

# ADULT FITNESS SWIM - AUGUST 2018

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

### FAREWELL KARL

Karl is moving to Anacortes, Washington later this month. Karl was our Tuesday 6am coach for 7+ years and will be missed by everyone! His last day on deck is the 21st.

*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.*