



**The St. Cloud Area Family YMCA  
POOL SCHEDULE  
JUNE 1 - AUGUST 31**

Family Open Swim - Family Pool						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00pm-6:00pm	2:30pm-5:00pm	1:00pm-7:00pm	1:00pm-8:00pm	2:30pm-5:00pm	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-9:00 am	5:00am-9:00 am	5:00am-9:00 am	5:00am-9:00 am	5:00am-12:00pm	6:00am-12:00pm
Water Fitness Class - Family Pool						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	12:00pm-1:00pm	12:00pm-1:00pm	12:00pm-1:00pm	12:00pm-1:00pm		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
	CAMP	CAMP		CAMP	CAMP	
	1:30pm-2:30pm	1:00pm-2:00pm		1:30pm-2:30pm	1:00pm-2:00pm	
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	5:00pm-8:00pm	8:00am-7:00pm
	7:00pm-8:00pm	7:00pm-8:00pm	7:00pm-8:00pm	7:00pm-8:00pm	7:00pm-8:00pm	
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
	7:00am- 9:00am	6:00am-9:00am	7:00am- 9:00am	6:00am-9:00am	7:00am- 9:00am	
4:00pm-6:00pm	5:00pm-7:00pm	5:00pm-7:00pm	5:00pm-7:00pm	5:00pm-7:00pm	5:00pm-7:00pm	
Swim Lessons						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00am-12:00pm	9:00am-12:00pm	9:00am-12:00pm	9:00am-12:00pm		
	5:00-7:00pm			5:00-7:00pm		
KEY						
LAP SWIM	WATER FITNESS CLASS	ADULT EXERCISE	FAMILY OPEN SWIM	STEAM ROOM	SAUNA	SPA
Reservations made at scymca.org Ages 10+	Reservations made on GroupX Pro. Ages 15+	Individual Adult exercise. Ages 15+	Slide and features on. Ages 0-8 require adult in water at all times. Ages 9+ can swim on own. Kids wearing lifejackets must have adult in water at all times.	Available during all building hours. Ages 18+	Available during all building hours. Ages 18+	CLOSED Tuesdays 12:00pm-4:00pm Ages 18+