

SEPTEMBER 2017

Rochester Area Masters Swimming Workouts

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------|--|---|---|--|--|--|
| | | | | | 1 | 2 |
| 3 | 4 Labor Day | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 8:10-9:55am RIT General Sets 3,000yds |
| 17 NO PRACTICE | 18 5:45-7:15am MCC Free 3,500 yds | 19 6:30-8 pm MCC Free 3,500yds | 20 5:45-7:15 am MCC Back 3,500yds | 21 6:30-8 pm MCC Back 3,500yds | 22 5:45-7:15 am MCC Streamline 3,600yds | 23 8:10-9:55am RIT Long Axis 4,000yds |
| 24 NO PRACTICE | 25 5:45-7:15 am MCC Breast 3,800yds | 26 6:30-8 pm MCC Breast 3,800yds | 27 5:45-7:15am MCC Body Position/Fly 3,800yds | 28 6:30-8 pm MCC Body Position/Fly 3,800yds | 29 5:45-7:15 am MCC Short Axis 3,800yds | 30 8:10-9:55 am RIT Exhale/Sculling 4,200yds |

Birthdays



Bob C 9/6
Tim S 9/21
Rob H 9/26
Miranda 9/27

Dr. Mike 9/27
Cady 9/29
Ken K 9/29
Jennie 9/29