



**The St. Cloud Area Family YMCA
POOL SCHEDULE
February 1 - February 29, 2024**

| 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 |
| | | | | | | |
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| Adult Swim - 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 | | |
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| Water Fitness Class - Family Pool | | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | 10:45am-11:35am | 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 | | |
| | 9:30am-10:30am | 9:30am-10:30am | 9:30am-10:30am | 9:30am-10:30am | | |
| | Feb. 5 | Feb. 6,12,20,27 | Feb. 14,21,28 | Feb. 1,8,15,22,29 | | |
| 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 | 5:00pm-8:00pm | 8:00am-7:00pm |
| | | 7:00pm-8:00pm | 7:00pm-8:00pm | 3:00pm-5:00pm | | |
| Water Fitness Class - Lap Pool | | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 11:00am-11:55am | 6:00am-6:45am | | 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-7:00pm | 4:00pm-7:00pm | 4:00pm-7:00pm | 4:00pm-7:00pm | |
| Swim Lessons | | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | 5:00-7:00pm | | | 5:00-7:00pm | | 10am-12pm |
| KEY | | | | | | |
| SPA | WATER FITNESS CLASS | ADULT SWIM | OPEN SWIM | STEAM ROOM | SAUNA | LAP SWIM |
| CLOSED Mon & Thurs 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 10+ |