

Jefferson City Area YMCA

Knowles Indoor Pool Schedule
424 Stadium Drive
September 2-30, 2025

New Water Aerobics Classes! **Aqua Relief**—Tuesdays and Thursdays at 8:30am. First Class is Sept 2nd!

Mid-Day Aqua Motion-- Wednesdays and Fridays from 11:15am-12pm with Dorothy and Taylor. First class is Sept 3!

The pool schedule may be adjusted slightly due to aquatic programming, 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

Note: Pool Closed on Sept 29 at 3pm due to Swim Meet.

	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 Swim 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 closed at this time.			
Private Rental						Party Room: 4-5pm Swim 5-6pm \$175/ Y-members \$225/ non-members	
Closed for HS Swim Meet	Sept 29 at 3pm						