

ADULT FITNESS SWIM - MAY 2017

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

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

Wednesday & Thursday
 9:00am - 10:30am

Saturday
 10:30am - 11:30am

Beginning Adult Fitness Swim

Wednesday & Thursday
 10:30am - 12:00pm

Adult Fitness Entry Fees

Single Entry	\$7.00
20-Entry Pass	\$133.00
50-Entry Pass	\$315.00
100-Entry Pass	\$595.00

Adult Fitness Swim Meet **Saturday, June 17th** **8:00 a.m. to 11:00 a.m.**

Save the date. There will be a FUN swim meet, Saturday, June 17th at the Simpkins Family Swim Center. There will be 25's, 50's and a few 100's of each stroke, possibly a 200 IM and relays. We will use the deep-end lanes so there will be no practice June 17th.

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