

May 2017

Rochester Area Masters Swimming Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5:45-7:15am MCC Middle Distance 4,500yds	2 6:30-8 pm MCC Sprint 3,800 yds	3 5:45-7:15am MCC Sprint 3,800yds	4 6:30-8 pm MCC Open Turns 4,000yds	5 5:45-7:15am MCC Pace 5,000yds	6 NO PRACTICE Imagine RIT
7 8-9:45am RIT Distance Free 6,000yds	8 5:45-7:15am MCC Bottom half Streamline 4,500yds	9 6:30-8 pm MCC Bottom half Streamline 4,500 yds	10 5:45-7:15am MCC Snorkles 4,000yds	11 6:30-8 pm MCC NO FINS Kicking 4,000yds	12 5:45-7:15am MCC No Fins Kicking 4,000yds	13 8-9:45am RIT Pulling 5,200yds
14 NO PRACTICE Happy Mother's Day	15 5:45-7:15am MCC Open Water/NPS 5000 yds	16 6:30-8 pm MCC Open Water/NPS 5,000yds	17 5:45-7:15am MCC IM/Sculling 4,000yds	18 6:30-8 pm MCC IM/Sculling 4,000yds	19 5:45-7:15am MCC Distance Stroke 4,500yds	20 NO PRACTICE RIT Commencement
21 8-9:45am RIT Pace 5,000yds	22 5:45-7:15am MCC Sprint Kick 3,800 yds	23 6:30-8 pm MCC Sprint Kick 3,800yds	24 5:45-7:15am MCC Butterfly 4,500yds	25 6:30-8 pm MCC Butterfly 4,500 yds	26 5:45-7:15am MCC Pulling 5,200 yds	27 NO PRACTICE Memorial Day Weekend
28 NO PRACTICE Memorial Day Weekend	29 NO PRACTICE Memorial Day	30 6:30-8 pm MCC Breaststroke 4,000yds	31 5:45-7:15am MCC Backstroke 4,500yds			

Birthdays

Tom Z 5/1
Bill B 5/8
Rob M 5/9
Heather 5/12

Ann Marie 5/14
Karen 5/14
Carl 5/15