

		WINTER WORKOUT SCHEDULE as of 12/07/2020					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	7:00-8:00	FREE	FREE	FREE	FREE	FREE	SANTA MONICA	9:00-10:00am
EL SEGUNDO	5:45-6:30	DIST FREE	SPRINTS	MID DIST	CRSSTRN	FREE	EL SEGUNDO	10:00-11:00am
EL SEGUNDO	6:30-7:15	FREE		FREE		FREE	SUNDAY	
EL SEGUNDO	7:15-8:00	FREE		FREE		FREE	EL SEGUNDO	10:00-11:00am
EL SEGUNDO	9:00-10:00		FREE		FREE		CULVER CITY	11:00am-12:00pm
MID-DAY								
EL SEGUNDO	12:00	MID DIST	DIST FREE	DIST FREE	CRSSTRN	DIST/SPRINT		
CULVER CITY	12:00	DIST FREE		MID DIST		DIST/SPRINT		
EVENING								
CULVER CITY	7:00	DIST FREE		CRSSTRN		SPR/MID DIS		

- Culver workouts are currently canceled through 12/20 due to the current Stay At Home order.
- VNSO, Westwood, Echo, Redondo and USC are closed indefinitely.
- El Segundo workouts are limited to one swimmer per lane.

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.

All workouts are \$20. We are not offering monthly memberships at this time.

All workouts are short course.

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

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