July 2019 Tech Masters Swimming Workout schedule

| Date | 6:15a-7:30a | 12p-1:15p | 7:15p-8:30p |
|----------------------|-----------------------------------|-----------|-------------|
| Monday July 1 | 4 | 3 | 3 |
| Tuesday July 2 | 3 | none | 3 |
| Wednesday July 3 | 4 | 3 | 3 |
| Thursday July 4 | No workout due to MIT holiday | | |
| Friday July 5 | 4 | 3 | none |
| Saturday July 6 | No workout on Saturday | | |
| Sun July 7 | No workout due to swim meet | | |
| Monday July 8 | 4 | 3 | 3 |
| Tuesday July 9 | 3 | none | 3 |
| Wednesday July 10 | 4 | 3 | 3 |
| Thursday July 11 | 3 | none | 3 |
| Friday July 12 | 4 | 3 | none |
| Saturday July 13 | No workout on Saturday | | |
| Sun July 14 | No workout due to kid's triathlon | | |

Notes:

- 1. Pool closed on Thursday July 4th
- 2. swim meet July 5th to 7th no Friday night workout or Sunday morning workout $\,$
- 3. Sunday July 14th no workout due to kid's triathlon pool opens at 11 am $\,$

| Date | 6:15a-7:30a | 12p-1:15p | 7:15p-8:30p |
|----------------------|--------------------------|-----------|-------------|
| | | _ | |
| Monday July 15 | 4 | 3 | 3 |
| Tuesday July 16 | 3 | none | 3 |
| Wednesday July 17 | 4 | 3 | 3 |
| Thursday July 18 | 3 | none | 3 |
| Friday July 19 | 4 | 3 | none |
| Saturday July 20 | No workout on Saturday | | |
| Sun July 21 | 9:15 to 10:30 am workout | | |
| Monday July 22 | 4 | 3 | 3 |
| Tuesday July 23 | 3 | none | 3 |
| Wednesday July 24 | 4 | 3 | 3 |
| Thursday July 25 | 3 | none | 3 |
| Friday July 26 | 4 | 3 | none |
| Saturday July 27 | No workout on Saturday | | |
| Sun July 28 | 9:15 to 10:30 am workout | | |
| Monday July 29 | 4 | 3 | 3 |
| Tuesday July 30 | 3 | none | 3 |
| Wednesday July 31 | 4 | 3 | 3 |