

(Effective 10/01/2021 - 10/31/2021)							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am	Adult Exercise	Adult Exercise	Adult Exercise	Adult Exercise	Adult Exercise		
6:00am							
6:30am							
7:00am							
7:30am							
8:00am							
8:30am							
9:00am							
9:30am							
10:00am		Water Fitness	Water Fitness	Water Fitness	Water Fitness	Swim Lessons	Adult Exercise
10:30am							
11:00am		Adult Exercise	Adult Exercise	Adult Exercise	Adult Exercise	Adult Exercise	
11:30am							
12:00pm							
12:30pm							
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm		Open Swim	Open Swim	Adult Exercise	Open Swim	Open Swim	Open Swim
3:30pm							
4:00pm							
4:30pm							
5:00pm							
5:30pm							
6:00pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		Closed	
6:30pm							
7:00pm	Water Fitness	Water Fitness	Open Swim	Water Fitness		Closed	
7:30pm							
8:00pm	Closed	Closed	Closed	Closed	Closed		
8:30pm							
9:00pm							
9:30pm							
Reservations are 60 minutes and start at the top of the hour.							
Most current schedule can be found at scymca.org . Make reservations online or by contacting the front desk.							
Schedule Key:							
Adult Exercise: Individual exercise & must be 15 years old or older.							
Open Swim: Available for families of all ages. Features will be on. Slide available during open swim.							
Water Fitness: Reservations must be made on GroupX Pro.							
Swim Lessons: Pool open for swim lesson participants only.							