

Tech Masters Swimming workouts for January 2017

Date	6:15a-7:30a	12p-1:15p	7:15p-8:30p
Monday January 2	MIT Holiday -pool closed		
Tuesday January 3	Long course 3 lanes	none	Long course 2 lanes
Wednesday January 4	Long course 4 lanes	Long course 3 lanes	Long course 2 lanes
Thursday January 5	Long course 3 lanes	none	Short course 4 lanes
Friday January 6	Short course 6 lanes	Short course 5 lanes	Short course 4 lanes
Saturday January 7	none	none	none
Sun January 8	4 lanes for the 10:00 AM to 11:15 AM workout		
Monday January 9	6	4	4
Tuesday January 10	5	none	4
Wednesday January 11	6	4	4
Thursday January 12	5	none	4
Friday January 13	6	4	5
Saturday January 14	No workout		
Sun January 15	5 lanes for the 10:00 AM to 11:15 AM workout		

Workout summary:

1. Winter workout starts on Tuesday January 3rd
2. We are set up long course until Thursday January 5th,
3. There are no workouts on Monday January 16th due to Martin Luther King day - it is a MIT holiday
4. We have added a noon workout on Tuesday January 17th
5. One hour swim happens on Sunday January 29th from 9:30 am to noon

Date	6:15a-7:30a	12p-1:15p	7:15p-8:30p
Monday January 16	no workout due to MIT holiday		
Tuesday January 17	5	4	4
Wednesday January 18	6	4	4
Thursday January 19	5	none	4
Friday January 20	6	4	4
Saturday January 21	none	none	none
Sun January 22	5 lanes for the 10:00 AM to 11:15 AM workout		
Monday January 23	6	4	4
Tuesday January 24	5	none	4
Wednesday January 25	6	4	4
Thursday January 26	5	none	4
Friday January 27	6	4	5
Saturday January 28	none	none	none
Sun January 29	One hours swim: 9:30 am to 12 noon		
Monday January 30	6	4	4
Tuesday January 31	5	none	4