

(Effective 01/01/2022 - 01/31/2022)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:15am	Adult Exercise	Adult Exercise	Adult Exercise	Adult Exercise	Adult Exercise			
6:00am								
6:30am						Adult Exercise		
7:00am								
7:30am						Water Fitness		
8:00am								
8:30am						Adult Exercise		
9:00am								
9:30am								
10:00am						Water Fitness		Water Fitness
10:30am								
11:00am	Adult Exercise	Adult Exercise	Adult Exercise	Adult Exercise				
11:30am								
12:00pm	Open Swim	Open Swim	Open Swim	Adult Exercise	Open Swim	Open Swim		
12:30pm								
1:00pm								
1:30pm								
2:00pm								
2:30pm								
3:00pm								
3:30pm								
4:00pm								
4:30pm								
5:00pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Open Swim	Open Swim		
5:30pm								
6:00pm								
6:30pm	Water Fitness	Water Fitness	Open Swim	Water Fitness			Closed	Closed
7:00pm								
7:30pm	Closed	Closed	Closed	Closed			Closed	Closed
8:00pm								
8:30pm								
9:00pm								
9:30pm								

Most current schedule can be found at scymca.org.

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.