

Adult Fitness Swim - May 2019



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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 6am Heidi 12pm Penni	2 6am Kim 12pm Kim	3 6am Heidi 12pm Kim	4 9am Dave
5 POOL CLOSED	6 6am Heidi 12pm Penni	7 6am Kim 12pm Terri	8 6am Heidi 12pm Penni	9 6am Kim 12pm Kim	10 6am Heidi 12pm Kim	11 9am Kim
12 9am Kim	13 6am Heidi 12pm Penni	14 6am Kim 12pm Terri	15 6am Heidi 12pm Penni	16 6am Sara 12pm Kristen	17 6am Heidi 12pm Heidi	18 9am Mike
19 9am Kristen	20 6am Heidi 12pm Penni	21 6am Kim 12pm Terri	22 6am Heidi 12pm Penni	23 6am Kim 12pm Kim	24 6am Heidi 12pm Kim	25 9am Kristen
26 9am Kristen	27 6am Heidi 12pm Penni	28 6am Kim 12pm Terri	29 6am Heidi 12pm Penni	30 6am Kim 12pm Kim	31 6am Heidi 12pm Kim	

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	