

June 2009 Workout Schedule for MIT Masters Swimming

| Date | 6:15a-7:30a | 12p-1:15p | 7:15 p-8:30p |
|-------------------|---|-----------|--------------|
| Monday June 1 | 4 | 2 | 4 |
| Tuesday June 2 | 3 | none | 3 |
| Wednesday June 3 | 4 | 2 | 4 |
| Thursday June 4 | 3 | none | 3 |
| Friday June 5 | none | 2 | 4 |
| Saturday June 6 | 3 lanes for the 8:30 AM to 9:45 AM workout | | |
| Sun June 7 | No workout on sundays during the summer | | |
| Monday June 8 | 4 | 2 | 4 |
| Tuesday June 9 | 3 | none | 3 |
| Wednesday June 10 | 4 | 2 | 4 |
| Thursday June 11 | 3 | none | 3 |
| Friday June 12 | 4 | 2 | none |
| Saturday June 13 | 3 lanes for the 10:00 AM to 11:15 AM workout (note different time!) | | |
| Sun June 14 | No workout on sundays during the summer | | |
| Monday June 15 | 4 | 2 | 4 |
| Tuesday June 16 | 3 | none | 3 |
| Wednesday June 17 | 4 | 2 | 4 |
| Thursday June 18 | 3 | none | 3 |
| Friday June 19 | 4 | 2 | none |
| Saturday June 20 | No workout due to swim meet | | |
| Sun June 21 | No workout on sundays during the summer | | |

| Date | 6:15a-7:30a | 12p-1:15p | 7:15 p-8:30p |
|-------------------|---|-----------|--------------|
| Monday June 22 | 4 | 3 | 4 |
| Tuesday June 23 | 3 | none | 3 |
| Wednesday June 24 | 4 | 3 | 4 |
| Thursday June 25 | 3 | none | 3 |
| Friday June 26 | 4 | 3 | none |
| Saturday June 27 | 3 lanes for the 9:15 AM to 10:30 AM workout | | |
| Sun June 28 | No workout on sundays during the summer | | |
| Monday June 29 | 3 | 3 | 3 |
| Tuesday June 30 | 3 | none | 3 |
| Wednesday July 1 | 4 | 2 | 4 |
| Thursday July 2 | 3 | none | 3 |
| Friday July 3 | No workout due to holiday | | |
| Saturday July 4 | No workout due to holiday | | |

Notes:

1. There is no AM workout on Friday June 5th due to
2. There are no Friday night workouts during the summer session
3. The weekend workout is on Saturdays during the summer instead of Sundays
4. Saturday June 6th is at 8:30 am, Saturday June 13th is at 10 am and then starting on June 27th, we move to the 9:15 am to 10:30 am time
5. No workout on Saturday June 20th due to swim meet
6. The Z center is closed for the July 4th long weekend from Friday July 3rd and will reopen on Monday July 6th