

ADULT FITNESS SWIM - NOVEMBER 2017

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

Introduction to Lap Swimming

Saturdays
10:30am - 11:30am

Adult Beginning Swim and Intro to Lap Swim

Tuesday/Thursday
10:00am-11:30am

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.