

ADULT FITNESS SWIM - APRIL 2018

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

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

FUN Adult Fitness Swim Meet
Saturday, April 14
8:00am to 10:30am

Contact Mike for more
information at
michaelbennett001@gmail.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.