

MIT Masters Swimming Workout Schedule, November 2009

Date	6:15a-7:30a	12p-1:15p	7p-8:30p
Sun. November 1st	5 lanes for the 10:30 AM to 11:45 am workout		
Monday Nov. 2	6	4	4
Tuesday Nov. 3	5	none	4
Wednesday Nov. 4	6	4	4
Thursday Nov. 5	5	none	4
Friday Nov. 6	6	4	4
Saturday Nov. 7	5 lanes for the 7:15 AM to 8:45 AM workout		
Sun Nov. 8	5 lanes for the 10:30 AM to 11:45 am workout		
Monday Nov. 9	6	4	4
Tuesday Nov. 10	5	none	4
Wednesday Nov. 11	no workouts due to holiday		
Thursday Nov. 12	5	4	4
Friday Nov. 13	6	4	4
Saturday Nov. 14	none	none	none
Sun Nov.15	5 lanes for the 10:30 AM to 11:45 am workout		
Monday Nov. 16	6	4	4
Tuesday Nov. 17	5	none	4
Wednesday Nov. 18	6	4	4
Thursday Nov. 19	5	4	4
Friday Nov. 20	6	none	4
Saturday Nov. 21	none	none	none

Date	6:15a-7:30a	12p-1:15p	7p-8:30p
Sun Nov. 22	No Workout due to Water polo tournament		
Monday Nov. 23	6	4	4
Tuesday Nov. 24	5	none	4
Wednesday Nov. 25	6	4	4
Thursday Nov. 26	no workouts due to holiday		
Friday Nov. 27	no workouts due to holiday		
Saturday Nov. 28	none	none	none
Sun. Nov. 29	no workouts due to holiday		
Monday Nov. 30	6	4	4
Tuesday December 1	5	none	4
Wednesday December 2nd	6	4	4
Thursday December 3rd	5	none	4
Friday December 4th	6	4	none - swim meet
Saturday December 5th	5 lanes for the 7:15 AM to 8:45 AM workout		
Sun. December 6th	5 lanes for the 10:30 AM to 11:45 am workout		

Comments:

1. We have a workout on Saturday Nov. 7th at 7:15 to 8:45 am
2. Workouts are cancelled on Wednesday Nov. 11th due to MIT holiday
3. We have an extra noon workout on Thursday Nov. 12th and Thursday Nov. 19th
4. Due to Water polo tournament - workouts on Friday Nov. 20th at noon and Sunday Nov. 22nd are cancelled
5. Due to Turkey weekend - no workouts on Thursday Nov. 26, Friday Nov. 27th, or Sunday Nov. 29th
6. The Friday Dec. 4th pm workout is cancelled due to swim meet, but we have a Saturday Dec 5th am workout