

Jefferson City Area YMCA

Knowles Indoor Pool Schedule
424 Stadium Drive
January 2-31, 2024

The 'Cudas will host the Pentathlon Swim Meet on Jan 6 at Knowles YMCA!

- Pool Closes on Friday, January 5 at 4:30pm to set up
- Pool Closed all day, Saturday, January 6
- On January 6, the track and gym will be open for member use, however parking will be limited.
- Thank you for your patience on this busy, exciting day! Go 'Cudas!

Holiday Pool Hours:

Sunday, December 31-Monday, January 1: Pool Open 8am-4pm. Building Closes at 5pm.

Swim Lesson enrollment for 2024 is ongoing. Saturday morning swim lessons begin on Jan 13! After school lessons begin each month on Tuesdays and Thursdays. For more info contact Lisa Dyer at ldyer@jcymca.org or call 573-761-9007.

Please note: The pool schedule may be adjusted slightly due to aquatic programming, pool attendance, weather or special events.

	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)	5:30-6:30am (6) 6:30-8am (3) 9:15-11am (3) 12-1pm(6) 1-4:20pm (3) 4:30-6:45pm (1)	5:30-6:30am (6) 6:30-8am (3) 9:15-12pm (3) 12-1pm (6) 1-4:30pm (3) 6-8pm (3)	7-830am (3) 8:30am-11 (1) 11am-5pm (3)	8-10am (6) 10-5pm (3)
Team Chlorine		5:30am-6:30am		5:30am-6:30am			
HS Swim	8-9:30pm	8-9:30pm	8-9:30pm	6:30-8am	6:30-8am	6am-8am	
Water Walk	8-8:30am	8-8:30am	8-8:30am	8-8:30am	8-8:30am		
Camp Swim Jan 2		10-11am					
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	10am-5pm	10am-5pm
Swim Lessons		9:30-11am 4:30-6pm		9:30-11am 4:30-6pm			
Barracudas 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 Pool and women's locker room closed at this time.			
Private Rental						Party Room: 4-5pm Swim 5-6pm \$175/ Y-members \$225/ non-members	