

(Effective 10/01/2022 - 10/31/2022)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00am	Adult Exercise	Adult Exercise	Adult Exercise	Adult Exercise	Adult Exercise	Adult Exercise		
6:00am								
6:30am								
7:00am								
7:30am								
8:00am								
8:30am								
9:00am								
9:30am	Safety Around Water ONLY 10/17 & 10/24	Safety Around Water ONLY	Safety Around Water ONLY	Safety Around Water ONLY 10/6 & 10/13				
10:00am					Water Fitness & Adult Exercise			
10:30am	Adult Exercise	Water Fitness & Adult Exercise	Water Fitness & Adult Exercise	Water Fitness & Adult Exercise	Adult Exercise	Swim Lessons	Adult Exercise	
11:00am								
11:30am			Adult Exercise	Adult Exercise	Adult Exercise			
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 & Open Swim					
2:30pm								
3:00pm								
3:30pm			Open Swim					
4:00pm								
4:30pm								
5:00pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons				
5:30pm								
6:00pm								
6:30pm							Closed	
7:00pm	Water Fitness ONLY	Water Fitness & Adult Exercise	Open Swim	Water Fitness & Adult Exercise		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](http://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.