

DECEMBER 2016

Rochester Area Masters Swimming Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 6:30-8 pm MCC Sprint 3,600yds	2 5:45-7:15am MCC Sprint 3,600yds	3 NO PRACTICE Pool Not Available
4 8-9:45am RIT Sculling/dolphin kick 4,500yds	5 5:45-7:15am MCC Open Turns 4,000yds	6 6:30-8 pm MCC Open Turns 4,500yds	7 5:45-7:15am MCC NPS Body Position 4,000yds	8 6:30-8 pm MCC Middle Distance 4,600yds	9 5:45-7:15am MCC Middle Distance 4,600yds	10 8-9:45am RIT Fly/Exhale 4,800yds Ithaca Meet
11 NO PRACTICE	12 5:45-7:15am MCC Distance Stroke 5,000yds	13 6:30-8 pm MCC Distance/Stroke 5,000yds	14 5:45-7:15am MCC Pace 5,000yds	15 6:30-8 pm MCC Pace 5,000yds	16 5:45-7:15am MCC Pulling 5,000yds	17 NO PRACTICE YMCA Meet
18 NO PRACTICE YMCA Meet	19 5:45-7:15am MCC Quality 3,000yds	20 6:30-8pm MCC Snorkles 3,600yds	21 5:45-7:15am MCC Snorkle 3,400yds	22 NO PRACTICE	23 NO PRACTICE	24 NO PRACTICE
25 NO PRACTICE	26 NO PRACTICE	27 6:30-8pm HARLEY Kicking 4,500 yds	28 NO PRACTICE	29 6:30-8pm HARLEY Short Axis 3,400yds	30 NO PRACTICE	31 RIT 8-11 am 10 K Workout

Birthdays



Casey 12/9
Jim B 12/11
Kevin 12/14



02/11/2020