

(Effective 08/29/2022 - 09/30/2022)

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

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.