



**The St. Cloud Area Family YMCA  
POOL SCHEDULE  
June 1 - August 31, 2023**

**Open Swim - Family Pool**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00pm-6:00pm	2:30pm-5:00pm	June 1:00pm-5:00pm	1:00pm-5:00pm 7:00pm-8:00pm	June 2:30pm-6:00pm	10:00am-8:00pm	10:00am-7:00pm
		July-August 1:00pm-7:00pm		July-August 2:30pm-5:00pm		

**Adult Exercise - Family Pool**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am-12:00pm	5:00am-9:00am 12:00pm-1:00pm	5:00am-9:00am 12:00pm-1:00pm 7:00pm-7:45pm	5:00am-9:00am 12:00pm-1:00pm	5:00am-9:00am 12:00pm-1:00pm 7:00pm-7:45pm	5:00am-10:00am	5:00am-10:00am

**Water Fitness - Family Pool**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	12:00pm-1:00pm 7:00pm-7:45pm	12:00pm-1:00pm 7:00pm-7:45pm	12:00pm-1:00pm	12:00pm-1:00pm 7:00pm-7:45pm		8:00am-8:45am

**YMCA Programs - Family Pool**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Camp 1:30pm-2:30pm	Camp 1:00pm-2:00pm		Camp 1:30pm-2:30pm	Camp 1:00pm-2:00pm	

**Lap Swim - Lap Pool**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am-6:00pm	5:00am-5:00pm 7:00pm-8:00pm	5:00am-8:00am 9:00am-5:00pm 7:00pm-8:00pm	5:00am-4:00pm 7:00pm-8:00pm	5:00am-1:00pm 3:00pm-5:00pm	5:00am-8:00pm	8:00am-7:00pm

**Water Fitness - Lap Pool**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00am-11:55am	6:00am-6:45am 9:00am-9:45am 10:00am-10:45am	8:15am-9:00am	6:00am-6:45am 9:00am-9:45am 10:00am-10:45am 7:15pm-8:00pm		6:00am-6:45am 9:00am-9:45am 10:00am-10:45am	8:00am-8:45am

**Swim Team & Masters - Lap Pool**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:00am-9:00am 4:00pm-8:15pm	6:00am-7:00am 7:00am-9:00am 4:00pm-7:00pm	7:00am-9:00am 4:00pm-7:00pm	6:00am-7:00am 7:00am-9:00am 4:00pm-7:00pm	7:00am-9:00am 4:00pm-7:00pm	6:30am-8:00am 9:00am-11:00am

**Swim Lessons**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00am-12:00pm 5:00-7:00pm	9:00am-12:00pm June 5:00pm-7:00pm	9:00am-12:00pm 5:00-7:00pm	9:00am-12:00pm June 6:00pm-7:00pm July-August 5:00pm-7:00pm		

**KEY**

SPA	WATER FITNESS	ADULT EXERCISE	OPEN SWIM	STEAM ROOM	SAUNA	LAP SWIM
CLOSED Wednesdays 12:00pm-4:00pm 18+	Reservations made on GroupX Pro.	Individual exercise for 15 years old and up.	Family Pool. Available for families of all ages. Features on. Slide available.	Available during all building hours. 18+	Available during all building hours. 18+	Reservations made at scymca.org