



**The St. Cloud Area Family YMCA
POOL SCHEDULE
DECEMBER 1 - 20**

**Aquatics schedules will be modified on Christmas Eve (5a-11a), New Years Eve (5a-11a) and Christmas Day (closed).*

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-8:00pm		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-9:30am	6:00am-10:00am
	11:35am-1:00pm	11:35am-1:00pm	11:35am-1:00pm	11:30am-5:00pm	10:30a - 12:00pm	
Water Fitness 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		
Lap Swim - Lap Pool						
	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	5:00am-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 - SAFETY AROUND WATER (Family Pool)						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30am-10:30am	9:30am-10:30am	9:30am-10:30am		
		Dec. 2, 9, 16	Dec. 3, 10, 17	Dec. 4, 11, 18		
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
						9:00am- 9:45am
KEY						
SPA	WATER FITNESS CLASS	ADULT SWIM	OPEN SWIM	WATERSLIDE	STEAM ROOM & SAUNA	LAP SWIM
Available until 60 mins. before building close. Available for ages 18+. Closed for cleaning Tues. and Thurs. from 12p-close.	Reservations made on GroupX Pro.	Individual exercise for 15 years old and up.	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/Fridays from 4:30pm-8:00pm and Saturdays/Sundays from 12:00pm-Close.	Available until 60 mins. before building close. Available for ages 18+.	Open for Lap Swimming and Water Exercise only. Refer to Lap Guidelines for more information.

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.