

Jefferson City YMCA
Knowles Indoor Pool Schedule
May 1-31, 2025

WELCOME JC SCHOOL FIELD TRIPS

May 15 West School 11am-1pm
May 20 Belair School 11am-2pm
May 21 Jefferson Middle 11:30am-1:30pm

Please note that pool and gym hours will be adjusted on these days. Thank you!

Learn to swim in summer 2025! All classes are available for registration at jcymca.org! Adults, kids, those with special needs, everyone!

Coming in May Lifeguard Training (15 yrs and up), Barracuda Swim Team Try-it-Out Week, and Aqua Camp!

Firley Outdoor Pool will open May 26 at 1pm!

Be a 'Cuda! 2025 Summer season starts May 5!!

Come to one or as many practices as you like during try it out week! We can sign you in on the pool deck. Come see what being a 'Cuda is all about!

Try-it-out week:

May 5, 7 and 9: 430-6pm
May 6 and 8: 645-8pm

	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)	5:30-8am (6) 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)	5:30-8pm (6) 9:15-11am (3) 12-1pm (6) 1-4:20pm (3) 4:30-6:45pm (1)	5:30-8pm (6) 9:15-12pm (3) 12-1pm (6) 1-4:30 (3) 6-8pm (3)	7-8:40am (6) 8:40-10:30 (1-2) 10:30am-5pm (3)	8-10am (6) 10-5pm (3)
Water Fitness	7:15-8am 8:30-9:15am 6-6:45pm	8:30-9:15am 6-6:45pm	7:15-8am 8:30-9:15am 6-6:45pm	8:30-9:15am 6-6:45pm	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 1-430pm 6-8pm	10:30am-5pm	10am-5pm
Swim Lessons		9:30-11am 4:30-6pm		9:30-11am 4:30-6pm		8:45-10:30am	
Barracuda Swim Team	4:30-6pm	6:45-8pm	4:30-6pm	6:45-8pm	4:30-6pm		
Pool/Locker Room Cleaning				11am-12pm Pool and women's locker room closed.			
Available for Private Rentals						Party Room: 4-5pm Swim 5-6pm \$175/ Y-members \$225/ non-members	
Aqua Camp May 27-30 9:15-11am Pool space will be adjusted.							

Join us for the 9th annual **Great Escape & Mini Escape Triathlons** on June 7th & 8th, 2025!! We are excited to offer a well-organized, family & beginner friendly triathlon in JC! To complete the Escape, athletes swim in the pool at Ellis Porter Riverside Park, then on to the bike over city & rural roads to the outskirts of the new Missouri State Prison and back. The run will take athletes to the old historic Missouri State Penitentiary and back to cross the finish line and earn the classic Great Escape medal! There are triathlon & duathlon events for ages 13 & up and a **Kids Triathlon** for ages 5 – 12. We've got prizes and swag for plus finisher medals & shirts for everyone, so mark your calendars for the 2025 Great Escape Triathlon!!
www.trisignup.com/Race/MO/JeffersonCity/jcmotri