

(Effective 02/01/2023 - 02/28/2023)

	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 2/27	Safety Around Water ONLY	Safety Around Water ONLY	Safety Around Water ONLY			
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							
12:00pm							
12:30pm		Adult Exercise	Adult Exercise				
1:00pm	Open Swim	Open Swim	Open Swim	Adult Exercise	Open Swim	Open Swim	Open Swim
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm			Open Swim				
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 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.