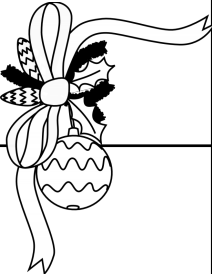


Adult Fitness Swim - December 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 9am Mike
2 9am Kim	3 6am Heidi	4 6am Kim 12pm Kim	5 6am Heidi 12pm Sara	6 6am Kim 12pm Kim	7 6am Heidi 12pm Kim	8 9am Mike
9 9am Mike	10 6am Heidi	11 6am Kim 12pm Kim	12 6am Heidi 12p Sara	13 6am Kim 12pm Kim	14 6am Mike 12pm Kim	15 9am Mike
16 9am Kristen	17 6am Heidi	18 6am Kim 12pm Kim	19 6am Heidi 12pm Sara	20 6am Kim 12pm Kim	21 6am Heidi 12pm Kim	22 9am Mike
23 9am Mike	24 6am Heidi		26 6am Heidi 12pm Sara	27 6am Kim 12pm Kim	28 6am Heidi 12pm Kim	29 9am Kristen
30 9am Mike	31 6am Heidi					



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.

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	