

The St. Cloud Area Family YMCA - POOL SCHEDULE

September 1 - September 30, 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-1:00pm	5:00am-1:00pm	5:00am-1:00pm	5:00am-5:00pm	5:00am-12:00pm	6:00am-10:00am

Water Fitness - Family Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:00pm-7:45pm	10:45am-11:35am	10:45am-11:30am	10:45am-11:35am	10:00am-11:45am	8:00am-8:45am
		7:00pm-7:45pm		7:00pm-7:45pm		

YMCA Programs - Family Pool

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

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		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-8:15pm	4:00pm-7:30pm	4:00pm-7:30pm	4:00pm-7:30pm	4:00pm-7:30pm	9:00am-11:00am

Swim Lessons

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:00pm-7:00pm			5:00pm-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 ages 10+