

ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – JUNE 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
* Only SI&II who cannot attend am practice (8 th grade & Out Of District)	30	31 S2/1-E-5:30-7:00 am	1 S2/1-E-5:30-7:00 am	2 S2/1-E-5:30-7:00	3	4
	N2/1-OFF T2/1-OFF A2/1-OFF S4-OFF S3-OFF S3-OFF S2-OFF S1-OFF	N2/1-OFF T2/1-OFF A2/1-E-7:00-8:15 S4-OFF S3-E-5:30-7:00 S1-U-4:00-6:00 S2-U-5:30-7:30 M-OFF	N2/1-E-5:00-6:00 T2/1-E-6:00-7:15 A2/1-E-7:00-8:15 S4-E-5:00-6:30 S3-E-5:00-5:30 d S3-E-3:30-5:00 S2/1-E-3:30-5:00 * S2/1-E-5:00-6:00 w	N2/1-E-6:30-7:30 T2/1-E-7:00-8:00 A2/1-OFF S4-E-6:00-7:00 S3-E-5:00-6:30 S2/1-E-3:30-5:00 M-OFF	N2/1@EBSC T2/1@EBSC A2/1@EBSC A2/1-OFF S4-OFF S3-E-3:30-5:00 S2/1-OFF	N2/1@SEA T2/1@SEA A2/1@SEA S4/3@SEA S2/1@SEA
5	6	7	8	9 S2/1-E-5:30-7:00	10 S3-W-7:00-9:00 S2/1-W-6:00-8:30 S2/-C-9:00-10:00 w M-W-6:00-7:00	11 Biathlon Team Picnic
N2/1@SEA T2/1@SEA A2/1@SEA S4/3@SEA S2/1@SEA	N2/1-OFF T2/1-OFF A2/1-OFF S4-E-5:00-6:30 S3-E-6:00-6:30 d S3-E-6:30-8:00 S2-E-4:30-6:00 S1-E-3:30-5:00	N2/1-E-5:00-6:00 T2/1-E-5:30-6:45 A2/1-E-6:45-8:00 S4-OFF S3-OFF S2-OFF S1-E-3:30-5:30 S2/1-E-5:30-6:30 M-E-8:00-9:00	N2/1-OFF T2/1-E-6:30-7:30 A2/1-E-7:15-8:30 S4-E-5:00-6:00 S3-E-5:00-5:30 d S3-E-5:30-6:30 S2-E-4:30-5:30 S1-E-3:30-5:00	N2/1-E-7:00-8:00 T2/1-E-5:15-6:00 A2/1-E-5:30-7:00 S4-W-4:30-6:00 S3-W-3:30-5:00 S2-W-3:30-5:30 S1-W-3:30-5:30 M-W-5:30-7:00	N2/1-W-4:30-5:30 T2/1-W-4:30-5:45 A2/1-W-4:30-6:00 S4-W-4:30-6:00	
12	13 S3-W-7:00-9:00 S3-W-9:00-9:30 d S2/1-W-6:00-8:30 M-W-6:00-7:00	14 A1-W-8:00-9:00 S3-W-7:00-9:00 S2/1-W-6:00-8:30 S2/1-C-9:00-10:00 w	15 S3-W-7:00-9:00 S3-W-9:00-9:30 d S2/1-W-6:00-8:30 M-W-6:00-7:00	16 A1-W-8:00-9:00 S3-W-7:00-9:00 S2/1-W-6:00-8:30	17 S3-W-7:00-9:00 S2/1-W-6:00-8:30 S2/1-C-9:00-10:00 w M-W-6:00-7:00	18
	SSG-E-2:00-3:30 N2/1-W-4:30-5:30 T2/1-E-5:00-6:15 A2/1-W-4:30-6:00 S4-W-4:00-4:30 d S4-W-4:30-6:00 S1-E-3:30-5:00	N2/1-W-4:30-5:30 T2/1-W-4:30-5:45 A2/1-W-4:00-4:30 d A2/1-W-4:30-6:00 S4-W-4:30-6:00 S3-E-5:00-6:30 S2-E-3:30-5:00 M-W-5:30-7:00	SSG-E-2:00-3:30 N2/1-E-5:00-6:00 T2/1-W-4:30-5:45 A2/1-E-3:30-5:00 S4-W-4:30-6:00 s	A2/1-W-4:00-4:30 d A2/1-W-4:30-6:00 S4-W-4:00-4:30 d S4-W-4:30-6:00 S3-E-5:00-6:30 S2-E-3:30-5:00 S1-E-3:30-5:00 M-W-5:30-7:00	SSG-E-2:00-3:30 N2/1-W-4:30-5:30 T2/1-W-4:30-5:45 A2/1-W-4:30-6:00 S4-E-3:30-5:00	Open Water Zone S2/1@RAFC Florida Training Trip
19	20 S3-W-7:00-9:00 S3-W-9:00-9:30 d S2/1-W-6:00-8:30 M-W-6:00-7:00	21 A1-W-8:00-9:00 S3-W-7:00-9:00 S2/1-W-6:00-8:30 S2/1-C-9:00-10:00 w	22 S3-W-7:00-9:00 S3-W-9:00-9:30 d S2/1-W-6:00-8:30 M-W-6:00-7:00	23 A1-W-8:00-9:00 S3-W-7:00-9:00 S2/1-W-6:00-8:30	24 S3-OFF S2/1-W-6:00-8:30 S2/1-C-9:00-10:00 w M-W-6:00-7:00	25 S2/1@RAFC Florida Training Trip
S2/1@RAFC	SSG-E-2:00-3:30 N2/1-W-4:30-5:30 T2/1-E-5:00-6:15 A2/1-W-4:30-6:00 S4-W-4:00-4:30 d S4-W-4:30-6:00	N2/1-W-4:30-5:30 T2/1-W-4:30-5:45 A2/1-W-4:00-4:30 d A2/1-W-4:30-6:00 S4-W-4:30-6:00 S3-E-5:00-6:30 S2-E-3:30-5:00 S1-E-3:30-5:00 M-W-5:30-7:00	SSG-E-2:00-3:30 N2/1-E-5:00-6:00 T2/1-W-4:30-5:45 A2/1-E-3:30-5:00 S4-W-4:30-6:00 s	A2/1-W-4:00-4:30 d A2/1-W-4:30-6:00 S4-W-4:00-4:30 d S4-W-4:30-6:00 S3-E-5:00-6:30 S2-E-3:30-5:00 S1-E-3:30-5:00 M-W-5:30-7:00	N2/1@SEA/GCAC T2/1@SEA/GCAC A2/1@SEA/GCAC S4/3@SEA/GCAC S2/1@SEA	N2/1@SEA/GCAC T2/1@SEA/GCAC A2/1@SEA/GCAC S4/3@SEA/GCAC S2/1@SEA
Florida Training Trip	Florida Training Trip	Florida Training Trip	Florida Training Trip	Florida Training Trip		
26 N2/1@GCAC T2/1@GCAC A2/1@GCAC S4/3@GCAC	27 S3-W-7:00-9:00 S3-W-9:00-9:30 d S2/1-W-6:00-8:30 M-W-6:00-7:00	28 A1-W-8:00-9:00 S3-W-7:00-9:00 S2/1-W-6:00-8:30 S2/1-C-9:00-10:00 w	29 S3-W-7:00-9:00 S3-W-9:00-9:30 d S2/1-W-6:00-8:30 M-W-6:00-7:00	30 A1-W-8:00-9:00 S3-W-7:00-9:00 S2/1-W-6:00-8:30		
	SSG-E-2:00-3:30 N2/1-W-4:30-5:30 T2/1-E-5:00-6:15 A2/1-W-4:30-6:00 S4-W-4:00-4:30 d S4-W-4:30-6:00 S1-E-3:30-5:00	PCG-E-2:30-3:30 N2/1-W-4:30-5:30 T2/1-W-4:30-5:45 A2/1-W-4:00-4:30 d A2/1-W-4:30-6:00 S4-W-4:30-6:00 S3-E-5:00-6:30 S2-E-3:30-5:00 M-W-5:30-7:00	SSG-E-2:00-3:30 N2/1-E-5:00-6:00 T2/1-W-4:30-5:45 A2/1-E-3:30-5:00 S4-W-4:30-6:00 s	PCG-E-2:30-3:30 A2/1-W-4:00-4:30 d A2/1-W-4:30-6:00 S4-W-4:00-4:30 d S4-W-4:30-6:00 S3-E-5:00-6:30 S2-W-4:30-6:00 S1-E-3:30-5:00 M-W-5:30-7:00		