

# May 2019

## Rochester Area Masters Swimming Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 5:45-7:15am MCC Tennis Balls/Pulling 4400yds	2 6:30-8 pm MCC Tennis Balls/Pulling 4400yds	3 5:45-7:15am MCC Pace 4600yds	4 8:10-9:55 am RIT Freestyle 5200yds
5 NO PRACTICE	6 5:45-7:15am MCC Bottom half Streamline 4200yds	7 6:30-8 pm MCC Bottom half Streamline 4200 yds	8 5:45-7:15am MCC Backstroke 4400yds	9 6:30-8 pm MCC Backstroke 4400yds	10 5:45-7:15am MCC Sprint 3600yds	11 NO PRACTICE RIT Commencement
12 8:10-9:55am RIT Pulling 5200yds	13 5:45-7:15am MCC Butterfly 4000yds	14 6:30-8 pm MCC Butterfly 4000yds	15 5:45-7:15am MCC Open Water 5000yds	16 6:30-8 pm MCC Open Water 5000yds	17 5:45-7:15am MCC Middle Disstance 4300yds	18 8:10-9:55 am RIT Long Axis 5200yds
19 NO PRACTICE	20 5:45-7:15am MCC Snorkle / IM 4200 yds	21 6:30-8 pm MCC Snorkle / IM 4200yds	22 5:45-7:15am MCC Dolphin kick 4500yds	23 6:30-8 pm MCC Distance 5500 yds	24 5:45-7:15am MCC Distance 5500 yds	25 NO PRACTICE Memorial Day Weekend
26 NO PRACTICE Memorial Day Weekend	27 NO PRACTICE Memorial Day	28 6:30-8 pm MCC Open Turns 4000yds	29 5:45-7:15am MCC Open Turns 4000yds	30 6:30-8pm MCC Sprint Kick 3200yds	31 5:45-7:15am MCC NPS 4400 yds	

Birthdays

Bill B. 5/8  
Rob M 5/9  
Ann Marie 5/14  
Carl 5/15  
Courtney 5/22

Melissa 5/29