

ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – FEBRUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1			1 N2/1-C-5:00-6:00 T2/1-C-5:30-6:45 A2/1-C-6:30-8:00 S4-C-4:30-5:30 S3-M-6:00-7:30 S2/1-E-3:30-5:30	2 N2/1-E-7:00-8:00 T2/1-M-6:00-7:15 A2/1-C-6:30-8:00 S4-C-5:00-6:30 S3-C-3:30-5:00 S3-C-5:00-6:00 d S2/1-C-5:30-7:00 am S2/1-E-3:30-5:30 M-E-5:30-7:00	3 N2/1-OFF T2/1-C-5:00-6:15 A2/1-C-6:15-7:45 S4-M-6:00-7:30 S3-C-3:30-5:00 S2/1-E-3:30-5:30 SST	4 N2/@SST T2/1@SST A2/1@SST S4/3@SST S2/1@SST S2/1@SST
5 N2/@SST T2/1@SST A2/1@SST S4/3@SST S2/1@SST S2/1@SST	6 N2/1-M-6:00-7:00 T2/1-E-7:00-8:00 A2/1-C-5:30-7:00 S4-OFF S3-E-3:30-5:00 S2/1-C-5:30-7:00 am S2/1-C-3:30-5:30	7 N2/1-C-7:00-8:00 T2/1-OFF A2/1-M-6:00-7:30 S4-C-6:30-8:00 S3-E-3:30-5:00 S3-E-5:00-6:00 d S2/1-C-3:30-5:30 S2/1-C-5:30-6:30 w M-C-5:30-7:00	8 N2/1-C-5:00-6:00 T2/1-C-5:30-6:45 A2/1-C-6:30-8:00 S4-C-4:30-5:30 S3-M-6:00-7:30 S2/1-E-3:30-5:30	9 N2/1-E-7:00-8:00 T2/1-M-6:00-7:15 A2/1-C-6:30-8:00 S4-C-5:00-6:30 S3-C-3:30-5:00 S3-C-5:00-6:00 d S2/1-C-5:30-7:00 am S2/1-E-3:30-5:30 M-E-5:30-7:00	10 N2/1-OFF T2/1-C-5:00-6:15 A2/1-C-6:15-7:45 S4-M-6:00-7:30 S3-C-3:30-5:00 S2/1-E-3:30-5:30 S2/1-E-5:30-6:30 w	11 N2/1@LAKE T2/1@LAKE A2/1@LAKE S2/1-E-7:00-8:30 am
12 N2/1@LAKE T2/1@LAKE A2/1@LAKE	13 N2/1-M-6:00-7:00 T2/1-E-7:00-8:00 A2/1-C-5:30-7:00 S4-OFF S3-E-3:30-5:00 S2/1-C-5:30-7:00 am S2/1-C-3:30-5:30	14 N2/1-C-7:00-8:00 T2/1-OFF A2/1-M-6:00-7:30 S4-C-6:30-8:00 S3-E-3:30-5:00 S3-E-5:00-6:00 d S2/1-C-3:30-5:30 S2/1-C-5:30-6:30 w M-C-5:30-7:00	15 N2/1-C-5:00-6:00 T2/1-C-5:30-6:45 A2/1-C-6:30-8:00 S4-C-4:30-5:30 S3-M-6:00-7:30 S2/1-E-3:30-5:30	16 N2/1-E-7:00-8:00 T2/1-M-6:00-7:15 A2/1-C-6:30-8:00 S4-C-5:00-6:30 S3-C-3:30-5:00 S3-C-5:00-6:00 d S2/1-C-5:30-7:00 am S2/1-E-3:30-5:30 M-E-5:30-7:00	17 N2/1-OFF T2/1-C-5:00-6:15 A2/1-C-6:15-7:45 S4-M-6:00-7:30 S3-C-3:30-5:00 S2/1-E-3:30-5:30 S2/1-E-5:30-6:30 w Regional Champs	18 N2/1@Regional T2/1@Regional A2/1@Regional S4/3@Regional S2@Regional S2/1-E-7:00-8:30 am
19 N2/1@Regional T2/1@Regional A2/1@Regional S4/3@Regional S2@Regional	20 12&U-E-5:00-6:30* S3-E-3:30-5:00* S2/1-E-5:30-7:00 am** S2/1-C-3:30-5:30** S2/1-C-5:30-7:00*	21 12&U-E-5:00-6:30* S3-E-3:30-5:00* S3-E-5:00-6:00* S2/1-C-3:30-5:30** S2/1-C-5:30-6:30w** S2/1-C-5:30-7:00* M-E-6:30-8:00	22 12&U-E-5:00-6:30* S3-E-3:30-5:00* S2/1-C-3:30-5:00** S2/1-C-4:30-6:00*	23 12&U-C-5:00-6:30* S3-C-3:30-5:00* S3-C-5:00-6:00 d S2/1-C-5:30-7:00 am** S2/1-E-3:30-5:30 pm** S2/1-E-5:30-7:00* M-C-6:30-8:00	24 12&U-C-5:00-6:30* S3-C-3:30-5:00* S2/1-C-3:30-5:00*/** Senior State Championships	25 10&U State Championships Senior State Championships
26 10&U State Championships Senior State Championships	27 11-12-E-5:00-6:30* 13114-C-5:30-7:00* S2/1-E-5:30-7:00 am S2/1-C-3:30-5:30**	28 11-12-E-5:00-6:30* 11&14-C-5:30-7:00* S2/1-C-3:30-5:30** S2/1-C-5:30-6:30w** M-E-6:30-8:00				
** National Team Only						
* State Team Only						