

(Effective 02/01/2022 - 02/28/2022)

	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	
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			
5:30pm							
6:00pm	Water Fitness	Water Fitness	Open Swim	Water Fitness	Closed	Closed	
6:30pm							
7:00pm	Closed	Closed	Closed	Closed			
7:30pm							
8:00pm	Closed	Closed	Closed	Closed			
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.