

			WINTER WORKOUT SCHEDULE as of 04/12/2021				P.O. Box 66425, Los Angeles, CA 90066 (310) 390-5700 SCAQ@SWIM.net	
POOL	TIME	MON	TUES	WED	THURS	FRI	WEEKEND	
MORNING							SATURDAY	
CULVER CITY	7:00-7:50	FREESTYLE	FREESTYLE	FREESTYLE	FREESTYLE	FREESTYLE	SANTA MONICA	9:00-10:00am
EL SEGUNDO	5:45-6:45	DIST FREE	SPRINTS	MID DIST	CRSSTRN	FREESTYLE	EL SEGUNDO	10:00-11:00am
EL SEGUNDO	7:00-8:00	FREESTYLE		FREESTYLE		FREESTYLE	SUNDAY	
EL SEGUNDO	9:00-10:00		FREESTYLE		FREESTYLE			
SANTA MONICA	5:30-6:30	FREESTYLE	FREESTYLE	FREESTYLE	FREESTYLE	FREESTYLE	EL SEGUNDO	10:00-11:00am
SANTA MONICA	6:30-7:30	FREESTYLE	FREESTYLE	FREESTYLE	FREESTYLE	FREESTYLE	CULVER CITY	11:00-11:50am
SANTA MONICA	7:30-8:00	FREESTYLE	FREESTYLE	FREESTYLE	FREESTYLE	FREESTYLE	REDONDO	2:30-3:30pm
MID-DAY								
SANTA MONICA	11:30-12:30			FREESTYLE		FREESTYLE		
EL SEGUNDO	12-1pm	MID DIST	DIST FREE	DIST FREE	CRSSTRN	DIST/SPRINT		
CULVER CITY	12-12:50pm	DIST FREE		MID DIST		DIST/SPRINT		
EVENING								
CULVER CITY	8-8:50pm		FREESTYLE		FREESTYLE			

Due to workout size restrictions all workouts require preregistration and payment. DO NOT JUST SHOW UP!

You can register and pay for workouts on line at <https://app.iclasspro.com/portal/scaq>.

Registration for the following week opens Fri at 10am.

We are not offering monthly memberships at this time. All workouts are short course. All workout are \$15 per workout except SM 7:30-8am which is \$10.

If you are unable to make a workout please contact the office SCAQ@SWIM.net by 5pm the day before so we can open that spot someone on the waitlist.

WORKOUT THEMES:

DIST FREE = Distance Freestyle

MID DIST = Mid Distance Freestyle

MID/SPR = Mid Distance Free w/Sprints

DIST SPR = Distance Free w/Sprints

CRSSTRN = other strokes & IM for well-rounded swimming

Weekend Workouts: Coach's Choice

VNSO, Westwood, Echo and USC are closed indefinitely.