

Jefferson City Area YMCA

Knowles Indoor Pool Schedule

424 Stadium Blvd

December 1-31, 2021

**Winter Water Wonderland---Saturday, Dec 18
9:30-noon---Cookies, Pics, DJ, Christmas Crafts!**

Discover SCUBA---Saturday, Dec 11, 9:30-11:30am

**Welcome Camp Swim!
Dec 20-23 and 27-30---9:30-10:30am
Pool Lap lanes may be adjusted.**

**Dec 24: Pool Open 5:30am-1pm
Dec 31: Pool Open 5:30am- 4pm
Jan 1: Pool Open 8am-4pm
Jan 8: `Cuda Swim Meet---Pool Closed---Go `Cudas!**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	5:30-7:10am (6) 7:15-8am (2-3) 9:15-12pm (3) 12-1pm (6) 1-4:30pm (3) 6-6:45pm (1) 6:45-8pm (3) Note: open till 8!	5:30-7:10am (6) 7:15-8am (2-3) 9:15-12pm (3) 12-1pm (6) 1-4:20pm (3) 4:30-6:45pm (1)	5:30-7:10am (6) 7:15-8am (2-3) 9:15-12pm (3) 12-1pm (6) 1-4:30pm (3) 6-6:45pm (1) 6:45-8pm (3) Note: open till 8!	5:30-7:10am (6) 7:15-8am (2-3) 9:15-11am (3) 12-1pm(6) 1-4:20pm (3) 4:30-6:45pm (1)	5:30-8am (6) 9:15-12pm (3) 12-1pm (6) 1-4:30pm (3) 6-8pm (3) Note: open till 8!	7-9:15am (6) 9:15-11am (1) 11am-12pm (2) 12-5pm (3)	7-10am (6) 10-5pm (3)
Water Walking	8-8:30am	8-8:30am	8-8:30am	8-8:30am	8-8:30am		
Water Fitness	7:15-8am 8:30-9:15am 6pm-6:45pm	7:15-8am 8:30-9:15am 6-6:45pm	7:15-8am 8:30-9:15am 6-6:45pm	7:15-8am 8:30-9:15am 6:00-6:45pm	8:30-9:15am		
Family Swim	9:15-12pm 1-4:30pm 6:45-8pm Note: open till 8!	9:15-12pm 1-4:30pm	9:15-12pm 1-4:30pm 6:45-8pm Note: open till 8!	9:15-11am 1-4:30pm	9:15-12pm 1-4:30pm 6-8pm Note: open till 8!	1-5pm	10am-5pm
Swim Lessons		4:30-6pm		4:30-6pm			
Swim Team	4:30-6pm	6:45-8:00pm	4:30-6pm	6:45-8:00pm	4:30-6pm		
SCUBA Dec 11 only						9:30-11:30	
Pool/Locker Room Cleaning				11am-12pm			
Available for Private Rental						5:30-9pm	5:30-9pm