

ADULT FITNESS SWIM - OCTOBER 2018



Simpkins Family Swim Center

979 17th Avenue
Santa Cruz, CA 95062
(831) 454-7960
www.scparks.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 michaelbennett001@gmail.com or text Mike at 831-239-1499.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 6am Kristen	2 6am Kim 12pm Terri	3 6am Heidi 12pm Kim	4 6am Kim 12pm Kim	5 6am Heidi 12pm No Coach	6 9am No Coach
7 9am Kristen	8 6am Heidi	9 6am Kim 12pm Kim	10 6am Heidi 12pm Kim	11 6am Kim 12pm Kim	12 6am Heidi 12pm Kim	13 9am Kim
14 9am Annette	15 6am Heidi	16 6am Kim 12pm Kim	17 6am Heidi 12p Kim	18 6am Kim 12pm Kim	19 6am Heidi 12pm Kim	20 9am Mike
21 9am Mike	22 6am Heidi	23 6am Kim 12pm Kim	24 6am Heidi 12pm Kim	25 6am Kim 12pm Kim	26 6am Heidi 12pm Kim	27 9am Mike
28 9am Mike	29 6am Heidi	30 6am Kim 12pm Kim	31 6am Heidi 12pm Kim			

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	