



Adult Fitness Swim September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9am Kim	2 6am Dave 12pm No Coach	3 6am Kim 12pm Kim	4 6am Heidi 12pm Kim	5 6am Kim 12pm Kim	6 6am Heidi 12pm Kim	7 9am Kim
8 9am Kristen	9 6am Heidi 12pm Dave	10 6am Kim 12pm Kim	11 6am Heidi 12pm Kim	12 6am Kim 12pm Kim	13 6am Heidi 12pm Kim	14 9am Heidi
15 Pool Closed- Super Kid Triathlon	16 6am Heidi 12pm Dave	17 6am Kim 12pm Kim	18 6am Heidi 12pm Kristen	19 6am Kim 12pm Kim	20 Pool Closed	21 9am Kim
22 9am Kristen	23 6am Kim 12pm Kristen	24 6am Kim 12pm Kim	25 6am Heidi 12pm Kim	26 6am Kim 12pm Kim	27 6am Heidi 12pm Kim	28 9am Kim
29 Pool Closed	30 6am Heidi 12pm Kristen					

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

