



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

****Aquatics is closed on Saturday, July 4th****

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	None	2:00pm-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-1:00pm	6:00am-12:00pm
	12:00p - 1:30pm	12:00pm - 1:00pm	12:00p - 1:30pm	12:00pm - 5:00pm		
	7:00pm-8:00pm	7:00pm-8:00pm		7:00pm-8:00pm		
Water Fitness Class - Family Pool						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	11:10am-12:00pm	11:10am-12:00pm	11:10am-12:00pm	11:10am-12:00pm		8:00am-8:45am
		7:00pm-7:45pm		7:00pm-7:45pm		
Lap Swim - Lap Pool						
Sunday	Monday	Tuesday *	Wednesday	Thursday *	Friday	Saturday
10:00am-6:00pm	5:00am-8:00pm	5:00am-1:00pm	5:00am-8:00pm	5:00am-1:00pm	5:00am-8:00pm	8:00am-7:00pm
		5:00pm-8:00pm		5:00pm-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-11:00am		10:00am-11:00am		10:00am-11:00am	
			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 - 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
	9:00am - 11:00am	9:00am - 11:00am	9:00am - 11:00am	9:00am - 11:00am		
	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
						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+.	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 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.

Proper Swim Attire is required to use the Family Pool, Lap Pool and Hot tub. Refer to the Swim Attire 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, staffing, etc.