

Firley Outdoor Swimming Pool Schedule: August 15-September 1, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	6:30-8:15am (2) 8:30-9:15am (1) 9:15-11:15am (3) 11:15-12pm (1) 12-1pm (5) 1-6pm (2)	6:30-9:15am (2) 9:15am-12pm (1) 12-1pm (5) 1-6pm (2)	6:30-8:15am (2) 8:30-9:15am (1) 9:15-11:15am (3) 11:15-12pm (1) 12-1pm (5) 1-6pm (2)	6:30-9:15am (2) 9:15am-12pm (1) 12-1pm (5) 1-6pm (2)	6:30-8:15am (2) 8:15-9:30am (1) 9:30am-12pm (2) 12-1pm (5) 1-6pm (2)	11am-5pm (2)	11am-5pm (2)
HS Swim Team	6:30-8am (3)	6:30-8am (3)	6:30-8am (3)	6:30-8am (3)	6:30-8am (3)	11am-12:30pm (3)	
YMCA Daycare					10-11am		
Water Fitness	8-845am 8:30-9:15am 11:15am-12pm 6-6:45pm	9:30-10:15am 11:15am-12pm 6-6:45pm	8-845am 8:30-9:15am 11:15am-12pm 6-6:45pm	9:30-10:15am 11:15am-12 6-6:45pm	8:30-9:15am		
Family Swim	1-6pm	1-6pm	1-6pm	1-6pm	1-6pm	12:30-5:00pm	11am-5:00pm
Labor Day Sept 1, 2025	11am-5pm 2 lap lanes all day						

Upcoming Programs for September 2025 at Knowles YMCA

Barracuda Swim Team Try-It-Out--September 3-12, 2025

Monday, Wednesday and Friday 4:30-6pm

Tuesday and Thursday 6:45-8pm

Come meet the coaches, swimmers and swim with the 'Cudas!

Find out what swim team is all about and try out. Come as many days as your schedule allows.

Sign in on the pool deck. Bring a swimsuit. We will have goggles available to borrow.

For more information Contact Head Coach Don Eisinger at: jcay@live.com

Or Lisa Dyer, Aquatics Director at ldyer@jcymca.org or 573-761-9007

Aqua Zumba/Aqua Fusion will continue in the fall on Mondays and Wednesdays at 6 pm with Lori and Dulce who are a great team! Sign up today!

We have a few openings in our Saturday morning swimming lessons which begin on September 6 and our early evening lessons which are held on Tuesdays and Thursdays at 4:30 or 5:15 beginning September 2nd. Fall is a great time to get swimming lessons in!

Jefferson City YMCA Water Fitness Schedule August 18-29, 2025

Daytime Water Fitness							
<u>Class</u>	<u>Days</u>	<u>Time</u>	<u>Start Day</u>	<u>Instructor</u>	<u>Depth</u>	<u>Location</u>	<u>Cost</u>
Cardio H2O	Mon/Wed	8am-8:45am	Aug 4	Bev	Both	Firley	\$25 Y-Member \$35 Non-member
Swimnastics	Mon/Wed/Fri	8:30-9:15am	Aug 1	Lisa	Shallow	Firley	\$25 Y-Member \$35 Non-member
Veteran Aquatic Therapy	Tues/Thurs	11:15am-12pm	Aug 5	Taylor	Shallow	Firley	Enroll through Columbia VA Association
Aqua HIIT	Tues/Thurs	11:15am-12pm	Aug 5	Taylor	Deep	Firley	\$25 Y-Member \$35 Non-member
Mid-Day Aqua Motion	Mon/Wed	11:15am-12p	Aug 4	Dorothy	Shallow	Firley	\$25 Y-Member \$35 Non-member
Aqua Aerobics	Tues/Thurs	9:30-10:15am	Aug 5	Kay	Shallow	Firley	\$25 Y-Member \$35 Non-member
Evening Water Fitness							
Deep Water	Mon/Wed	6-6:45pm	Aug 4	Kelly	Deep	Firley	\$25 Y-Member \$35 Non-member
Aqua Fusion/Aqua Zumba	Mon/Wed	6-6:45pm	Aug 4	Lori/Dulce	Shallow	Firley	\$25 Y-Member \$35 Non-member
Water Works	Tues/Thurs	6-6:45pm	Aug 5	Tress	Shallow	Firley	\$25 Y-Member \$35 Non-member
Deep Water	Tue/Thurs	6-6:45pm	Aug 5	Dorothy	Deep	Firley	\$25 Y-Member \$35 Non-member

