



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

*\*Aquatics facilities closed on New Year's Day*

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-4:30pm		12:00pm-8:00pm	12:00pm-7:00pm
Adult Swim - Family Pool						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am-12:00pm	5:00am-9:30am	5:00am-9:30am	5:00am-9:30am	5:00am-9:30am	5:00am-12:00pm	6:00am-10:00am
	11:35am-1:00pm	11:35am-1:00pm	11:35am-1:00pm	11:30am-5:00pm		
Water Exercise Class - Family Pool						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:45am-11:35am	10:45am-11:35am	10:45am-11:35am	10:45am-11:35am		8:00am-8:45am
	7:05pm-7:50pm	7:05pm-7:50pm		7:05pm-7:50pm		
Lap Swim - Lap Pool						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 am-6:00pm	5:00am-8:00pm	5:00am-8:00pm	5:00am-8:00pm	5:00am-8:00pm	5:00am-8:00pm	6:00am-7:00pm
Water Exercise Class - Lap Pool						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00am-11:55am	6:00am-6:45am		6:00am-6:45am	6:00pm-6:45pm	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	
			6:00pm-6:55pm			
Masters Swim - Lap Pool						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00am-7:00am		6:00am-7:00am		6:30am-8:00am
YMCA Programs - SAFETY AROUND WATER (Family Pool)						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30am-10:30am Jan. 6	9:30am-10:30am Jan. 7, 14,21,28	9:30am-10:30am Jan. 8,15,22,29	9:30am-10:30am Jan. 2,9,16,23,30	9:30am-10:30am Jan. 3	
YMCA Programs - FAMILY NIGHT (Family Pool)						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			4:30pm - 7:30pm Nov. 6, 13, 20, 27			
YMCA Programs - Child SWIM LESSONS (Family Pool and Lap Pool)						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:00-7:00pm	5:00-7:00pm		5:00-7:00pm		10:00am-12:00pm
YMCA Programs - Adult SWIM LESSONS (Lap Pool)						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				8:30am-9:15am		9:00am- 9:45am
KEY						
SPA	WATER FITNESS CLASS	ADULT SWIM	OPEN SWIM	STEAM ROOM	SAUNA	LAP SWIM
CLOSED for cleaning Tues & Thurs 12:00pm-CLOSE ages 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 until 30 mins. before building close. ages 18+	Available until 30 mins. before building close. ages 18+	Reservations made at scymca.org ages 10+