFF S2-OFF S1-OFF	14 N2/1-E-6:30-7:30 T2/1-M-6:45-8:00 A2/1-M-5:15-6:45 S4-E-5:30-7:00 S3-OFF S2-E-5:00-6:30 S1-E-3:30-5:30 M-E-7:00-8:30	15 N2/1-OFF T2/1-OFF A2/1-OFF S4-OFF S3-OFF S2/1-OFF	16 SS-OFF N2/1-OFF T2/1-OFF A2/1-OFF S4-OFF S3-OFF S2/1-OFF
17	18 N2/1-OFF T2/1-OFF A2/1-OFF S4-E-5:30-7:00 S3-6:00-6:30 d S3-E-6:30-8:00 S2-E-5:00-6:30 S1-E-5:30-7:00 am S1-E-3:30-5:30	19 N2/1-M-5:30-6:30 T2/1-OFF A2/1-OFF S4-E-7:00-8:15 S3-M-4:00-5:30 S2-E-6:30-8:00 S2/1-E-5:30-6:30 w S1-E-3:30-5:30 M-E-5:30-7:00	20 ET N2/1-E-7:00-8:00 T2/1-OFF A2/1-OFF S4-OFF S3-5:00-5:30 d S3-E-5:30-7:00 S2-M-5:30-7:30 S1-M-4:00-5:50	21 N2/1-E-6:30-7:30 T2/1-M-6:45-8:00 A2/1-M-5:15-6:45 S4-E-5:30-7:00 S3-OFF S2-E-5:00-6:30 S1-5:30-7:00 am S1-E-3:30-5:30 M-E-7:00-8:30	22 N2/1-M-5:30-6:30 T2/1-E-7:00-8:00 A2/1-E-5:30-7:00 S4-M-6:30-8:00 S3-M-4:00-5:30 S2-E-6:30-8:00 S2/1-E-5:30-6:30 w S1-E-3:30-5:30	23 SS-E-9:10-10:40 N2/1-OFF T2/1@SHOR A2/1@SHOR S4-OFF S3@WEST S2/1@WEST
24 S2/1@WEST	25 N2/1-OFF T2/1-M-6:45-8:00 A2/1-M-5:15-6:45 S4-E-5:30-7:00 S3-6:00-6:30 d S3-E-6:30-8:00 S2-E-5:00-6:30 S1-E-5:30-7:00 am S1-E-3:30-5:30	26 ET N2/1-M-5:30-6:30 T2/1-OFF A2/1-OFF S4-OFF S3-M-4:00-5:30 S2-OFF S2/1-E-4:30-5:30 w S1-E-5:30-7:00 M-E-7:00-8:30 International Trials	27 N2/1-E-5:00-6:00 T2/1-E-5:45-7:00 A2/1-E-7:00-8:15 S4-OFF S3-E-5:00-5:30 d S3-E-3:30-5:00 S2-M-5:30-7:30 S1-M-4:00-5:30 International Trials	28 N2/1-E-6:30-7:30 T2/1-M-6:45-8:00 A2/1-M-5:15-6:45 S4-E-5:30-7:00 S3-OFF S2-E-5:00-6:30 S1-E-5:30-7:00 am S1-E-3:30-5:30 M-E-7:00-8:30 International Trials	29 N2/1-M-5:30-6:30 T2/1-E-7:00-8:00 A2/1-E-5:30-7:00 S4-M-6:30-8:00 S3-M-4:00-5:30 S2-E-6:30-8:00 S2/1-E-5:30-6:30 w S1-E-3:30-5:30 International Trials	30 SS-E-9:10-10:40 N2/1-OFF T2/1-OFF A2/1@LFSC S4-E-12:15-1:45 S3-E-10:45-12:15 S2/1-E-7:30-9:00 International Trials