

# Jefferson City Area YMCA

Knowles Indoor Pool Schedule 424 Stadium Drive

September 8–December 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim</b>	5:30–7:15am (6) 7:15am–8am (3) 9:15–12pm (3) 12–1pm (6) 1–4:30pm (3) 4:30–6:45pm (1) 6:45–9pm (3)	5:30–7:15am (6) 7:15am–8am (3) 9:30–12pm (3) 12–1pm (6) 1–4:30pm (3) 4:30–8pm (1) 8–9pm (3)	5:30–7:15am (6) 7:15am–8am (3) 9:15–12pm (3) 12–1pm (6) 1–4:30pm (3) 4:30–6:45pm (1) 6:45–9pm (3)	5:30–7:15am (6) 7:15am–8am (3) 9:30–11am (3) 12–1pm(6) 1–4:30pm (3) 4:30–8pm (1) 8–9pm (3)	5:30–7:15am (6) 7:15am–8am (3) 9:15–12pm (3) 12–1pm (6) 1–4:30pm (3) 4:30–6pm (1) 6–8:30pm (3)	7–10:30am (6) 10:30–12pm (1) 12–1pm (6) 1–5pm (3)	7–10am (6) 10–5pm (3)
<b>Water Walking</b>	8–8:30am	8–8:30am	8–8:30am	8–8:30am	8–8:30am		
<b>Water Fitness</b>	7:15–8am 8:30–9:15am 6pm–6:45pm	7:15–8am 8:30–9:30am 6–6:45pm	7:15–8am 8:30–9:15am 6–6:45pm	7:15–8am 8:30–9:30am 6:00–6:45pm	8:30–9:15am		
<b>Family Swim</b>	9:15–12pm 1–4:30pm 6:45–9pm	9:30–12pm 1–4:30pm 8–9pm	9:15–12pm 1–4:30pm 6:45–9pm	9:30–11am 1–4:30pm 8–9pm	9:15–12pm 1–4:30pm 6:45–8:30pm	1–5pm	10am–5pm (3)
<b>Swim Lessons</b>		4:30–6pm		4:30–6pm		10:30am–12pm	
<b>Swim Team</b>	4:30–6pm	6:45–8:00pm	4:30–6pm	6:45–8:00pm	4:30–6pm		
<b>Pool/Locker Room Cleaning</b>				11am–12pm			
<b>Available for Private Party Rental</b>						5:30–9pm	5:30–9pm