

**DECEMBER 2019**  
**Rochester Area Masters Swimming Workouts**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 <b>NO PRACTICE</b>	2 5:45-7:15am MCC Sculling / Dolphin Kick 4400yds	3 6:30-8 pm MCC NPS / Body Position 4500yds	4 5:45-7:15am MCC NPS / Body Position 4500yds	5 6:30-8 pm MCC Quality 4000yds	6 5:45-7:15am MCC Quality 4000yds	7 <b>PRACTICE</b> <b>NO</b> College Swim Meet	
8 8:10-9:55am RIT Freestyle / Starts	9 5:45-7:15am MCC Short Axis 4200yds	10 6:30-8 pm MCC Middle Distance 4600yds	11 5:45-7:15am MCC Middle Distance 4600yds	12 6:30-8 pm MCC Distance Stroke 4500yds	13 5:45-7:15am MCC Distance Stroke 4500yds	14 8:10-9:55am RIT Fly/Exhale 4800yds <b>Ithaca Masters Meet 11:30am</b>	
15 <b>NO PRACTICE</b>	16 5:45-7:15am MCC Long Axis 4500yds	17 6:30-8 pm MCC Pace 4600yds	18 5:45-7:15am MCC Pace 4600yds	19 6:30-8 pm MCC Pulling 4800yds	20 5:45-7:15am MCC Pulling 4800yds	21 7:15-8:30am <b>The Harley School</b> General Sets 3800 yds	
22 <b>NO PRACTICE</b>	23 <b>PRACTICE</b> <b>NO</b>	24 <b>NO PRACTICE</b>	25 <b>NO PRACTICE</b>	26 6:30-8:00pm <b>The Harley School</b> General Sets 4200 yds	27 <b>NO PRACTICE</b>	28 7:15-8:30am <b>The Harley School</b> General Sets 3800 yds	
29 <b>NO PRACTICE</b>	30 <b>NO PRACTICE</b>	31 <b>NO PRACTICE</b>	Jan 1   <b>Birthdays</b>  Casey 12/9 Rachel 12/13 Erin McGarry 12/21 Abby 12/22				

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