The St. Cloud Area Family YMCA

POOL SCHEDULE

(general use)

NOV 1 -30

*** The entire Aquatics Area is closed on Thanksgiving 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- 8:00pm	None	12:00pm-5:00pm (11/6)	12:00pm-7:00pm
					12:00pm-8:00pm (11/13)	
					12:00pm-5:00pm (11/20)	
					12:00pm-8:00pm (11/27)	
Adult Swim - Family Pool						
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
10:00am-12:00pm	5:00am-1:00pm	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	11:30am-5:00pm		
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		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-1:00pm	5:00am-8:00pm	5:00am-1:00pm	5:00am-8:00pm	8:00am-7:00pm
		4:00pm - 8:00pm		4:00pm - 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	
			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

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.

To help maintain a clean, safe, and enjoyable aquatic environment for everyone, proper swim attire—clothing specifically designed and manufactured for swimming—is required to use the pools 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.

(refer to reverse side for Aquatics Program Schedules)

The St. Cloud Area Family YMCA

AQUATICS PROGRAM SCHEDULE

NOV 1 -30

*** The entire Aquatics Area is closed on Thanksgiving Day***

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		
		Nov. 3, 10, 17	Nov. 4, 11, 18	Nov. 5, 12, 19		

(Family Pool is closed for general use during this time.)

YMCA Programs - Child/Adult SWIM LESSONS (Family Pool)						
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
						9:00am- 9:45am (Adult)
	5:00-7:00pm	5:00-7:00pm		5:00-7:00pm		10:00am-12:00pm

(Registration Requried in advance to participate. Refer to our website or our membership desk for assistance.)

YMCA Programs - FAMILY NIGHT - ***Families with children 0 - 9 years old only*** (Family Pool)						
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
					5:00pm - 8:00pm (11/6)	

Family night is for families with children 9 and under and a parent/guardian must be present in the pool area. Children under the age of 9 &/or wearing a lifejacket must be within arm's reach of their parent/guardian in the water at all times. Children ages 10-17 may participate when attending with their parent/guardian and younger siblings.

YMCA Programs - Youth Swim - ***Ages 10 - 18 only*** (Family Pool)						
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
					5:00pm - 8:00pm (11/20)	

Exclusively for youth ages 10 - 18 years old. All participants must be confident, independent swimmers who do not require use of a lifejacket or an adult in the water.

YMCA Programs - Lifeguard Certification Course (Lap Pool)						
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
8:00am - 5:00pm (11/15)					5:00pm - 9:00pm (11/13)	8:00am - 6:00pm (11/14)

(Registration Requried in advance to participate. Must be 15+ to register. Refer to our website or our membership desk for assistance.)

To help maintain a clean, safe, and enjoyable aquatic environment for everyone, proper swim attire—clothing specifically designed and

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(refer to reverse side for General Pool Schedules)