



# ADULT FITNESS SWIM SEPTEMBER 2010

**Santa Cruz County Parks Department**  
**Simpkins Family Swim Center**  
**979 17<sup>th</sup> Avenue**

### ALL SWIMMERS WELCOME!

We invite you to come participate in an organized workout to increase muscular strength, build aerobic endurance and improve your swimming strokes. A variety of workouts will be given to meet your fitness goals. Based on experience and fitness goals, workouts range 30 to 90 minutes. For more information, or to get on the 'calendar email list', contact Mike Bennett at: 831-239-1499 or email michaelbennett0@yahoo.com.

### INTRODUCTION TO ADULT FITNESS SWIM - EVENINGS 6 TO 7

Are you curious about the program? If so, come visit us in the evening to enjoy a slow, easy approach to adult fitness swimming. Session will last 30 to 60 minutes based on your fitness level. We will help you with stroke mechanics and work with you on a pace to meet YOUR swim fitness needs.

### WORKOUT DAYS AND TIMES

Tuesday - Friday 6:00 AM - 7:30 AM  
 Tuesday - Friday 12:00 PM - 1:30 PM  
 Tue, Wed & Thu 6:00 PM - 7:00 PM  
 Saturday 9:00 AM - 10:30

### WORKOUT THEME

Terrific Tuesday Speed  
 Big Wednesday Distance  
 Just Do It Thursday Free/IM  
 Aloha Friday Drills/Easy  
 Spoke Saturday Speed/Stroke

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>ADULT FITNESS ENTRY FEES</b> Single Entry: \$7.00 20-Entry Pass: \$112/\$123 50-Entry Pass: \$263/\$289 100-Entry Pass: \$490/\$539			<b>1</b> 6 AM Heidi 12 PM Ann 6 PM Christy	<b>2</b> 6 AM Ann 12 PM Anna 6 PM Melanie	<b>3</b> 6 AM Heidi 12 PM Jane	<b>4</b> 9 AM Jane
<b>5</b> POOL CLOSED	<b>6</b> POOL CLOSED	<b>7</b> 6 AM Mike 12 PM Terri 6 PM Melanie	<b>8</b> 6 AM Heidi 12 PM Jane 6 PM Christy	<b>9</b> 6 AM Ann 12 PM Anna 6 PM Melanie	<b>10</b> 6 AM Heidi 12 PM Jane	<b>11</b> 9 AM Mike
<b>12</b> POOL CLOSED	<b>13</b> POOL CLOSED	<b>14</b> 6 AM Mike 12 PM Terri 6 PM Melanie	<b>15</b> 6 AM Heidi 12 PM Jane 6 PM Christy	<b>16</b> 6 AM Ann 12 PM Anna 6 PM Melanie	<b>17</b> 6 AM Heidi 12 PM Jane	<b>18</b> 9 AM Mike
<b>19</b> POOL CLOSED	<b>20</b> POOL CLOSED	<b>21</b> 6 AM Mike 12 PM Terri 6 PM Christy	<b>22</b> 6 AM Heidi 12 PM Jane 6 PM Christy	<b>23</b> 6 AM Ann 12 PM Anna 6 PM Christy	<b>24</b> 6 AM Heidi 12 PM Mike	<b>25</b> POOL CLOSED
<b>26</b> POOL CLOSED	<b>27</b> POOL CLOSED	<b>28</b> 6 AM Mike 12 PM Terri 6 PM Christy	<b>29</b> 6 AM Heidi 12 PM Jane 6 PM Christy	<b>30</b> 6 AM Ann 12 PM Anna 6 PM Christy		

### GET ON THE ADULT FITNESS EMAIL LIST

Get the AF calendar, pool open/closure updates and other special announcements emailed DIRECTLY to you. Send an email request to: michaelbennett0@yahoo.com.