



Large Pool Schedule

St. Cloud Area Family YMCA | For Youth Development | For Healthy Living | For Social Responsibility | 320.253.2664 | www.scymca.org

Large Pool							
Effective 9/8/15							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
6:00am	Deep Water Fitness 6:00-7:00	Masters Swim 5:45-7:00	Deep Water Fitness 6:00-7:00	Masters Swim 5:45-7:00	Deep Water Fitness 6:00-7:00	Masters Swim 6:15-7:45	
6:30am							
7:00am	Open Swim 7:00am-4:00pm	Open Swim 7:00am-4:00pm	Open Swim 7:00am-4:00pm	Open Swim 7:00am-4:00pm	Open Swim 7:00am-4:00pm	Water Aerobics 8:00-9:00	
7:30am							
8:00am							
8:30am	Aqua Aerobics 8:30-9:30	Open Swim 7:00am-4:00pm	Aqua Aerobics 8:30-9:30	Open Swim 7:00am-4:00pm	Aqua Aerobics 8:30-9:30	Swim Lessons 9:00-12:00	
9:00am							
9:30am	MS Exercise 9:30-10:30	Open Swim 9:30-11:00	MS Exercise 9:30-10:30	Open Swim 7:00am-4:00pm	MS Exercise 9:30-10:30	Swim Lessons 9:00-12:00	
10:00am							
10:30am	Bodies in Motion 10:30-11:30	ISD 742 11:00-12:30	Bodies in Motion 10:30-11:30	Open Swim 7:00am-4:00pm	Bodies in Motion 10:30-11:30	Swim Lessons 9:00-12:00	
11:00am							
11:30am	Open Swim 11:30-4:00	Open Swim 12:30-4:00	Open Swim 11:30-4:00	Open Swim 7:00am-4:00pm	Open Swim 12:30-4:00	Open Swim 12:00-8:00pm	Open Swim 10:00-6:00 pm
12:00pm							
12:30pm							
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm	Swim Team 4:00-5:30 Swim Lessons 5:30-7:20 Swim Team 5:30-8:30	Swim Team 4:00-5:30 Deep Water X 5:30-6:30 Swim Lessons 5:30-7:20	Swim Team 4:00-6:30 Swim Lessons 5:30-7:20	Swim Team 4:00-5:30 Deep Water X 5:30-6:30 Swim Lessons 5:30-7:20	Swim Team 4:00-7:30 Open Swim 6:30-8:30	Open Swim 12:00-8:00pm	Open Swim 10:00-6:00 pm
4:30pm							
5:00pm							
5:30pm							
6:00pm	Open Swim 7:20-8:30	Swim Team 6:30-8:30 CS Swim Team 7:30-8:30	Open Swim 7:20-8:30	Swim Team 6:30-8:30 Open Swim 7:20-8:30	Swim Team 4:00-7:30 Open Swim 6:30-8:30	Open Swim 12:00-8:00pm	Open Swim 10:00-6:00 pm
6:30pm							
7:00pm	Open Swim 7:20-8:30	Swim Team 6:30-8:30 CS Swim Team 7:30-8:30	Open Swim 7:20-8:30	Swim Team 6:30-8:30 Open Swim 7:20-8:30	Swim Team 4:00-7:30 Open Swim 6:30-8:30	Open Swim 12:00-8:00pm	Open Swim 10:00-6:00 pm
7:30pm							
8:00pm	Open Swim 7:20-8:30	Swim Team 6:30-8:30 CS Swim Team 7:30-8:30	Open Swim 7:20-8:30	Swim Team 6:30-8:30 Open Swim 7:20-8:30	Swim Team 4:00-7:30 Open Swim 6:30-8:30	Open Swim 12:00-8:00pm	Open Swim 10:00-6:00 pm
8:30pm							
9:00pm	Closed	Closed	Closed	Closed	Closed		
9:30pm							

During swim team, swim lessons and masters swim lap lanes will be limited.

There may not be any lap lanes available from 5:30-6:30pm M/W/F