

ADULT FITNESS SWIM - MARCH 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 6am Kim 12pm Kim	2 6am Heidi 12pm Kim	3 9am Heidi
4 9am Kristen	5 6am Heidi	6 6am Karl 12pm Kim	7 6am Heidi 12pm Kim 6pm Penni	8 6am Kim 12pm Kim	9 6am Heidi 12pm Terri	10 9am Mike
11 9am Mike	12 6am Heidi	13 6am Karl 12pm Terri	14 6am Heidi 12pm Kim 6pm Penni	15 6am Kim 12pm Kim	16 6am Heidi 12pm Kim	17 9am Annette
18 9am Mike	19 6am Heidi	20 6am Karl 12pm Kim	21 6am Heidi 12pm Kim 6pm Penni	22 6am Kim 12pm Kim	23 6am Heidi 12pm Kim	24 9am Mike
25 9am Mike	26 6am Heidi	27 6am Karl 12pm Terri	28 6am Heidi 12pm Kim 6pm Penni	29 6am Kim 12pm Kim	30 6am Heidi 12pm Kim	31 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	6:00pm - 7:30pm
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

**WEDNESDAY NIGHTS
ARE BACK!**

**FUN Adult Fitness Swim Meet
Saturday, April 14
8:00am to 10:30am**

Contact Mike for more
information at
michaelbennett001@gmail.com

Adult Fitness Entry Fees

Single Entry	\$8.00
10-Entry Pass	\$66.50
50-Entry Pass	\$315.00

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