

Jefferson City Area YMCA

Knowles Indoor Pool Schedule
424 Stadium Blvd
July 1-31

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

Swim Team Prep July 1-31 Tues/Thurs from 8-9am. Get ready for swim team! At Firley YMCA outdoor pool. No class on July 3. Ages 7 and up.

Adult Learn to Swim—July 1-24, 6-6:45pm at Knowles. Taught by instructors who care!

Check out the **water fitness class schedule** and get signed up today! New Class: Aqua HIIT!

Lifeguard Prep July 21-25, Mon-Friday at Firley Outdoor Pool from 4-6pm. Ages 11-14. Become a stronger, safer swimmer and learn about lifeguarding and water safety.

	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) 10am-5pm (3)	8-10am (6) 10am-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.