

Jefferson City Area YMCA

Knowles Indoor Pool Schedule
424 Stadium Drive
June 1-30

Barracuda Home Swim Meet!

Wednesday, June 25: Knowles Indoor Pool Closed
at 3pm to set up. Go 'Cudas!

Y POOL News! Go to www.jcymca.org for more info or call Lisa Dyer at 573-761-9007.

Great Escape Triathlon for kids and Adults! June 7 & 8. www.jcmotri.com for info!

Lifeguard Training—June 16-19, 8:30am-2:30pm at Firley YMCA. Last chance this summer!

Adult Learn to Swim--June 3-26 6-6:45pm at Knowles. Taught by instructors who care!

Swim Team Prep with Coach Dyer--June 10-26 from 8-9am at Firley YMCA. Ages 7 and up!

Check out the [water fitness class schedule](#) and get signed up today! New Class: Aqua HIIT!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	5:30-7:10am (6) 7:15-8am (3) 9:15-11pm (1-2) 11am-12pm (3) 12-1pm (6) 1-3 pm (2) 3-4:30pm (3) 6-8pm (3)	5:30-8am (6) 9:15-12pm (2) 12-1:30pm (6) 1:30-3:40pm (2) 3:45-5:15pm (2) 5:15pm-6pm (1)	5:30-7:10am (6) 7:15-8am (3) 9:15-11pm (1-2) 11am-12pm (3) 12-1pm (6) 1-3 pm (2) 3-4:30pm (3) 6-8pm (3)	5:30-8am (6) 9:15-11am (2) 12-1:30pm (6) 1:30-3:40pm (2) 3:45-5:15pm (2) 5:15-6pm (1)	5:30-8 (6) 9:15-12pm (3)* 12-1pm (6) 1-3pm (2) 3-4:30 (3)	7-10am (6)	8-10am (6) 10-5pm (3)
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	8:30-9:15am	7:15-8am 8:30-9:15am	8:30-9:15am	8:30-9:15am		
Camp Swim	1-3pm	1:30-3:30pm	1-3pm	1:30-3:30pm	1-3pm		
Family Swim	11am-12pm 3-4:30pm 6-8pm		11am-12pm 3-4:30pm 6-8pm		9:15-12pm* 3-4:30pm	10a-5pm	10am-5pm
Swim Lessons	9:30-11am	9:30-11am 3:45-6pm	9:30-11am	9:30-11am 3:45-6pm	9:30-11am (make ups only)		
Barracudas Swim Team	4:30-6pm	6-8:00pm	4:30-6pm	6-8:00pm	4:30-6pm		
Pool/Locker Room Cleaning				11am-12pm Pool and women's locker room closed.			

The Pool schedule may be altered due to attendance, weather or programs. *Swim Lesson make up (9:30-11am on Friday mornings) may impact lap lane space and family swim.