

# ADULT FITNESS SWIM - JULY 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>1st - 9am Heidi</i> <i>2nd - 9am Kristen</i>	<b>3</b> 6am Heidi	<b>4</b> <b>9am Karl</b>	<b>5</b> 6am Heidi 12pm Kim 6pm Penni	<b>6</b> 6am Kim 12pm Kim	<b>7</b> 6am Heidi 12pm Kim	<b>8</b> 9am Heidi
<b>9</b> 9am Annette	<b>10</b> 6am Heidi	<b>11</b> 6am Karl 12pm Kristen	<b>12</b> 6am Heidi 12pm Kim 6pm Penni	<b>13</b> 6am Kim 12pm Kim	<b>14</b> 6am Heidi 12pm Kim	<b>15</b> 9am Mike
<b>16</b> 9am Mike	<b>17</b> 6am Heidi	<b>18</b> 6am Karl 12pm Terri	<b>19</b> 6am Heidi 12pm Kim 6pm No Coach	<b>20</b> 6am Kim 12pm Kim	<b>21</b> 6am Heidi 12pm Kim	<b>22</b> 9am Heidi
<b>23</b> 9am Kristen	<b>24</b> 6am Heidi	<b>25</b> 6am Karl 12pm Terri	<b>26</b> 6am Heidi <u>12pm No Coach</u> 6pm Penni	<b>27</b> 6am Mike 12pm Penni	<b>28</b> 6am Heidi 12pm Penni	<b>29</b> 9am Mike
<b>30</b> 9am Mike	<b>31</b> 6am Heidi					

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 Class July 1 and 8

## Adult Fitness Entry Fees

Single Entry	\$8.00
20-Entry Pass	\$133.00
50-Entry Pass	\$315.00

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