

## ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – MAY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 N2/1@SWAT S4@SWAT	1 N2/1-L-5:00-6:00 T2/1-L-6:00-7:15 A2/1-M-5:30-6:45 S4-M-6:45-8:00 S3-M-4:00-5:30 S2-C-5:30-7:30 S1-C-5:30-7:00 am S1-C-3:30-5:30	2 N2/1-OFF T2/1-OFF A2/1-M-6:30-8:00 S4-M-5:00-6:30 S3-C-5:30-7:00 S2-C-6:30-8:00 S1-C-3:30-5:30 S2/1-C-5:30-6:30 w	3 N2/1-C-6:30-7:30 T2/1-L-5:00-6:15 A2/1-C-5:00-6:30 S4-C-6:30-8:00 S3-C-3:30-5:00 S3-C-5:00-6:00 d S2-M-4:00-6:00 S1-C-5:30-7:00 am	4 N2/1-C-7:00-8:00 T2/1-C-6:45-8:00 A2/1-M-6:45-8:00 S4-M-5:30-6:45 S3-M-4:00-5:30 S2-C-5:15-7:00 S1-C-5:30-7:00 am S1-C-3:30-5:30	5 N2/1-OFF T2/1-OFF A2/1-C-5:30-7:00 S4-OFF S3-M-4:00-5:30 S2-C-6:30-8:00 S1-C-3:30-5:30 S2/1-C-5:30-6:30 w	6 N2/1@RA T2/1@RA A2/1@SEA S4@LFSC S3@LFSC S2@LFSC S1@LFSC
7 A2/1@SEA S4@LFSC S3@LFSC S2@LFSC S1@LFSC	8 N2/1-L-5:00-6:00 T2/1-L-6:00-7:15 A2/1-M-5:30-6:45 S4-M-6:45-8:00 S3-M-4:00-5:30 S2-C-5:30-7:30 S1-C-5:30-7:00 am S1-C-3:30-5:30	9 N2/1-OFF T2/1-OFF A2/1-U-5:00-6:30 S4-M-5:00-6:30 S3-C-5:30-7:00 S2-C-6:30-8:00 S1-C-3:30-5:30 S2/1-C-5:30-6:30 w M-U-6:30-8:00	10 N2/1-C-6:30-7:30 T2/1-L-5:00-6:15 A2/1-C-5:00-6:30 S4-C-6:30-8:00 S3-C-3:30-5:00 S3-C-5:00-6:00 d S2-M-4:00-6:00 S1-C-5:30-7:00 am	11 N2/1-C-7:00-8:00 T2/1-C-6:45-8:00 A2/1-U-5:00-6:30 S4-M-5:30-6:45 S3-M-4:00-5:30 S2-C-5:15-7:00 S1-C-5:30-7:00 am S1-C-3:30-5:30 M-U-6:30-8:00	12 N2/1-L-5:00-6:00 T2/1-L-6:00-7:15 A2/1-C-5:30-7:00 S4-OFF S3-M-4:00-5:30 S2-C-6:30-8:00 S1-C-3:30-5:30 S2/1-C-5:30-6:30 w	13 N2/1@NBSC S3-C-10:30-11:30 d S3-C-11:30-1:00 S2/1-C-7:00-8:30
14	15 P&R-C-5:30-8:00 N2/1-L-5:00-6:00 T2/1-L-6:00-7:30 A2/1-M-7:00-8:00 S4-OFF S3-M-5:30-7:00 S2-M-4:00-5:30 S1-C-5:30-7:00 am S1-C-3:30-5:30	16 N2/1-OFF T2/1-OFF A2/1-M-6:30-8:00 S4-M-5:00-6:30 <del>S3-C-5:30-7:00</del> <del>S2-C-6:30-8:00</del> <del>S1-C-3:30-5:30</del> S2/1-C-5:30-6:30 w M-OFF	17 P&R-C-5:30-8:00 N2/1-L-5:00-6:00 T2/1-L-6:00-7:15 A2/1-M-6:00-7:30 S4-L-5:00-6:30 S3-C-3:30-5:00 S3-C-5:00-6:00 d S1/2-M-4:00-6:00 <del>S1-C-5:30-7:00 am</del> Spring Cup – Indy	18 N2/1-C-7:00-8:00 T2/1-C-6:45-8:00 A2/1-U-5:00-6:30 S4-M-5:30-6:45 S3-M-4:00-5:30 S2-C-5:15-7:00 S1-C-5:30-7:00 am S1-C-3:30-5:30 M-U-6:30-8:00 Spring Cup – Indy	19 N2/1-L-5:00-6:00 T2/1-L-6:00-7:15 A2/1-C-5:30-7:00 S4-OFF S3-M-4:00-5:30 S2-C-6:30-8:00 S1-C-3:30-5:30 S2/1-C-5:30-6:30 w Spring Cup – Indy	20 N2/1@SWAT T2/1@SWAT A2/1@SWAT S4@SWAT S3@SWAT S1/2@SWAT Spring Cup - Indy
21 N2/1@SWAT T2/1@SWAT A2/1@SWAT S4@SWAT S3@SWAT S1/2@SWAT	22 N2/1-L-5:00-6:00 T2/1-L-6:00-7:15 A2/1-M-5:30-6:45 S4-M-6:45-8:00 S3-M-4:00-5:30 S2-C-5:30-7:30 S1-C-5:30-7:00 am S1-C-3:30-5:30	23 N2/1-OFF T2/1-OFF A2/1-U-5:00-6:30 S4-M-5:00-6:30 S3-C-5:30-7:00 S2-C-6:30-8:00 S1-C-3:30-5:30 S2/1-C-5:30-6:30 w M-U-6:30-8:00	24 N2/1-C-6:30-7:30 T2/1-L-5:00-6:15 A2/1-C-5:00-6:30 S4-C-6:30-8:00 S3-C-3:30-5:00 S3-C-5:00-6:00 d S2-M-4:00-6:00 S1-C-5:30-7:00 am	25 N2/1-C-7:00-8:00 T2/1-C-6:45-8:00 A2/1-U-5:00-6:30 S4-M-5:30-6:45 S3-M-4:00-5:30 S2-C-5:15-7:00 S1-C-5:30-7:00 am S1-C-3:30-5:30 M-U-6:30-8:00	26 N2/1-L-5:00-6:00 T2/1-L-6:00-7:15 A2/1-C-5:30-7:00 S4-OFF S3-OFF S2-C-6:30-8:00 S1-C-3:30-5:30 S2/1-C-5:30-6:30 w	27 <del>S3-C-10:30-11:30 d</del> <del>S3-C-11:30-1:00</del> S2/1-C-7:00-8:30
28	29  Memorial Day	30 N2/1-OFF T2/1-OFF A2/1-U-5:00-6:30 S4-M-5:00-6:30 S3-C-5:30-7:00 S2-C-6:30-8:00 S1-5:30-7:00 am S1-C-3:30-5:30 S2/1-C-5:30-6:30 w M-U-6:30-8:00	31 N2/1-C-6:30-7:30 T2/1-L-5:00-6:15 A2/1-C-5:00-6:30 S4-C-6:30-8:00 S3-C-3:30-5:00 S3-C-5:00-6:00 d S2-U-5:00-7:00 S1-C-5:30-7:00 am			E=Brookfield East C=Brookfield Central W=Wiberg U=Carroll University M=Milwaukee Lutheran L=Longfellow Middle School