

Adult Fitness Swim - February 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 6am Heidi 12pm Kim	2 9am Mike
3 9am Mike	4 6am Heidi 12pm Penni	5 6am Kim 12pm Kim	6 6am Heidi 12pm Penni	7 6am Kim 12pm Kim	8 6am Heidi 12pm Kim	9 9am Kristen
10 9am Mike	11 6am Heidi 12pm Penni	12 6am Kim 12pm Kim	13 6am Heidi 12pm Kristen	14 6am Kim 12pm Kim	15 6am Heidi 12pm Kim	16 9am Mike
17 9am Mike	18 6am Heidi 12pm Penni	19 6am Kim 12pm Terri	20 6am Heidi 12pm Penni	21 6am Kim 12pm Kim	22 6am Heidi 12pm Kim	23 9am Sara
24 9am Sara	25 6am Heidi 12pm Penni	26 6am Kim 12pm Terri	27 6am Heidi 12pm Penni	28 6am Kim 12pm Kim		



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 michaelbennett001gmail.com or text Mike at 831-239-1499.

Moderate Monday	Moderate Freestyle	6:00am - 7:30am	12:00pm - 1:30pm
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	