

(Effective 03/01/2023 - 03/31/2023)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00am	Adult Exercise	Adult Exercise	Adult Exercise	Adult Exercise	Adult Exercise			
6:00am								
6:30am						Adult Exercise		
7:00am								
7:30am								
8:00am						Water Fitness & Adult Exercise		
8:30am								
9:00am						Adult Exercise		
9:30am	Safety Around Water ONLY 3/6 3/20 3/27	Safety Around Water ONLY 3/7 3/21 3/28	Safety Around Water ONLY 3/1 3/8 3/22 3/29					
10:00am	Adult Exercise	Water Fitness & Adult Exercise	Water Fitness & Adult Exercise		Water Fitness & Adult Exercise	Water Fitness & Adult Exercise		Swim Lessons
10:30am					Adult Exercise			
11:00am								
11:30am			Adult Exercise	Adult Exercise	Adult Exercise	Open Swim	Open Swim	
12:00pm								
12:30pm								
1:00pm	Camp Swim 3/13 & Open Swim	Camp Swim 3/14 & Open Swim	Camp Swim 3/15 & Open Swim	Adult Exercise or Camp Swim & Open Swim 3/16	Camp Swim 3/17 & Open Swim			
1:30pm								
2:00pm	Open Swim	Open Swim	Open Swim	Adult Exercise or Open Swim on 3/16	Open Swim			
2:30pm								
3:00pm								
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 [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.