

(Effective 11/01/2022 - 11/30/2022)								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00am	Adult Exercise	Adult Exercise	Adult Exercise	Adult Exercise	Adult Exercise			
6:00am								
6:30am								
7:00am								
7:30am								
8:00am								
8:30am								
9:00am								
9:30am	Safety Around Water ONLY	Safety Around Water ONLY	Safety Around Water ONLY	Safety Around Water ONLY 11/3 & 11/10				
10:00am					Water Fitness & Adult Exercise	Swim Lessons	Adult Exercise	
10:30am	Adult Exercise	Water Fitness & Adult Exercise	Water Fitness & Adult Exercise	Water Fitness & Adult Exercise	Adult Exercise			
11:00am								
11:30am			Adult Exercise	Adult Exercise	Adult Exercise		Open Swim	Open Swim
12:00pm					Open Swim			
12:30pm								
1:00pm	Open Swim	Open Swim	Open Swim	Adult Exercise				
1:30pm								
2:00pm		Home School Gym & Open Swim						
2:30pm								
3:00pm		Open Swim						
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 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.								
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.								