

Jefferson City YMCA  
 Knowles Indoor Pool Schedule  
 March 1-31, 2026

**We are hiring!**  
**Water Aerobics Instructors**  
**Swim Instructors**  
**Lifeguards**  
**Swim Team Coaches**  
 Contact Lisa Dyer at 573-761-9007 or  
[ldyer@jcymca.org](mailto:ldyer@jcymca.org)

**Learn to swim 2026!** All classes are available for registration for Jan-Dec 2026 at [jcymca.org](http://jcymca.org)! Adults, kids, those with special needs, everyone!

**Coming in March**---Lifeguard Prep, Lifeguard Training (15 yrs and up) Swim Team Prep, and Adult Learn to Swim! See you at the pool!

**YMCA Spring Break Camp Swim at Knowles--(lap lanes may be adjusted)**  
 March 23, 24 and 26 at 3pm, March 25 at 3:30pm, March 27 from 10-11am

**Babysitting** is back at Firley YMCA on April 6, 2026! Sign up today!

**Fix your freestyle**—April 25 from 10:30-12 noon at Knowles YMCA! Lap swimmers, triathletes—this is for you!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	5:30-7:10am (6) 7:15-8am (3) 9:15-12pm (3) 12-1pm (6) 1-4:30pm (3) 6-6:45pm (1) 6:45-8pm (3)	5:30-8am (6) 9:15-12pm (3) 12-1pm (6) 1-4:20pm (3) 4:30-6:45pm (1)	5:30-7:10am (6) 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) 6:15-8am (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 (6) 8:40-10:10am (1) 11am-12pm (1) 12-5pm (3)	8-10am (6) 10-5pm (3)
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 6-6:45pm	8:30-9:15am 6:00-6:45pm	8:30-9:15am		
Family Swim	9:15-12pm 1-4:30pm 6:45-8pm	9:15-12pm 1-4:30pm	9:15-12pm 1-4:30pm 6:45-8pm	9:15-11am 1-4:30pm	9:15-12pm 1-4:30pm 6-8pm	11am-5pm	10am-5pm
Camp Swim March 23-26	3-4pm	3-4pm	3:30-4:30pm	3-4pm	10-11am		
Swim Lessons		9:30-11am 4:30-6pm		9:30-11am 4:30-6pm		8:45-11am	
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.			
Available for Private Rentals						Party Room: 4-5pm Swim 5-6pm \$175/ Y-members \$225/ non-members	

Join us for 10th edition of The **Great Escape & Mini Escape Triathlons** on June 13th & 14th, 2026!! We are excited to offer a well-organized, family & beginner friendly triathlon in Jefferson City, Missouri!

To complete the Escape, athletes will swim in the 50-meter pool at Ellis Porter Riverside Park, then on to the bike over city & rural roads to the outskirts of the new Missouri State Prison and back. The run will take athletes to the old historic Missouri State Penitentiary and back to cross the finish line and earn the classic Great Escape medal! With triathlon & duathlon events for ages 13 & up (The \*Great\* Escape), and a triathlon event for ages 5 - 12 (The \*Mini\* Escape), there is something for the whole family. Prizes and swag for the overall winners, plus finisher medals & participant shirts for everyone, so mark your calendars for the 2026 Great Escape Triathlon!!

On the web: [www.jcmotri](http://www.jcmotri) or call Lisa at 573-761-9007.