

Adult Fitness Swim - February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 6am HEIDI 12pm NICK 6pm JANE	2 6am ANN 12pm NICK	3 6am HEIDI 12pm JANE	4 9am MIKE
5 Pool Closed	6 Pool Closed	7 6am NICK 12pm TERRI	8 6am HEIDI 12pm NICK 6pm JANE	9 6am ANN 12pm NICK	10 6am HEIDI 12pm JANE	11 9am MIKE
12 Pool Closed	15 Pool Closed	14 6am NICK 12pm TERRI	15 6am HEIDI 12pm NICK 6pm MELANIE	16 6am ANN 12pm NICK	17 6am HEIDI 12pm MIKE	18 9am MIKE
19 Pool Closed	22 Pool Closed	21 6am NICK 12pm TERRI	22 6am HEIDI 12pm NICK 6pm JANE	23 6am ANN 12pm NICK	24 Pool Closed	25 Pool Closed
26 Pool Closed	29 Pool Closed	28 6am NICK 12pm TERRI	29 6am HEIDI 12pm NICK 6pm JANE	1	2	3

Day	Emphasis	Morning	Noon	Evening
Terrific Tuesday	Speed	6 am - 7:30 am	12 pm - 1:30 pm	<i>Back in Spring</i>
Big Wednesday	Distance	6 am - 7:30 am	12 pm - 1:30 pm	6 pm - 7:30 pm
Just Do It Thursday	Free/IM	6 am - 7:30 am	12 pm - 1:30 pm	<i>Back in Spring</i>
Aloha Friday	Drills/Easy	6 am - 7:30 am	12 pm - 1:30 pm	
Super Saturday	Free/Easy Stroke	9 am - 10:30 am		



Simpkins Family Swim Center
979 17th Avenue
Santa Cruz, Ca 95062
 (831) 454-7948
www.scparks.com

All Swimmers Welcome

We invite you to come participate in a fun 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 Adult Fitness Calendar Email List, contact Mike Bennett at: 831-239-1499 or email michaelbennett001@gmail.com

Adult Fitness Entry Fees

Single Entry	\$7.00
20-Entry Pass	\$112/\$123
50-Entry Pass	\$263/\$289
100-Entry Pass	\$490/\$539