



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

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	1:00p-5:00p (on 3/5 only)	12:00pm-8:00pm	12:00pm-7:00pm
				None (on 3/12, 3/19, 3/26)		
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*		
* on 3/5 there will be no adult swim from 1:00p - 5:00p due to spring break for students.						
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		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-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	9:30am-10:30am		
	MAR 9, 16, 23	MAR 10,17,24,31	MAR 11,18,25	MAR 12, 19,26		
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						
HOT TUB	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 in the water within arm's reach at all times.	Waterslide is OPEN on Fridays from 5pm- close and Saturdays and 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 may modify the above schedule or programming as necessary. We will make every effort to provide advance notice whenever possible.