



December 2019

MASTERS Workout Times

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 HOLIDAY BREAK	30 HOLIDAY BREAK	31 HOLIDAY BREAK	(1) January HOLIDAY BREAK	2 HOLIDAY BREAK	3 HOLIDAY BREAK	4 OYO SWIM 6:00-6:55am
5	6 COACHED SWIM 6:35-7:35pm	7	8 COACHED SWIM 6:35-7:35pm	9	10 COACHED SWIM 6:05-7:05am	11 OYO SWIM 6:00-6:55am
12	13 COACHED SWIM 6:35-7:35pm	14	15 COACHED SWIM 6:35-7:35pm	16	17 COACHED SWIM 6:05-7:05am	18 NO SWIMMING ALL COACHES AWAY
19 Vernon Masters Swim Meet Sign-Up Online: HERE	20 COACHED SWIM 6:35-7:35pm	21	22 COACHED SWIM 6:35-7:35pm	23	24 COACHED SWIM 6:05-7:05am	25 OYO SWIM 6:00-6:55am
26	27 COACHED SWIM 6:35-7:35pm	28	29 COACHED SWIM 6:35-7:35pm	30	1 (February) COACHED SWIM 6:05-7:05am	2 OYO SWIM 6:00-6:55am
3	4 COACHED SWIM 6:35-7:35pm	5	6 COACHED SWIM 6:35-7:35pm	7	8 COACHED SWIM 6:05-7:05am	9 OYO SWIM 6:00-6:55am