



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 6/6/2016							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
6:00am	Deep Water Fitness 6-7	Masters Swim 6-7	Deep Water Fitness 6-7	Masters Swim 6-7	Deep Water Fitness 6-7	Masters Swim 6:15-7:45	
6:30am							
7:00am	Swim Team 7-9	Swim Team 7-9	Swim Team 7-9	Swim Team 7-9	Swim Team 7-9		Water Aerobics 8-9
7:30am							
8:00am	Aqua Aerobics 8:30-9:30		Aqua Aerobics 8:30-9:30		Aqua Aerobics 8:30-9:30		
8:30am							
9:00am	Swim Lessons 9-12		Swim Lessons 9-12		MS Exercise 9:30-10:30	Swim Lessons 9-12	
9:30am							
10:00am	MS Exercise 9:30-10:30	Swim Lessons 9-12	MS Exercise 9:30-10:30	Swim Lessons 9-12	Bodies In Motion 10:30-11:30		
10:30am							
11:00am	Bodies in Motion 10:30-11:30		Bodies in Motion 10:30-11:30				
11:30am							
12:00pm	Open Swim 12-4 Day Camp 12:30-2	Open Swim 12-3:30 Day Camp 12:30-2	Open Swim 12-4 Day Camp 12:30-2	Open Swim 12-3:30 Day Camp 12:30-2	Open Swim 11:30-5:30 Day Camp 12:30-2	Open Swim 12-5:30	
12:30pm							
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm	Swim Lessons 4-7 Swim Team 5:30-7	Swim Team 3:30-7 Swim Lessons 4-7	Swim Lessons 4-7	Swim Team 3:30-7 Swim Lessons 4-7	Deep Water X 5:30-6:30		
4:00pm							
4:30pm							
5:00pm	Swim Team 5:30-7	Deep Water X 5:30-6:30	Swim Team 5:30-7	Deep Water X 5:30-6:30	Swim Team 5:30-7	Closed	
5:30pm							
6:00pm							
6:30pm							
7:00pm	Open Swim 7-8:30	Open Swim 7-8:30	Open Swim 7-8:30	Open Swim 7-8:30	Open Swim 7-8:30		
7:30pm							
8:00pm							
8:30pm	Closed	Closed	Closed	Closed	Closed		
9:00pm							

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