

Jefferson City YMCA
 Knowles Indoor Pool Schedule
 April 1-30, 2026

We are hiring!
Water Aerobics Instructors
Swim Instructors
Lifeguards
Swim Team Coaches
 Contact **Lisa Dyer** at 573-761-9007 or
ldyer@jcmca.org

Learn to swim 2026! All classes are available for registration for April-Dec 2026 at jcmca.org!
 Adults, kids, those with special needs, everyone!

Coming in April--- Adult Learn to Swim, April 6-29 from 5:15-5:55pm.

Additional section of Novice has openings: #12724 April 6-29 Mon/Wed 5:15-5:55pm.

Additional section of Novice has openings: #12723 April 2-28 Tues/Thur 4:30-5:10pm

Fix your freestyle—April 25 from 10:30-12 noon at Knowles YMCA! Lap swimmers, triathletes—this is for you! This workshop will make you a stronger and more confident swimmer!

Special Olympics Swimming Volunteers are needed! Contact Lisa Dyer to find out more!

	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) 6:45-8pm (3)	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) 6:45-8pm (3)	5:30-6:30am (6) 6:30-8am (3) 9:15-12pm (3) 12-1pm (6) 1-8pm (3)	7-8:35am (6) 8:35-10:10am (1) 11am-12pm (1) 12-5pm (2)	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		
Water Walking	8:00-8:30am	8:00-8:30am	8:00-8:30am	8:00-8:30am	8:00-8:30am		
Family Swim	9:15-12pm 1-4:30pm 6:45-8pm	9:15-12pm 1-4:30pm 6:45-8pm	9:15-12pm 1-4:30pm 6:45-8pm	9:15-11am 1-4:30pm 6:45-8pm	9:15-12pm 1-8pm	11:45am-5pm	10am-5pm
Lifeguard Training April 4, 11, 18 8:30am-2pm						8:30am-2pm (LG's will be in and out of the pool during this time)	
Swim Lessons/ 'Cuda Camp	4:30-6pm	9:30-11am 4:30-6pm	4:30-6pm	9:30-11am 4:30-6pm		8:45-11:40am	
Special Olympics Swimming						8:45-9:25am	
Pool/Locker Room Cleaning				11am-12pm Pool and women's locker room closed.			
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 and a triathlon event for ages 5 - 12 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!! www.jcmotri or call Lisa at 573-761-9007.