

June 2017

Rochester Area Masters Swimming Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 6:30-8 pm MCC Pace 5,000yds	2 5:45-7:15am MCC Pace 5,000yds	3 8-9:45am RIT Open Turns 5,000yds
4 NO PRACTICE	5 5:45-7:15am MCC Pulling 5,500yds	6 6:30-8 pm MCC Pulling 4,500yds	7 5:45-7:15am MCC Free Turns 4,000yds	8 6:30-8 pm MCC Free turns 4,000yds	9 NO PRACTICE	10 8-9:45am RIT IM 4,000 yards USMS Stroke Clinic Fairport
11 GVP Opening Day Call for swim times Workouts online	12 5:45-7:15am MCC Dolphin kick 4,500yds	13 6:30-8 pm MCC Dolphin Kick 4,500 yds	14 5:45-7:15am MCC Pull out/scullings 4,000yds	15 6:30-8 pm MCC Pull outs/sculling 4,000yds	16 NO PRACTICE	17 8-9:45am RIT Exhale/Quality 4,200yds
18 GVP 10am Open Swim Workouts online	19 5:45-7:15am MCC Open Turns 4,200yds	20 6:30-8 pm MCC Open Turns 4,200yds	21 5:45-7:15am MCC General Sets Videotaping 3,800yds	22 6:30-8 pm MCC General Sets Videotaping 3,800yds	23 NO PRACTICE	24 8:30-9:45am GVP General Sets 3,600m
25 GVP 10am Open Swim Workouts online	26 5:45-7:15am MCC Long Axis 4,500yds	27 6:30-8 pm MCC Long Axis 4,500 yds	28 5:45-7:15am MCC Snorkle 4,000yds	29 6:30-8 pm MCC Snorkle 4,000yds	30 NO PRACTICE	Sample LC workouts will be available on our website

Birthdays



DeAnna 6/4
Kellie McCaffery 6/8
Dan W. 6/9
Antonio 6/12
Tony 6/16

Sarah 6/21
Holly 6/22
Julia 6/26 Jill
6/27