

Jefferson City Area YMCA

Knowles Indoor Pool Schedule
424 Stadium Blvd
February 1-28, 2026

We are hiring Lifeguards, Swim Instructors, Swim Team Coaches and Water Exercise Instructors! Join our team! For more information about any YMCA aquatics program or working in the pool area, contact:
Lisa Dyer, 573-761-9007 or ldyer@jcmca.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!

Program Spotlight! Homeschool Swim Lessons: Feb 3-26, (Tues/Thurs) 9:30-10:10am for swimmers 3-5 years or 6 years and up. \$45/swimmer. Kids will work in small groups.

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

Discover SCUBA: Sunday, Feb 22 at 1pm. Try it out! 10 years-adult. Great for families and all equipment is provided. Must register by February 15.

Fix your Freestyle workshop on Saturday, April 25! Be a better lap swimmer or triathlete!

The next session of **Saturday morning swim lessons** begins March 7! Enroll now!

	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) 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 Last day: 2/18	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	9:20-10:10am	8:45am-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	

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@jcmca.org