

# Adult Fitness Swim – JULY 2018

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

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



Simpkins Family Swim Center

979 17<sup>th</sup> Avenue  
 Santa Cruz, CA 95062  
 (831) 454-7060  
 www.scparks.com

**JULY 4 WORKOUT – 9AM!**

**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 notifications, please contact michaelbennett001@gmail.com or via text at 831-239-1499.