

# SEPTEMBER 2018

## Rochester Area Masters Swimming Workouts

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

Bob C 9/6  
Paul 9/5  
Tim S 9/21  
Larisa 9/14  
Rob H 9/26  
Miranda 9/27  
Dr. Mike 9/27

### Birthdays

Ken K 9/29

