

Jefferson City Area YMCA

Knowles Indoor Pool Schedule
424 Stadium Blvd
January 2-31, 2026

Jan 10: Pool Closed all day for 'Cuda Meet

Jan 21: 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!

Get Registered for 2026! All Learn-to-Swim, lifeguarding, babysitting, adapted swim for families, Lifeguard Prep, 'Cuda Camp, Swim Team Prep, SCUBA, and water exercise are available for registration! Saturday swim lessons begin Jan 17!

Program Spotlight! Homeschool 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.

JCAY Barracuda Swim Team (Ages 6-21) Winter/Spring Season begins January 2

Try it out for Free Week! Attend any or all these practices to see what being a 'Cuda is all about! January 5, 7, 9 at 4:30pm-5:30pm
January 6, 8 at 6:45-7:45pm

Babysitting class is back! Feb 9 at Firley YMCA. Ages 11-15. Enroll today!

	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)	7-8:40am (3) 8:40-10:10am (1) 10:10-11am (0) 11 am-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	
Camp Swim Jan 2					10-11am		
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 ldyer@jcymca.org