

(Effective 03/01/2022 - 03/31/2022)								
	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								
8:00am								
8:30am						Water Fitness		
9:00am						Adult Exercise		
9:30am								
10:00am						Water Fitness		Water Fitness
10:30am								
11:00am	Adult Exercise	Adult Exercise	Adult Exercise	Adult Exercise				
11:30am					Open Swim	Open Swim		
12:00pm	Open Swim	Open Swim	Open Swim	Adult Exercise (Open Swim 3/10 ONLY)				
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								
7:00pm	Water Fitness	Water Fitness	Open Swim	Water Fitness			Closed	
7:30pm								
8:00pm								
8:30pm								
9:00pm	Closed	Closed	Closed	Closed			Closed	
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.								