

ADULT FITNESS SWIM - JUNE 2018

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

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

Adult Fitness Entry Fees

Single Entry	\$8.00
10-Entry Pass	\$66.50
50-Entry Pass	\$315.00

TUESDAY NIGHTS

Tuesday night workouts with Penni have been canceled.

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