



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

Open Swim - Family Pool						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00pm-6:00pm	1:00pm-5:00pm	1:00pm-7:00pm	1:00pm-8:00pm		12:00pm-8:00pm	12:00pm-7:00pm
Adult Exercise - Family Pool						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am-12:00pm	5:00am-9:30 am	5:00am-9:30 am	5:00am-9:30 am	5:00am-9:30 am	5:00am-12:00pm	6:00am-10:00am
	10:30am-1pm	10:30am-1pm	10:30am-1pm	10:30am-5pm		
	7pm-8pm	7pm-8pm		7pm-8pm		
Water Fitness - Family Pool						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00am-10:45am	10:45am-11:35am	10:45-11:35am	10:45am-11:35am		8:00am-8:45am
	7:00pm-7:45pm	7:00pm-7:45pm		7:00pm-7:45pm		
YMCA Programs - Family Pool						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	SAW	SAW	SAW	SAW		10am-12pm
	9:30am-10:30am	9:30am-10:30am	9:30am-10:30am	9:30am-10:30am		
	Oct. 2, 16, 30					
	5pm-7pm			5pm-7pm		
Lap Swim - Lap Pool						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 am-6:00pm	5:00am-5:00pm	5:00am-5:00pm	5:00am-4:00pm	5:00am-1:00pm	5:00am-8:00pm	8:00am-7:00pm
		7:00pm-8:00pm	7:00pm-8:00pm	3:00pm-5:00pm		
Water Fitness - Lap Pool						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00am-11:55am	6:00am-6:45am	8:15am-9:00am	6:00am-6:45am		6:00am-6:45am	8:00am-8:45am
	9:00am-9:45am		9:00am-9:45am		9:00am-9:45am	
	10:00am-10:45am		10:00am-10:45am		10:00am-10:45am	
			7:15pm-8:00pm			
Swim Team/Masters Swim - Lap Pool						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00am-7:00am		6:00am-7:00am		6:30am-8:00am
	4:00pm-7:30pm	4:00pm-7:30pm	4:00pm-7:30pm	4:00pm-7:30pm	4:00pm-7:30pm	
Swim Lessons						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:00-7:00pm			5:00-7:00pm		10:00am-12:00pm
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

