



# The St. Cloud Area Family YMCA POOL SCHEDULE August

Family Open Swim - Family Pool						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00pm-6:00pm	3:00pm-5:00pm	2:00pm-5:00pm	3:00pm-8:00pm	1:00pm-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-10:00 am	5:00am-10:00 am	5:00am-10:00 am	5:00am-10:00 am	5:00am-12:00pm	6:00am-12:00pm
	7:00pm-8:00pm	7:00pm-8:00pm		7:00pm-8:00pm		
Water Fitness Class - Family Pool						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	12:00pm-12:50pm	12:00pm-12:50pm	12:00pm-12:50pm	12:00pm-12:50pm		8:00am-8:45am
		7:00pm-7:45pm		7:00pm-7:45pm		
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-1:00pm	5:00pm-8:00pm	8:00am-7:00pm
				3:00pm -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			
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 - Family Pool						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	CAMP	CAMP	CAMP		CAMP	
	1:30pm-3:00pm	1:00pm-2:00pm	1:30pm-3:00pm		1:00pm-2:00pm	
Youth Group Swim Lessons - Family pool and Lap Pool						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00am-12:00pm	10:00am-12:00pm	10:00am-12:00pm	10:00am-12:00pm		
	5:00pm-7:00pm	5:00pm-7:00pm		5:00pm-7:00pm		
YMCA Programs - Adult SWIM LESSONS - Lap Pool						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00pm-6:45pm		8:30am-9:15am		9:00am- 9:45am
KEY						
LAP SWIM	WATER FITNESS CLASS	ADULT EXERCISE	FAMILY OPEN SWIM	WATERSLIDE	STEAM ROOM & SAUNA	SPA
Lanes are available first come, first serve. Open for Lap swim and water exercise only. Refer to Lap Pool Guidelines. Ages 10+.	Reservations made on GroupX Pro. Ages 15+	Individual Adult exercise. Ages 15+	Family Pool only. Available for all ages. Anyone 8 yo. or younger &/or wearing a lifejacket must have grownup (18+) in the water within arm's reach at all times.	Waterslide is OPEN on Wednesdays from 1:00pm - 8:00pm and Fridays, Saturdays and Sundays from 12:00pm-Close.	Available until 1 hour before the building closes. Available for ages 18+.	CLOSED for cleaning on Tuesdays/Thursdays from 12:00pm-close. All other days of the week open until 1 hour before the building closes. Ages 18+

The St.Cloud YMCA reserves the right to change the above schedules with little to no notice for reasons including (but not limited to): programming needs, holidays, weather, staffing, etc.