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Any changes due to holidays or pool closures  
can be found on the SCAQ website front page at [www.SWIM.net/SCAQ](http://www.SWIM.net/SCAQ)

## Summer 2017 WORKOUT SCHEDULE

As of 08/30/17

POOL	TIME	MON	TUES	WED	THURS	FRI
<b>MORNING</b> *Long Course Workout						
WESTWOOD	5:30		MID DIST	DIST FREE	<i>DIST/SPR</i>	CRSSTRN
SANTA MONICA	5:30		CRSSTRN*		DIST FREE*	
SANTA MONICA	6:30		DIST FREE*		MID DIST*	
VALLEY	6:00		DIST FREE	<i>DIST/SPR</i>	STR/FREE	<i>MID DIST</i>
LOYOLA	5:30	<i>DIST FREE</i>		<i>DIST/SPR</i>		<i>MID DIST</i>
LOYOLA	6:30		MID DIST		STR/FREE	
CULVER CITY	5:30	DIST FREE*		CRSSTRN*		MID DIST*
CULVER CITY	6:30	DIST FREE*		FREE*		MID DIST*
CULVER CITY	7:30	FREE*		FREE*		FREE*
CULVER CITY	6:00		BEG TRI*		BEG TRI*	
ECHO PARK	6:00		<i>CRSSTRN</i>	<i>DIST FREE</i>	<i>SPRINT</i>	<i>MID DIST</i>
EL SEGUNDO	6:00	DIST FREE	CRSSTRN	MID DIST	DIST FREE	DIST/SPR
OCCIDENTAL	6:00	DIST FREE		FREE		FREE
<b>MID-DAY</b> *Long Course Workout						
CULVER	12:00	CRSSTRN*		DIST FREE*		DIST/SPR*
WESTWOOD	12:00		MID DIST		SPRINT	
USC	12:00	DIST FREE		CRSSTRN		SPRINT
<b>EVENING</b> *Long Course Workout						
CULVER CITY	6:00	DIST FREE		CRSSTRN		<i>SPR/MID DIS</i>
CULVER CITY	7:00					DIST FREE & SWIM 101
SANTA MONICA	6:30		CRSSTRN		SPRINT	
SANTA MONICA	7:30	DIST FREE*		DIST FREE*		
USC	6:00	<i>DIST FREE</i>	<i>MID DIST</i>		<i>DIST/SPR</i>	
REDONDO	8:00	<i>MID DIST</i>		<i>MID/SPR</i>		
VALLEY	7:00			DIST FREE		<i>MID DIST</i>

## WEEKEND

SATURDAY		*Long Course
LOYOLA Mega 5K*		6:30-8:00am
SANTA MONICA*		8:00am
WESTWOOD		8:00am
VALLEY		7:30am
SANTA MONICA		11:15am
SANTA MONICA		4:00pm
<b>SUNDAY</b>		*Long Course
LOYOLA Mega 4K		8:00am
LOYOLA		9:00am
LOYOLA SWIM 101 (RSVP REQUIRED)		8:00am
VALLEY		11:00am
VALLEY SWIM 101 (RSVP REQUIRED)		11:00am
CULVER*		11:00am
REDONDO		2:30pm
SANTA MONICA		11:15am
SANTA MONICA		4:00pm

### WORKOUT THEMES:

DIST FREE = Distance Freestyle  
 MID DIST = Mid Distance Freestyle  
 MID/SPR = Mid Distance Free w/Sprints  
 DIST SPR = Distance Free w/Sprints  
 SWIM 101 = Intro/Beginner Workout  
 CRSSTRN = other strokes & IM for well-rounded swimming

Weekend Workouts: Coach's Choice

Shaded Boxes=smaller workouts ideal for new swimmers

VNSO Closes 9/11 for approximately three weeks for maintenance

### INTRODUCTORY LOW KEY "SWIMMING 101" WORKOUT

The Swim 101 is broken up into three goals for the hour:

1. Teach technique and practice it in drills and in swimming
2. Learn how to workout
3. Do a mini workout

- LMU Sundays 8am RSVP required—[scaq@swim.net](mailto:scaq@swim.net)
- VNSO (Valley) Sundays 11am RSVP required—sign up online [swim.net/scaq](http://swim.net/scaq)
- Culver Fri 7pm—sign up online [swim.net/scaq](http://swim.net/scaq)