

ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – DECEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 N2/1-OFF T2/1-E-5:00-6:15 A2/1-M-6:00-7:30 S4-OFF S3-E-3:30-5:00 S2/1-C-3:30-5:30 M-E-6:15-7:45	2 N2/1-E-5:30-6:30 T2/1-E-5:00-6:15 A2/1-E-6:30-8:00 S4-M-6:00-7:30 S3-E-3:30-5:00 S3-E-5:00-5:30 d S2/1-C-3:30-5:30 S2/1-C-5:30-6:30 w	3 S2/1-E-7:00-8:30 am
4 N2/1@BAC T2/1@BAC A2/1@BAC S4@BAC S3@BAC S2/1@BAC	5 N2/1-M-6:00-7:00 T2/1-E-5:30-6:45 A2/1-E-6:30-8:00 S4-E-4:30-6:00 S3-E-3:30-5:00 S3-E-5:00-5:30 d S2/1-C-3:30-5:00	6 N2/1-E-5:30-6:30 T2/1-OFF A2/1-M-6:00-7:30 S4-E-4:30-6:00 S3-E-3:30-5:00 S3-E-5:00-5:30 d S2/1-C-3:30-5:30 S2/1-C-5:30-6:30 w M-E-6:30-8:00	7 N2/1-E-5:00-6:00 T2/1-E-5:30-6:45 A2/1-E-6:30-8:00 S4-E-3:30-5:00 S3-M-6:00-7:30 S2/1-C-3:30-5:30	8 N2/1-OFF T2/1-M-6:00-7:15 A2/1-OFF S4-OFF S3-E-5:30-7:00 S2/1-E-3:30-5:30 M-E-6:45-8:00	9 N2/1-E-5:30-6:30 T2/1-E-5:00-6:15 A2/1-E-6:30-8:00 S4-M-6:00-7:30 S3-E-3:30-5:00 S3-E-5:00-5:30 d S2/1-C-3:30-5:30 S2/1-C-5:30-6:30 w Winter Juniors	10 S2/1-E-7:00-8:30 am Single Age Sprint Champs Winter Juniors
11 Single Age Sprint Champs	12 N2/1-M-6:00-7:00 T2/1-E-5:30-6:45 A2/1-E-6:30-8:00 S4-E-4:30-6:00 S3-E-3:30-5:00 S3-E-5:00-5:30 d S2/1-E-5:30-7:00 am S2/1-C-3:30-5:00	13 N2/1-E-5:30-6:30 T2/1-OFF A2/1-M-6:00-7:30 S4-E-4:30-6:00 S3-E-3:30-5:00 S3-E-5:00-5:30 d S2/1-C-3:30-5:30 S2/1-C-5:30-6:30 w M-E-6:30-8:00	14 N2/1-E-5:00-6:00 T2/1-E-5:30-6:45 A2/1-E-6:30-8:00 S4-E-3:30-5:00 S3-M-6:00-7:30 S2/1-C-3:30-5:30	15 N2/1-E-5:30-6:30 T2/1-C-5:00-6:15 A2/1-C-6:15-7:45 S4-OFF S3-C-3:30-5:00 S2/1-E-5:30-7:00 am S2/1-E-3:30-5:30 M-E-6:30-8:00	16 N2/1-OFF T2/1-E-5:00-6:15 A2/1-E-6:15-7:45 S4-M-6:00-7:30 S3-E-3:30-5:00 S3-E-5:00-5:30 d S2/1-C-3:30-5:30 S2/1-C-5:30-6:30 w	17 N2/1-11:00-12:00 T2/1-E-10:00-11:00 A2/1-E-9:00-10:00 S4/3-E-8:00-9:00 S2/1-E-7:00-8:00 SWIM-A-LONG
18	19 N2/1-M-6:00-7:00 T2/1-E-5:30-6:45 A2/1-E-6:30-8:00 S4-E-4:30-6:00 S3-E-3:30-5:00 S3-E-5:00-5:30 d S2/1-E-5:30-7:00 am S2/1-C-3:30-5:00	20 N2/1-E-5:30-6:30 T2/1-OFF A2/1-M-6:00-7:30 S4-E-4:30-6:00 S3-E-3:30-5:00 S3-E-5:00-5:30 d S2/1-C-3:30-5:30 S2/1-C-5:30-6:30 w M-E-6:30-8:00	21 N2/1-E-5:00-6:00 T2/1-E-5:30-6:45 A2/1-E-6:30-8:00 S4-E-3:30-5:00 S3-M-6:00-7:30 S2/1-C-3:30-5:30	22 N2/1-E-5:30-6:30 T2/1-C-5:00-6:15 A2/1-C-6:15-7:45 S4-OFF S3-C-3:30-5:00 S3-C-5:00-5:30 d S2/1-E-5:30-7:00 am S2/1-E-3:30-5:30 S2/1-E-5:30-6:30 w M-E-6:30-8:00	23	24
25	26	27 N2/1-C-11:00-12:00 T2/1-E-10:30-11:15 A2/1-C-9:30-11:00 S4-E-9:00-10:30 S3-C-8:00-9:30 S3-C-9:30-10:00 d S2/1-E-7:00-9:00 S2/1-E-9:00-10:00 w M-E-5:30-7:00	28 N2/1-C-11:00-12:00 T2/1-E-10:30-11:15 A2/1-C-9:30-11:00 S4-E-9:00-10:30 S3-C-8:00-9:30 S2/1-E-7:00-9:00	29 N2/1-C-11:00-12:00 T2/1-E-10:30-11:15 A2/1-C-9:30-11:00 S4-E-9:00-10:30 S3-C-8:00-9:30 S3-C-9:30-10:00 d S2/1-E-7:00-9:00 S2/1-E-9:00-10:00 w M-E-5:30-7:00	30 S2/1-C-9:00-11:00	31 S2/1-C-9:00-11:00