

# "Y" POOL SCHEDULE

TENTATIVE KNOWLES INDOOR POOL - January 4 through May 31							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:00 A	SWIM TEAM & LAP SWIM (3 lanes)					Beginning April 1, the pool will close at 4:30 p.m. on weekends.	
6:00-6:30 A	5:30-7:10						
6:30-7:00 A							
7:00-7:30 A	REC/LAP	REC/LAP	REC/LAP	REC/LAP	LAP		
7:30-8:00 A	7:15-8:00	7:15-8:00	7:15-8:00	7:15-8:00	7:15-8:00		
8:00-8:30 A	8:05-8:30 ADULT SWIM (TU/TH 1.5 Lap Lanes) 8:05-8:30					LAP	LAP
8:30-9:00 A	GROUP EXERCISE FITNESS CLASS						8:00-12:55
9:00-9:30 A	8:30-9:15	8:30-9:30	8:30-9:15	8:30-9:30	8:30-9:15	8:00-9:25	
9:30-10:00 A							
10:00-10:30 A	LESSONS /	REC/LAP	LESSONS /	LINCOLN /	REC/LAP	LESSONS	LAP
10:30-11:00 A	REC / LAP (1 lane)	9:35-11:45	REC / LAP (1 lane)	REC/LAP (2 lanes)	9:35 - 11:45	9:30-11:55	8:00-12:55
11:00-11:30 A	9:20-11:45		9:20-11:45	9:35-11:45			
11:30-12:00 N							
12:00-12:30 P	LAP SWIM					REC(1 lane)/LAP	LAP
12:30-1:00 P	11:50-12:55					12:00-1:00	8:00-1:00
1:00-1:30 P	LESSONS		LESSONS			REC (2 lane)/ LAP 1:05 - 4:30	
1:30-2:00 P	REC / LAP (1 lane)	REC / LAP	REC / LAP (1 lane)	REC / LAP	REC / LAP		
2:00-2:30 P	1:00-2:35	1:00-3:30	1:00-2:35	1:00-3:30	1:00-3:30		
2:30-3:00 P	REC / LAP		REC / LAP				
3:00-3:30 P	2:40-3:25		2:40-3:25				
3:30-4:00 P	SWIM TEAM		SWIM TEAM		SWIM TEAM		
4:00-4:30 P	3:30-6:00	SWIM TEAM	3:30-6:00	SWIM TEAM	3:30-6:00		
4:30-5:00 P	ST / LAP (3 lanes)	3:30-5:30	ST / LAP (3 lanes)	3:30-5:30	YCARE	* ENDS March 31, 2010 *	
5:00-5:30 P	5:30-6:00		5:30-6:00		4:30-5:30	REC / LAP	REC / LAP
5:30-6:00 P	FIT/LAP (2 lanes)	Fitness	FIT/LAP (2 lanes)	Fitness		4:30 - 6:00	4:30 - 6:00
6:00-6:30 P	6:00-6:30	5:30-6:30	6:00-6:30	5:30-6:30			
6:30-7:00 P	FIT/LAP (1 lane)	LESSONS	FIT/LAP (1 lane)	LESSONS			
7:00-7:30 P	6:30-7:30		6:30-7:30				
7:30-8:00 P		6:30-8:05		6:30-8:05	REC / LAP (3 lanes) 6:05-8:30		
8:00-8:30 P	REC / LAP	LESSONS/LAP	REC / LAP	LESSONS/LAP			
8:30-9:00 P	7:35-9:30	8:10-8:55	7:35-9:30	8:10-8:55			
9:00-9:30 P		REC/LAP 8:55-9:30		REC/LAP 8:55-9:30			
9:30-10:00 P	9:30-10:00 POOL CLOSED 9:30-10:00						

## SCHEDULED INDOOR POOL USAGES:

Tues/Thur: 1:00-3:30pm Home School  
 Friday: 9:30-10:30am CDC Swim  
 4:30-5:30 pm YCare Swim

## SUPERVISION OF CHILDREN:

During recreational swims, an adult (18 years & up) **MUST** accompany children 7 years of age and under in the water. An adult **MUST** accompany children 8-13 years of age in the pool area.

## SPECIAL NOTES:

\*\*\*Early morning lap swim will be cancelled when the Jefferson City Public Schools are closed due to inclement weather.