

(Effective 01/01/2023 - 01/31/2023)							
	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 1/9 1/23 1/30	Safety Around Water ONLY	Safety Around Water ONLY	Safety Around Water ONLY 1/5 1/12 1/26			
10:00am		Water Fitness & Adult Exercise	Water Fitness & Adult Exercise	Water Fitness & Adult Exercise	Water Fitness & Adult Exercise	Swim Lessons	Adult Exercise
10:30am	Adult Exercise				Adult Exercise		
11:00am							
11:30am		Adult Exercise	Adult Exercise	Adult Exercise			
12:00pm							
12:30pm							
1:00pm	Open Swim	Open Swim	Open Swim		Open Swim	Open Swim	Open Swim
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			
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 <a href="http://scymca.org">scymca.org</a> .							
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.							