

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

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------|--------------------------|
| 5:15am | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | | |
| 6:00am | | Masters Swim & Lap Swim | Water Fitness & Lap Swim | Masters Swim & Lap Swim | Water Fitness & Lap Swim | Masters Swim | |
| 6:30am | | | | | | | |
| 7:00am | | Lap Swim | Lap Swim | Lap Swim | Water Fitness & Lap Swim | | |
| 7:30am | | | | | | | |
| 8:00am | | Water Fitness & Lap Swim | | | | Lap Swim | |
| 8:30am | | | | | | | |
| 9:00am | Water Fitness & Lap Swim | Lap Swim | Water Fitness & Lap Swim | Water Fitness & Lap Swim | Lap Swim | | |
| 9:30am | | | | | Water Fitness & Lap Swim | | Water Fitness & Lap Swim |
| 10:00am | Lap Swim | | Lap Swim | Lap Swim | | | |
| 10:30am | | | | | Lap Swim | | Lap Swim |
| 11:00am | Lap Swim | | Lap Swim | Lap Swim | | | |
| 11:30am | | | | | Lap Swim | | Lap Swim |
| 12:00pm | Lap Swim | | Lap Swim | Lap Swim | | | |
| 12:30pm | | Lap Swim | | | Lap Swim | Lap Swim | Lap Swim |
| 1:00pm | Lap Swim | | Lap Swim | Lap Swim | | | |
| 1:30pm | | Lap Swim | | | Lap Swim | Lap Swim | Lap Swim |
| 2:00pm | Lap Swim | | Lap Swim | Lap Swim | | | |
| 2:30pm | | Lap Swim | | | Lap Swim | Lap Swim | Lap Swim |
| 3:00pm | Lap Swim | | Lap Swim | Lap Swim | | | |
| 3:30pm | | Lap Swim | | | Lap Swim | Lap Swim | Lap Swim |
| 4:00pm | Swim Team & Lap Swim | | Swim Team & Lap Swim | Swim Team | | | |
| 4:30pm | | | | | | | |
| 5:00pm | Swim Team & Swim Lessons | Swim Team & Swim Lessons | Swim Team & Swim Lessons | Swim Team & Swim Lessons | Swim Team & Lap Swim | | |
| 5:30pm | | | | | | | |
| 6:00pm | | | | | | | |
| 6:30pm | Swim Team | Lap Swim | Water Fitness & Lap Swim | Lap Swim | Closed | | |
| 7:00pm | | | | | | | |
| 7:30pm | Closed | Closed | Closed | Closed | Closed | | |
| 8:00pm | | | | | | | |
| 8:30pm | Closed | Closed | Closed | Closed | Closed | | |
| 9:00pm | | | | | | | |
| 9:30pm | Closed | Closed | Closed | Closed | Closed | | |
| | | | | | | | |

Reservations are 60 minutes and start at the top of the hour.

Most current schedule can be found at scymca.org. Make reservations online or by contacting the front desk.

Schedule Key:

Lap Swim: Individual lap swim exercise & must be 10 years old or older.

Swim Team: Pool open for swim team participants only.

Water Fitness: Reservations must be made on GroupX Pro.

Swim Lessons: Pool open for swim lesson participants only.