

# Jefferson City Area YMCA

Knowles Indoor Pool Schedule  
424 Stadium Blvd  
December 1-31, 2025

## Pool News:

American Red Cross Lifeguard Class: Dec 20, 22, 23 8:30am-2:30pm  
Free for Y employees. Contact Lisa Dyer at 573-761-9007 or [ldyer@jcymca.org](mailto:ldyer@jcymca.org)

**Get Registered for 2026!** All Learn-to-Swim, lifeguarding, babysitting, Lifeguard Prep, 'Cuda Camp, Swim Team Prep, SCUBA, and water exercise are available for registration! Sign up at [www.jcymca.org](http://www.jcymca.org) or stop by any JC Y!

**Program Spotlight! Home-school Swim Lessons:** January 6-29, (Tues/Thurs) 9:30-10:10am for swimmers 3-5 years or 6 years and up. \$45/swimmer. Kids will work in small groups for a great learning experience!

**Dec 14: Pool Closed at 3pm for Y Employee Christmas Party**

**Dec 17: High School Swim Meet--- No Evening water exercise or family swim. Pool Closes at 3pm.**

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	5:30-7:10am (3) 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 (3) 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)	7-8am (3) 8-11am (6) 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	
Special Olympics						Dec 13 only 1 lane, 8:30-11:30am	
Camp Swim Dec 22,23, 26, 29-31	9:15-10:15am	11am-12 noon	9:15-10:15am				
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			
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	

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](mailto:ldyer@jcymca.org)

