

# ADULT FITNESS SWIM - SEPTEMBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 6am Heidi 12pm Heidi	2 9am Mike
3 9am Mike	4 6am Heidi	5 6am Karl 12pm Kim	6 6am Heidi 12pm <i>No Coach</i>	7 6am Annette 12pm Dave	8 6am Heidi 12pm Dave	9 9am Heidi
10 9am Mike	11 6am Heidi	12 6am Karl 12pm Kim	13 6am Heidi 12pm Kim	14 6am Kim 12pm Kim	15 6am Heidi 12pm Kim	16 9am Annette
17 9am Mike	18 6am Heidi	19 6am Karl 12pm Terri	20 6am Heidi 12pm Kim	21 6am Kim 12pm Kim	22 6am Heidi 12pm Kim	23 <i>730am</i> Mike
24 9am Mike	25 6am Heidi	26 6am Karl 12pm Terri	27 6am Heidi 12pm Kim	28 6am Kim 12pm Kim	29 6am Heidi 12pm Kim	30 9am Mike

Moderate Monday	Moderate Freestyle	6:00am - 7:30am		
Terrific Tuesday	Speed Freestyle	6:00am - 7:30am	12:00pm - 1:30pm	
Big Wednesday	Distance Free	6:00am - 7:30am	12:00pm - 1:30pm	
Just Do It Thursday	Freestyle/Stroke/IM	6:00am - 7:30am	12:00pm - 1:30pm	
Aloha Friday	Drills/Easy	6:00am - 7:30am	12:00pm - 1:30pm	
Super Saturday	Freestyle/Stroke/IM	9:00am - 10:30am		
Speedy Sunday	Short Speed Sets	9:00am - 10:30am		



Simpkins Family Swim Center  
979 17th Avenue  
Santa Cruz, CA 95062  
(831) 454-7960  
www.scparks.com

## Introduction to Lap Swimming

**Saturdays**  
10:30am - 11:30am

## **Adult Beginning and Intro to Lap Swim**

**Tuesday/Thursday\***  
10:00am-11:30am

*\*No Class September 7*

## **Adult Fitness Entry Fees**

Single Entry	\$8.00
20-Entry Pass	\$133.00
50-Entry Pass	\$315.00

*For more information or to receive the Adult Fitness calendar via email or pool closure notifications, contact michaelbennett001gmail.com.*