



**The St. Cloud Area Family YMCA  
POOL SCHEDULE  
November 1 - November 30, 2023**

Open Swim - Family Pool					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
12:00pm-6:00pm	1:00pm-5:00pm	1:00pm-7:00pm	1:00pm-8:00pm		12:00pm-8:00pm
Adult Exercise - Family Pool					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
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
	10:30am-1pm	10:30am-1pm	10:30am-1pm	10:30am-5pm	
Water Fitness - Family Pool					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	10:45am-11:35am	10:45am-11:35am	10:45-11:35am	10:45am-11:35am	
	7:00pm-7:45pm	7:00pm-7:45pm		7:00pm-7:45pm	
YMCA Programs - Family Pool					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	SAW	SAW	SAW	SAW	
	9:30am-10:30am	9:30am-10:30am	9:30am-10:30am	9:30am-10:30am	
	Nov. 20, 27	Nov. 7, 14 , 21, 28	Nov. 8, 15, 29	Nov. 2, 9, 16, 30	
Lap Swim - Lap Pool					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 am-6:00pm	5:00am-5:00pm	5:00am-5:00pm	5:00am-4:00pm	5:00am-1:00pm	5:00pm-8:00pm
		7:00pm-8:00pm	7:00pm-8:00pm	3:00pm-5:00pm	
Water Fitness - Lap Pool					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
11:00am-11:55am	6:00am-6:45am	8:15am-9:00am	6:00am-6:45am		6:00am-6:45am
	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
		6:00am-7:00am		6:00am-7:00am	
	4:00pm-8:15pm	4:00pm-7:00pm	4:00pm-7:00pm	4:00pm-7:00pm	4:00pm-7:00pm
Swim Lessons					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	5:00-7:00pm			5:00-7:00pm	
KEY					
SPA	WATER FITNESS	ADULT EXERCISE	OPEN SWIM	STEAM ROOM	SAUNA
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+

<b>Saturday</b>
12:00pm-7:00pm
<b>Saturday</b>
5:00am-10:00am
<b>Saturday</b>
8:00am-8:45am
<b>Saturday</b>
<b>Saturday</b>
8:00am-7:00pm
<b>Saturday</b>
8:00am-8:45am
<b>Saturday</b>
6:30am-8:00am
<b>Saturday</b>
10:00am-12:00pm
<b>LAP SWIM</b>
Reservations made at scymca. org 10+