

ADULT FITNESS SWIM - JANUARY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9am Heidi	2 6am Karl 12pm Kristen	3 6am Heidi 12pm Kim	4 6am Kim 12pm Kim	5 6am Heidi 12pm Kim	6 9am Mike
7 9am Mike	8 6am Heidi	9 6am Karl 12pm Terri	10 6am Heidi 12pm Kim	11 6am Kim 12pm Kim	12 6am Heidi 12pm Kim	13 9am Mike
14 9am Mike	15 6am Heidi	16 6am Karl 12pm Terri	17 6am Heidi 12pm Kim	18 6am Kim 12pm Kim	19 6am Heidi 12pm Kim	20 9am Mike
21 9am Mike	22 6am Heidi	23 6am Karl 12pm Terri	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 Karl 12pm Terri	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		



Simpkins Family Swim Center
979 17th Avenue
Santa Cruz, CA 95062
(831) 454-7960
www.scparks.com

Introduction to Lap Swimming

Saturdays
10:30am - 11:30am

Adult Beginning Swim and Intro to Lap Swim

Tuesday/Thursday
10:00am-11:30am

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 michaelbennett001gmail.com.