

JANUARY 2017

Rochester Area Masters Swimming Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 NO PRACTICE</p> <p style="color: blue; font-size: 2em; font-weight: bold;">A HAPPY NEW YEAR</p>	<p>2 NO PRACTICE</p>	<p>3 6:30-8 pm MCC Pulling 5,000yds</p>	<p>4 5:45-7:15am MCC Pulling 5,000yds</p>	<p>5 6:30-8 pm MCC Butterfly 4,000yds</p>	<p>6 5:45-7:15am MCC Butterfly 4,000yds</p>	<p>7 8-9:45am RIT Distance 6,500yds</p>
<p>8 NO PRACTICE</p>	<p>9 5:45-7:15am MCC Middle Distance 4,800yds</p>	<p>10 6:30-8 pm MCC Middle Distance 4,800yds</p>	<p>11 5:45-7:15am MCC Sprint 3,500yds</p>	<p>12 6:30-8 pm MCC Sprint 3,500yds</p>	<p>13 5:45-7:15am MCC Exhale 4,500yds</p>	<p>14 8-9:45am RIT Kicking 4,600yds</p>
<p>15 NO PRACTICE</p>	<p>16 NO PRACTICE MLK Day</p>	<p>17 6:30-8 pm MCC Toe Point 4,300yds</p>	<p>18 5:45-7:15am MCC Toe Point 4,300yds</p>	<p>19 6:30-8 pm MCC DPS 4,500yds</p>	<p>20 5:45-7:15am MCC Backstroke 4,500yds</p>	<p>21 8-9:45am RIT Starts/Finishes 3,800yds</p>
<p>22 NO PRACTICE GVM MEET (Victor)</p>	<p>23 5:45-7:15am MCC Pace 4,600yds</p>	<p>24 6:30-8 pm MCC Pace 4,600yds</p>	<p>25 5:45-7:15am MCC Long Axis 4,400yds</p>	<p>26 6:30-8 pm MCC Long Axis 4,400yds</p>	<p>27 5:45-7:15am MCC Core 4,200yds</p>	<p>28 8-9:45am RIT Middle Distance 5,000yds</p>
<p>29 NO PRACTICE</p>	<p>23 5:45-7:15am MCC Short Axis 4,000yds</p>	<p>24 6:30-8 pm MCC Short Axis 4,000yds</p>	<p>Birthdays</p> <div style="text-align: center;">  </div>	<p>Diana 1/7 Annette 1/14 Mike R 1/17 Wayne 1/26</p>		