

(Effective 04/01/2023 - 04/30/2023)

	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 4/10 4/17/ 4/24	Safety Around Water ONLY 4/11 4/18/ 4/25	Safety Around Water ONLY 4/12 4/19 4/26	Safety Around Water ONLY 4/13 4/27			
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				
12:00pm							
12:30pm							
1:00pm	Open Swim	Open Swim	Open Swim	Adult Exercise	Open Swim	Open Swim	Open Swim
1:30pm							
2:00pm	Homeschool 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 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.