

ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – MAY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 A2/1@LFSC	2 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 S2/1-E-5:30-7:00 am S2-E-5:00-6:30 S1-E-3:30-5:30	3 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	4 N2/1-E-5:00-6:00 T2/1-E-5:45-7:00 A2/1-E-7:00-8:15 S4-OFF S3-5:00-5:30 d S3-E-3:30-5:00 S2-U-5:00-7:00 S1-U-4:00-5:30	5 ET N2/1-E-7:00-8:00 T2/1-M-6:45-8:00 A2/1-M-5:15-6:45 S4-E-7:00-8:15 S3-OFF S2/1-E-5:30-7:00 am S2-OFF S1-E-5:30-7:00 M-OFF	6 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	7 SS-E-9:10-10:40 N2/1@RA T2/1@RA A2/1-E-10:45-12:15 S4@SEA S3@SEA S2/1@SEA
8 S4@SEA S3@SEA S2/1@SEA	9 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 S2/1-E-5:30-7:00 am S2-E-5:00-6:30 S1-E-3:30-5:30	10 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	11 N2/1-E-5:00-6:00 T2/1-E-5:45-7:00 A2/1-E-7:00-8:15 S4-OFF S3-5:00-5:30 d S3-E-3:30-5:00 S2-U-5:00-7:00 S1-U-4:00-5:30	12 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 S2/1-E-5:30-7:00 am S2-E-5:00-6:30 S1-E-3:30-5:30 M-E-7:00-8:30	13 ET N2/1-M-5:30-6:30 T2/1-OFF A2/1-E-7:00-8:00 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	14 SS-E-9:10-10:40 N2/1@NBSC T2/1@BDSC A2/1@BDSC S4@BDSC S3@BDSC S2/1@BDSC
15 T2/1@BDSC A2/1@BDSC S4@BDSC S3@BDSC S2/1@BDSC	16 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 S2/1-E-5:30-7:00 am S2-E-5:00-6:30 S1-E-3:30-5:30	17 N2/1-M-5:30-6:30 T2/1-M-6:30-7:45 A2/1-U-6:00-7:30 S4-OFF S3-M-4:00-5:30 S2-U-4:00-6:00 S1-E-5:00-6:00 w S1-E-3:30-5:00 M-E-8:00-9:00	18 N2/1-E-7:00-8:00 T2/1-OFF A2/1-M-6:30-8:00 S4-M-5:00-6:30 S3-E-5:00-5:30 d S3-E-5:30-7:00 S2-U-5:00-7:00 S1-U-4:00-5:30 Spring Cup	19 N2/1-M-5:30-6:30 T2/1-M-6:30-7:45 A2/1-OFF S4-M-4:00-5:30 S3-OFF S2/1-E-5:30-7:00 am S2-U-5:30-7:30 S1-U-4:00-6:00 M-E-8:00-9:00 Spring Cup	20 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 Spring Cup	21 SS-E-9:10-10:40 N2/1-OFF T2/1-E-1:45-3:00 A2/1-E-12:15-1:45 S4-E-3:00-4:30 S3-E-10:45-12:15 S2/1-E-7:30-9:00 Spring Cup
22	23 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 S2/1-E-5:30-7:00 am S2-E-5:00-6:30 S1-E-3:30-5:30	24 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	25 N2/1-E-5:00-6:00 T2/1-E-5:45-7:00 A2/1-E-7:00-8:15 S4-OFF S3-5:00-5:30 d S3-E-3:30-5:00 S2/1-U-4:00-5:30	26 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 S2/1-E-5:30-7:00 am S2-E-5:00-6:30 S1-E-3:30-5:30 M-E-7:00-8:30	27 N2/1-OFF T2/1-E-7:00-8:00 A2/1-E-5:30-7:00 S4-OFF S3-OFF S2-E-6:30-8:00 S2/1-E-5:30-6:30 w S1-E-3:30-5:30	28 SS-E-9:10-10:40 N2/1-OFF T2/1-OFF A2/1-OFF S4-E-7:30-9:00 S3-E-7:30-9:00 S2/1-OFF
29	30 N2/1-OFF T2/1-OFF A2/1-OFF S4-OFF S3-OFF S3-OFF S2-OFF S1-OFF	31 N2/1-OFF T2/1-OFF A2/1-E-7:00-8:15 S4-OFF S3-E-5:30-7:00 S2/1-E-5:30-7:00 am S2-U-5:30-7:30 S1-U-4:00-6:00 M-OFF				

S2 – AM Practices are optional for High School athletes.