

The pool is OPEN

New Year's Day from 8-4pm

Start the New Year with a swim!

Jefferson City Area Y

Knowles Indoor Pool Schedule

424 Stadium Drive

January, 2023

Cheer On the `Cudas!

Saturday, January 7

The pool and gym will be closed all day for this event.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	5:30-7:10am (6) 7:15-8am (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 (4) 9:15-12pm (3) 12-1pm (6) 1-4:20pm (3) 4:30-6:45pm (1)	5:30-7:10am (6) 7:15-8am (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 (4) 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)	7-8:45am (6) 845-11 (1) 11am-5pm (3)	7-10am (6) 10-5pm (3)
Team Chlorine		5:30-6:30am		5:30-6:30am			
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	8:30-9:15am 6-6:45pm	7:15-8am 8:30-9:15am 6-6:45pm	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	11am-5pm	10am-5pm
Swim Lessons		9:30-11am 4:30-6pm		9:30-11am 4:30-6pm		8:45-11am	
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			
Available for Private Rental: Saturdays						Party Room: 4-5pm Swim 5-6pm Cost: \$175/Y-members \$225/non-members	