

(Effective 05/01/2022 - 05/31/2022)

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

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.

Safety Around Water: Pool open for 742 District participants only.