

# Jefferson City Area YMCA

## Knowles Indoor Pool Schedule

424 Stadium Blvd

May, 2022

### --UPCOMING EVENTS--

Swim Team Try Outs/Informational Meetings  
May 2-6

Firley Outdoor Pool Opens May 30, 2022

Memorial Day Hours:  
Knowles Indoor: 8am-4:30pm  
Firley Outdoor: 8am-4:30pm

	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)	5:30-7:10am (6) 7:15-8am (2-3) 9:15-12pm (3) 12-1pm (6) 1-4:20pm (3) 4:20-5:15pm (1) 6-6:45pm (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)	5:30-7:10am (6) 7:15-8am (2-3) 9:15-11am (3) 12-1pm(6) 1-4:20pm (3) 4:20-5:15 (1) 6-6:45pm (1)	5:30-8am (6) 9:15-12pm (3) 12-1pm (6) 1-4:30pm (3) 6-8pm (3)	7-9:15am (6) 9:15-11:30am (1) 11:30am-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	9:15-12pm 1-4:30pm	9:15-12pm 1-4:30pm 6:45-8pm	9:15-11am 1-4:30pm	9:15-12pm 1-4:30pm 6-8pm	11:30-5pm	10am-5pm
Swim Lessons		9:30-11am 4:30-6pm		9:30-11am 4:30-6pm		9:30am-11:30am	
Swim Team	4:30-6pm	6:45-8:00pm	4:30-6pm	6:45-8:00pm	4:30-6pm		
Pool/Locker Room Cleaning				11am-12pm			