

Jefferson City Area YMCA

Knowles Indoor Pool Schedule
424 Stadium Drive
March 1-31

Welcome Special Aquatic Guests in March 2024!

- Members of the US National Guard on March 1 at 9:30am.
- March Gym and Swim Party on March 2 from 1-5pm. This is a family event with water basketball, volleyball and more!!

Swim Lesson enrollment for 2024 is ongoing. A new session of Saturday morning swim lessons begins on March 2! 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)	7-8:30am (3) 8:30am-11:45 (1) 11:45am-5pm (3)	8-10am (6) 10-5pm (3)
Team Chlorine		5:30am-6:30am		5:30am-6:30am			
Camp Swim March 25-29	10-11am	10-11am	10-11am	10-11am	10-11am		
Water Walk	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	11:45am-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.			
Private Rental						Party Room: 4-5pm Swim 5-6pm \$175/ Y-members \$225/ non-members	
Bonus Spring Break Family Swim time March 25-29	4:30-6pm	6:45-8pm	4:30-6pm	6:45-8pm	4:30-6pm		