



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

Open Swim - Family Pool						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00pm-6:00pm	1:00pm-5:00pm	1:00pm-5:00pm	1:00pm-5:00pm 7:00pm-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	5:00am-10:00am
Water Fitness - Family Pool						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00am-10:45am 7:00pm-7:45pm	10:45am-11:35am 7:00pm-7:45pm	10:45-11:35am	10:45am-11:35am 7:00pm-7:45pm		8:00am-8:45am
YMCA Programs - Family Pool						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	SAW 9:30am-10:30am Dec. 18	SAW 9:30am-10:30am Dec. 5, 12, 19	SAW 9:30am-10:30am Dec. 6, 13, 20	SAW 9:30am-10:30am Dec. 7, 14		
Lap Swim - Lap Pool						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 am-6:00pm	5:00am-5:00pm	5:00am-5:00pm 7:00pm-8:00pm	5:00am-4:00pm 7:00pm-8:00pm	5:00am-1:00pm 3:00pm-5:00pm	5:00pm-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 Swim - Lap Pool						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4:00pm-7:30pm	6:00am-7:00am 4:00pm-7:30pm	4:00pm-7:30pm	6:00am-7:00am 4:00pm-7:30pm	4:00pm-7:30pm	6:30am-8:00am
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 famlies of all ages. Features on. Slide available.	Available during all building hours. 18+	Available during all building hours. 18+	Reservations made at scymca.org