




# DECEMBER 2018

## Rochester Area Masters Swimming Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 <b>NO PRACTICE</b> Pool Not Available
2 <b>8:10-9:55am RIT</b> Sculling/dolphin kick 4,500yds	3 <b>5:45-7:15am MCC</b> Open Turns 4,000yds	4 <b>6:30-8 pm MCC</b> Open Turns 4,000yds	5 <b>5:45-7:15am MCC</b> NPS Body Position 4,000yds	6 <b>6:30-8 pm MCC</b> Middle Distance 4,600yds	7 <b>5:45-7:15am MCC</b> Middle Distance 4,600yds	8 <b>8:10-9:55am RIT</b> Fly/Exhale 4,800yds
9 <b>NO PRACTICE</b>	10 <b>5:45-7:15am MCC</b> Pace 5,000yds	11 <b>6:30-8 pm MCC</b> Pace 5,000yds	12 <b>5:45-7:15am MCC</b> Distance Stroke 4,500yds	13 <b>6:30-8 pm MCC</b> Distance Stroke 4,500yds	14 <b>5:45-7:15am MCC</b> Pulling 5,000yds	15 <b>NO PRACTICE</b> YMCA Meet
16 <b>NO PRACTICE</b> YMCA Meet	17 <b>5:45-7:15am MCC</b> Quality 3,600yds	18 <b>6:30-8pm MCC</b> Quality 3,600yds	19 <b>5:45-7:15am MCC</b> IM 4,000yds	20 <b>6:30-8 pm MCC</b> IM 4,000yds	21 <b>NO PRACTICE</b>	22 <b>NO PRACTICE</b>
23 <b>NO PRACTICE</b>	24 <b>NO PRACTICE</b>	25 <b>NO PRACTICE</b>	26 <b>NO PRACTICE</b>	27 <b>6:30-8pm HARLEY</b> Snorkles 4,000yds	28 <b>5:30-6:30am HARLEY</b> General Sets 3,200yds	29 <b>NO PRACTICE</b>
30 <b>NO PRACTICE</b>	31 <b>NO PRACTICE</b> 	Jan 1 <b>HAPPY NEW YEAR</b> 	<b>Birthdays</b> 	Casey 12/9 Jim B 12/11 Rachel 12/13 Erin 12/21		



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