

## ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – SEPTEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6 S2/1-C-3:30-5:00 S2/1-C-5:00-6:00 w	7 S2/1-C-3:30-5:00	8 S2/1-C-3:30-5:00	9 S2/1-C-3:30-5:00 S2/1-C-5:00-6:00 w	10
11	12 N2/1-M-6:00-7:00 T2/1-C-6:30-7:45 A2/1-E-6:45-8:00 S4-C-3:30-5:00 S3-E-5:30-7:00 S2/1-C-3:30-5:00	13 N2/1-OFF T2/1-C-6:30-7:45 A2/1-M-6:00-7:30 S4-OFF S3-E-5:30-7:00 S2/1-C-3:30-5:00 S2/1-C-5:00-6:00 w M-E-7:00-8:30	14 N2/1-E-5:30-6:30 T2/1-C-6:30-7:45 A2/1-E-6:30-8:00 S4-C-7:00-8:15 S3-M-6:00-7:30 S2/1-C-3:30-5:00	15 N2/1-M-6:00-7:00 T2/1-OFF A2/1-OFF S4-M-7:00-8:00 S3-OFF S2/1-E-5:00-6:30 M-E-6:30-8:00	16 N2/1-C-7:00-8:00 T2/1-M-6:00-7:30 A2/1-E-5:30-7:00 S4-E-6:30-8:00 S3-C-5:30-7:00 S2/1-C-3:30-5:30 S2/1-C-5:30-6:30 w	17 N2/1-OFF T2/1-OFF A2/1-OFF S4-OFF S3-OFF S2/1-E-9:00-10:30
18	19 N2/1-M-6:00-7:00 T2/1-M-7:00-8:00 A2/1-E-6:45-8:00 S4-C-3:30-5:00 S3-E-5:30-7:00 S2/1-C-3:30-5:00	20 N2/1-OFF T2/1-C-6:30-7:45 A2/1-M-6:00-7:30 S4-OFF S3-E-5:30-7:00 S2/1-C-3:30-5:00 S2/1-C-5:00-6:00 w M-E-7:00-8:30	21 N2/1-E-5:30-6:30 T2/1-C-6:30-7:45 A2/1-E-6:30-8:00 S4-C-7:00-8:15 S3-M-6:00-7:30 S2/1-C-3:30-5:00	22 N2/1-C-5:00-6:00 T2/1-OFF A2/1-OFF S4-C-3:30-5:00 S3-E-5:30-7:00 S2/1-E-3:30-5:30 M-C-6:00-7:30	23 N2/1-C-7:00-8:00 T2/1-E-6:45-8:00 A2/1-E-5:30-7:00 S4-M-6:00-7:30 S3-C-5:30-7:00 S2/1-C-3:30-5:30 S2/1-C-5:30-6:30 w	24 N2/1@SST T2/1@SST A2/1@SST S4/3@WEST S2/1@WEST
25	26 N2/1-M-6:00-7:00 T2/1-M-7:00-8:00 A2/1-E-6:45-8:00 S4-OFF S3-E-5:30-7:00 S2/1-C-3:30-5:00	27 N2/1-OFF T2/1-C-6:30-7:45 A2/1-M-6:00-7:30 S4-OFF S3-E-5:30-7:00 S2/1-C-3:30-5:00 S2/1-C-5:00-6:00 w M-E-7:00-8:30	28 N2/1-E-5:30-6:30 T2/1-C-6:30-7:45 A2/1-E-6:30-8:00 S4-C-7:00-8:15 S3-OFF S2/1-C-3:30-5:00	29 N2/1-M-6:00-7:00 T2/1-OFF A2/1-OFF S4-M-7:00-8:00 S3-C-5:00-6:30 S2/1-C-3:30-5:00 M-C-6:30-8:00	30 N2/1-C-7:00-8:00 T2/1-E-6:45-8:00 A2/1-E-5:30-7:00 S4-C-6:45-8:00 S3-C-5:30-7:00 S2/1-C-3:30-5:30 S2/1-C-5:30-6:30 w	

M=Milwaukee Lutheran High School

E=Brookfield East High School

C=Brookfield Central High School