

## Tech masters swim workout for October 2016

Date	6:15a-7:30a	12p-1:15p	7:15 p-8:30p		Date	6:15a-7:30a	12p-1:15p	7:15p-8:30p
Saturday October 1	No workouts scheduled				Monday October 17th	6	4	4
Sun. October 2nd	4 lanes for the 10:00 AM to 11:15 am workout				Tuesday October 18th	5	none	4
Monday October 3rd	6	4	4		Wednesday October 19th	6	4	4
Tuesday October 4th	5	none	4		Thursday October 20th	5	none	4
Wednesday October 5th	6	4	4		Friday October 21st	6	4	4
Thursday October 6th	5	none	4		Saturday October 22nd	none	none	none
Friday October 7th	6	4	4		Sun. October 23rd	5 lanes for the 10:00 AM to 11:15 am workout		
Saturday October 8th	none	none	none		Monday October 24th	6	4	4
Sun. October 9th	5 lanes for the 10:00 AM to 11:15 am workout				Tuesday October 25th	5	none	4
Monday October 10th	no workouts due to holiday				Wednesday October 26th	6	4	4
Tuesday October 11th	6	4	4		Thursday October 27th	5	none	4
Wednesday October 12th	5	4	4		Friday October 28th	6	4	4
Thursday October 13th	6	none	4		Saturday October 29th	none	none	none
Friday October 14th	5	4	4		Sunday October 30th	5 lanes for the 10:00 AM to 11:15 am workout		
Saturday October 15th	none	none	none		Monday October 31st	6	4	4
Sun. October 16th	5 lanes for the 10:00 AM to 11:15 am workout							
NOTES:								
1. Friday night workouts come back on Friday October 7th								
2. No workouts on Monday October 10th due to MIT holiday - but there is an extra noon workout on Tuesday Oct. 11th								