

Jefferson City Area YMCA

Knowles Indoor Pool Schedule
424 Stadium Drive
April 1-30

Welcome Special Aquatic Guests in April 2024!

Jefferson City Special Education Parent Teacher Association Group, Saturday April 27, 11am-1pm.

Special Olympics Swimmers on Saturdays at 8:30-9:30am.

Tri-Now Swim Camp

New! Tri-Now Swim Camp-Teens and Adults or Youth! These are for triathletes to improve their swim! Come ready to swim. Each session is jam packed with instruction and plenty of practice. Goggles recommended. April 1-12, Monday, Wednesday and Friday, YOUTH: 4:30-5:30pm, ADULTS: 5-6pm. Knowles YMCA. Attend all or some of the sessions that work with your schedule. Get prepared for the Jefferson City Great Escape Triathlon, June 8 and 9, 2024! Members \$30, Non-members \$60. For more info contact Lisa Dyer at ldyer@jcyymca.org or call 573-761-9007.

	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 April 1	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		
Special Olympics Swimmers						8:30-9:30am	
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		8:45am-11:45am	
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	