



Adult Fitness Swim October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 6am Kim 12pm Kim	2 6am Heidi 12pm John	3 6am Kim 12pm Kim	4 6am Heidi 12pm John	5 9am Mike
6 9am Mike	7 6am Heidi 12pm John	8 6am Kim 12pm Kim	9 6am Heidi 12pm John	10 6am Kim 12pm Kim	11 6am Heidi 12pm Kim	12 9am Kim
13 9am Mike	14 6am Heidi 12pm Kristen	15 6am Kim 12pm Kim	16 6am Heidi 12pm Heidi	17 6am Kim 12pm Kim	18 6am Heidi 12pm Kim	19 9am Kim
20 9am John	21 6am Heidi 12pm John	22 6am Kim 12pm Kim	23 6am Heidi 12pm John	24 6am Kim 12pm Kim	25 6am Heidi 12pm Kim	26 9am Kim
27 9am Kristen	28 6am Heidi 12pm Kristen	29 6am Kim 12pm Kim	30 6am Heidi 12pm Heidi	31 6am Kim 12pm Kim		

Moderate Monday	Moderate Freestyle	6:00am – 7:30am	12:00pm – 1:30pm
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

Adult Fitness Entry Fees

Single Entry \$8.00
10-Entry Pass* \$72.00
50-Entry Pass * \$340.00

10-Entry Passes expire 1
year from date of purchase

50-Entry Passes expire 6
months from date of
purchase

For more information, to
receive the Adult Fitness
calendar via email/receive
pool closure notifications
contact Kim at:
Beachglass4me@gmail.com
or 831-212-3031