JULY 2017 WOODLANDS MASTERS SWIM TEAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23	24	25	26	27	28	29
Aerobic free	200 stroke/IM	100 free	50 free	Choice Stroke	Aerobic free	
	5:30 am - Tom	5:30 am - Janis/NH	5:30 am - Carolyn	5:30 am - Janis/NH	5:30 am - Tom	
	LC3		LC3		SC5	
1 pm - Megan	12:00 pm - Heather	12:00 pm -Phil	12:00 pm - Stacey	12:00 pm - Sabine	12:00 pm - Carolyn	11:00 am - Greg
LC5	LC5	LC5	LC5	LC5	SC8	SC8
	6:30 pm - Laura/NH	7:00 pm - Greg	6:30 pm - Carolyn/NH	7:00 pm - Greg		
Texas A&M		SC4		SC4		
LC Zone Champs						

August 2017 WOODLANDS MASTERS SWIM TEAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
July 30	July 31	August 1	2	3	4	5
	5:30 am - /NH	5:30 am - Janis/NH				
1 pm - Steve						
LC5	Noon - Carolyn/NH	Noon - Carolyn/NH	No workout	No workout	No workout	No workout
	Limited lanes	Limited lanes				
	6:30 pm - Laura/NH					
	Limited lanes					
	NAT closed	NAT closed	NAT closed	NAT closed	NAT closed	NAT closed