

ADULT FITNESS SWIM - November 2018

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