

ADULT FITNESS SWIM - JUNE 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 6am Kim 12pm Kim	2 6am Heidi 12pm Kim	3 9am Annette
4 9am Annette	5 6am Heidi	6 6am Karl 12pm Terri	7 6am Heidi 12pm Kim 6pm Penni	8 6am Kim 12pm Kim	9 6am Heidi 12pm Kim	10 9am Mike
11 9am Kim	12 6am Heidi	13 6am Karl 12pm Terri	14 6am Heidi 12pm Kim 6pm Penni	15 6am Kim 12pm Kim	16 6am Heidi 12pm Kim	17 SWIM MEET 8am to 11am No Workout
18 9am Kristen	19 6am Heidi	20 6am Karl 12pm Kristen	21 6am Heidi 12pm Kim 6pm Kristen	22 6am Kim 12pm Kim	23 6am Heidi 12pm Kim	24 9am Mike
25 9am Mike	26 6am Heidi	27 6am Karl 12pm Terri	28 6am Heidi 12pm Kim 6pm No Coach	29 6am Kim 12pm Kim	30 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	6:00pm - 7:30pm
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

Saturday*

10:30am - 11:30am

* No Intro Class on June 17

Adult Fitness Entry Fees

Single Entry	\$7.00
20-Entry Pass	\$133.00
50-Entry Pass	\$315.00
100-Entry Pass	\$595.00

Adult Fitness Swim Meet Saturday, June 17th 8:00 a.m. to 11:00 a.m.

There will be a FUN swim meet, Saturday, June 17th at the Simpkins Family Swim Center. Cost is Adult Fitness entry fee. *We will use the deep-end lanes so there will be no practice June 17th.*

Sign up by June 7 at
surveymonkey.com/r/5HZVTXZ

For more information or to receive the Adult Fitness calendar via email or pool closure notifications, contact Mike at michaelbennett001gmail.com.