

Jefferson City Area YMCA

Knowles Indoor Pool Schedule
424 Stadium Drive
Oct 1-31, 2025

Pool Closings in October

October 18: Pool Closed for 'Cuda Meet

October 31: Pool Closed from 4:30-8pm

Pool News: We are hiring Lifeguards, Swim Instructors, Swim Team Coaches and Water Exercise Instructors! Join our team!

Lifeguard Training: Oct 27, 28, 29 from 8:30am-2pm at Knowles YMCA. Free for those working at the Y! Work where you work out!

Adult Learn to Swim: Dec 2-30, Tues and Thurs 9:20-10:10am. \$50 Y member, \$90 non-member.

Homeschool Swim Lessons: November 4-25, 9:30-10:10am for swimmers 3-5 years or 6 years and up. \$40 per swimmer. Kids will work in small groups for a great learning experience!

For more information about any YMCA aquatics program or working in the pool area, contact Lisa Dyer 573-761-9007 or ldyer@jcymca.org.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	5:30-7:10am (4) 7:15-8am (3) 9:15-12pm (3) 12-1pm (6) 1-4:30pm (3) 6-6:45pm (1) 6:45-8pm (3)	5:30-6:30 (6) 6:30-8am (3) 9:15-12pm (3) 12-1pm (6) 1-4:20pm (3) 4:30-6:45pm (1)	5:30-7:10am (4) 7:15-8am (3) 9:15-12pm (3) 12-1pm (6) 1-4:30pm (3) 6-6:45pm (1) 6:45-8pm (3)	5:30-6:30 (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)	7-9:20am (3) 9:20-11am (1) 11am-5pm (3)	8-11am (6) 11-5pm (3)
Water Walk	8-8:30am	8-8:30am	8-8:30am	8-8:30am	8-8:30am		
HS Team	5:30-7:10am	6:30-8am	5:30-7:10am	6:30-8am	6:30-8am	6-8am	
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 11:15am-12pm 6-6:45pm	8:30-9:15am 6:00-6:45pm	8:30-9:15am 11:15am-12pm		
Family Swim	9:15-12pm 1-4:30pm 6:45-8pm	9:15-12pm 1-4:30pm	9:15am-11am 1-4:30pm 6:45-8pm	9:15-11am 1-4:30pm	9:15-11am 1-4:30pm 6-8pm	11am-5pm	11am-5pm
Swim Lessons		9:30-11am 4:30-6pm		9:30-11am 4:30-6pm		9:30am-11am	
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 are closed for maintenance.			
Private Rental						Party Room: 4-5pm Swim 5-6pm \$175/ Y-members \$225/ non-members	
Pool Closed 'Cuda Meet Oct 18, 2025						Pool Closed all day for 'Cuda Swim Meet	

The pool schedule may be adjusted slightly due to aquatic programming, weather, pool attendance or special events. Everyone works together to make every swimmer welcome in the pool area. Thank you for swimming at the YMCA! Please direct any pool questions to: Lisa Dyer at 573-761-9007 or ldyer@jcymca.org