

Tech Masters swimming workout, July 2017

Date	6:15a-7:30a	12p-1:15p	7:15p-8:30p
Saturday July 1	9:15 to 10:30 am workout		
Sun July 2	No workout on sundays during the summer		
Monday July 3	4	3	3
Tuesday July 4	No workout - Pool holiday		
Wednesday July 5	4	3	3
Thursday July 6	3	none	3
Friday July 7	4	3	none
Saturday July 8	No workout due to swim meet		
Sun July 9	No workout on sundays during the summer		
Monday July 10	4	3	3
Tuesday July 11	3	none	3
Wednesday July 12	4	3	3
Thursday July 13	3	none	3
Friday July 14	4	3	none
Saturday July 15	9:15 to 10:30 am workout		
Sun July 16	No workout on sundays during the summer		

Notes:

1. Pool closed on Tuesday July 4th
2. Swim meet on Weekend of July 8th to 9th - no Saturday workout
3. Swim meet the weekend of July 29th and 30th - no workouts

Date	6:15a-7:30a	12p-1:15p	7:15p-8:30p
Monday July 17	4	3	3
Tuesday July 18	3	none	3
Wednesday July 19	4	3	3
Thursday July 20	3	none	3
Friday July 21	4	3	none
Saturday July 22	9:15 to 10:30 am workout		
Sun July 23	No workout		
Monday July 24	4	3	3
Tuesday July 25	3	none	3
Wednesday July 26	4	3	3
Thursday July 27	3	none	3
Friday July 28	4	3	none
Saturday July 29	No workout due to swim meet		
Sun July 30	No workout		
Monday July 31	4	3	3