

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

July 2009 Workout Schedule for MIT Masters Swimming

Date	6:15a-7:30a	12p-1:15p	7:15p-8:30p
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		
Sun July 5	No workout due to holiday		
Monday July 6	4	2	4
Tuesday July 7	3	none	3
Wednesday July 8	4	2	4
Thursday July 9	3	none	3
Friday July 10	4	2	none
Saturday July 11	No workout due to swim meet		
Sun July 12	No workout		
Monday July 13	4	2	4
Tuesday July 14	3	none	3
Wednesday July 15	4	2	4
Thursday July 16	3	none	none
Friday July 17	4	2	3
Saturday July 18	3 lanes for the 9:15 to 10:30 am workout		

Date	6:15a-7:30a	12p-1:15p	7:15p-8:30p
Sun July 19	No workout		
Monday July 20	4	2	4
Tuesday July 21	3	none	3
Wednesday July 22	4	2	4
Thursday July 23	3	none	3
Friday July 24	4	2	none
Saturday July 25	3 lanes for the 9:15 to 10:30 am workout		
Sun July 26	No workout		
Monday July 27	4	3	4
Tuesday July 28	3	none	3
Wednesday July 29	4	3	4
Thursday July 30	3	none	3
Friday July 31	4	3	none
Saturday August 1	3 lanes for the 9:15 to 10:30 am workout		

Notes:

1. No workout on Friday July 3rd and Saturday July 4th due to Holiday closing of the Z center (which is closed from July 3rd and reopen July 6th)
2. Due to Swim meet on July 10th through July 12th, there is no workout on Saturday July 11th.

August 2009 Workout Schedule for MIT Masters Swimming

Date	6:15a-7:30a	12p-1:15p	7:15 p-8:30p
Sun August 2	No workout		
Monday August 3	4	2	4
Tuesday August 4	3	none	3
Wednesday August 5	4	2	4
Thursday August 6	3	none	3
Friday August 7	4	2	none
Saturday August 8	5 lanes for the 9:15 AM to 10:30 AM workout (Short Course)		
Sun August 9	No workout		
Monday August 10	6	4	4
Tuesday August 11	5	none	4
Wednesday August 12	6	4	4
Thursday August 13	5	none	4
Friday August 14	5	2	none
Saturday August 15	5 lanes for the 9:15 AM to 10:30 AM workout (Short Course)		
Sun August 16	No workout		
Monday August 17	6	4	4
Tuesday August 18	5	none	4
Wednesday August 19	6	4	4
Thursday August 20	5	none	4
Friday August 21	6	4-starts at 12:15	none
Saturday August 22	5 lanes for the 8:30 AM to 9:45AM workout		

Date	6:15a-7:30a	12p-1:15p	7:15 p-8:30p
Sun August 23	No workout		
Monday August 24	6	4-starts at 12:15	4
Tuesday August 25	5	none	4
Wednesday August 26	6	4-starts at 12:15	4
Thursday August 27	5	none	4
Friday August 28	6	4-starts at 12:15	none
Saturday August 29	5 lanes for the 8:30 AM to 9:45AM workout		
Sun August 30	No workout		
Monday August 31	6	4-starts at 12:15	4
Tuesday September 1	5	none	4
Wednesday September 2	6	4-starts at 12:15	4
Thursday Sept. 3	5	none	4
Friday Sept. 4	6	4-starts at 12:15	none
Saturday Sept. 5	No workout due to Varsity polo tournament		
Sun Sept. 6	No workout		
Monday Sept. 7	No workout due to holiday		

Notes:

1. We switch back to short course on August 7th 1:30 pm
2. Saturday am workout switches back to 8:30 am for Saturday August 22nd, 29th and Sept. 6th
3. Due to Varsity Polo, noon workouts Aug 21 to Sept 4th will run from 12:15 pm to 1:30 pm
4. Due to Labor Day weekend and water polo tournament, no workout on either Sat. Sept 3rd or Monday Sept. 5th
5. Fall session starts on Tuesday September 8th