

DECEMBER 2017

Rochester Area Masters Swimming Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 5:45-7:15am MCC Sprint 3,600yds	2 NO PRACTICE Pool Not Available
3 8:10-9:55am RIT Sculling/dolphin kick 4,500yds	4 5:45-7:15am MCC Open Turns 4,000yds	5 6:30-8 pm MCC Open Turns 4,000yds	6 5:45-7:15am MCC NPS Body Position 4,000yds	7 6:30-8 pm MCC Middle Distance 4,600yds	8 5:45-7:15am MCC Middle Distance 4,600yds	9 8:10-9:55am RIT Fly/Exhale 4,800yds
10 NO PRACTICE	11 5:45-7:15am MCC Distance Stroke 4,500yds	12 6:30-8 pm MCC Distance/Stroke 4,500yds	13 5:45-7:15am MCC Pace 5,000yds	14 6:30-8 pm MCC Pace 5,000yds	15 5:45-7:15am MCC Pulling 5,000yds	16 NO PRACTICE YMCA Meet
17 NO PRACTICE YMCA Meet	18 5:45-7:15am MCC Quality 3,600yds	19 6:30-8pm MCC Quality 3,600yds	20 5:45-7:15am MCC IM 4,000yds	21 6:30-8 pm MCC IM Fins 4,000yds	22 NO PRACTICE	23 NO PRACTICE
24 NO PRACTICE	25 NO PRACTICE	26 6:30-8pm HARLEY Kicking 4,500 yds	27 NO PRACTICE	28 6:30-8pm HARLEY Snorkles 4,000yds	29 NO PRACTICE	30 RIT 8:10-11:10 am 10 K Workout
31 NO PRACTICE 	Birthdays 	Casey 12/9 Jim B 12/11 Rachel 12/13 Erin 12/21				

Handwritten text, possibly a signature or initials, located at the top left of the page.

Vertical line mark.

Vertical line mark.