

# Jefferson City Area YMCA

Knowles Indoor Pool Schedule  
424 Stadium Drive  
June 1-30

## Barracuda Home Swim Meet!

Wednesday, June 10: Knowles Indoor Pool Closed at 3pm to set up. Go 'Cudas!

**Great Escape Triathlon for kids and Adults!** June 13 and 14. [www.jcmotri.com](http://www.jcmotri.com) for info!  
**Adult Learn to Swim**--June 2-25 from 6-6:45pm at Knowles. Taught by instructors who care!  
Check out the **water fitness class schedule** and get signed up today!  
**Cheer, Dance and Chant Camp** is a beginner workshop for those interested in learning dance routines with choreography and fun chants and cheers. No experience necessary!  
Ages 5th-8th Grade, Dates: June 16-18  
Ages K-4th Grade, Dates: June 23-25  
Time: 6-8 p.m., Place: Knowles Y Turf Room - 424 Stadium Cost: \$50 Y-member; \$60 Non-member

**Swim JC! Community Swim Lesson--Free for ALL:** Join in on Saturday, June 27 at Firley YMCA Outdoor Pool from 10am-11:30am! This is a learn-to-swim event emphasizing water safety and specific swimming skills for ages 4 and up. No enrollment fee for this free program, but everyone must pre-register at [www.jcymca.org](http://www.jcymca.org). or by calling the YMCA. The first 50 to enroll get a free YMCA Beach Towel! Families welcome, and each child needs a parent there.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	5:30-7:10am (6) 7:15-8am (3) 9:15-11pm (1-2) 11am-12pm (3) 12-1pm (6) 1-3 pm (2) 3-4:30pm (3) 6-8pm (3)	5:30-8am (6) 9:15-12pm (2) 12-1:30pm (6) 1:30-3:40pm (2) 3:45-5:15pm (2)	5:30-7:10am (6) 7:15-8am (3) 9:15-11pm (1-2) 11am-12pm (3) 12-1pm (6) 1-3 pm (2) 3-4:30pm (3) 6-8pm (3)	5:30-8am (6) 9:15-11am (2) 12-1:30pm (6) 1:30-3:40pm (2) 3:45-5:15pm (2)	5:30-8 (6) 9:15-12pm (3)* 12-1pm (6) 1-3pm (2) 3-4:30 (3)	7-10am (6)	8-10am (6) 10-5pm (3)
Water Walk	8-8:30am	8-8:30am	8-8:30am	8-8:30am	8-8:30am		
Water Fitness	7:15-8am 8:30-9:15am	8:30-9:15am	7:15-8am 8:30-9:15am	8:30-9:15am	8:30-9:15am		
Camp Swim	1-3pm	1:30-3:30pm	1-3pm	1:30-3:30pm	1-3pm		
Family Swim	11am-12pm 3-4:30pm 6-8pm		11am-12pm 3-4:30pm 6-8pm		9:15-12pm* 3-4:30pm	10a-5pm	10am-5pm
Swim Lessons	9:30-11am	9:30-11am 3:45-6pm	9:30-11am	9:30-11am 3:45-6pm	9:30-11am (make ups only)		
Barracudas Swim Team	4:30-6pm	6-8:00pm	4:30-6pm	6-8:00pm	4:30-6pm		
Pool/Locker Room Cleaning				11am-12pm Pool and women's locker room closed.			

The Pool schedule may be altered due to attendance, weather or programs. \*Swim Lesson make up (9:30-11am on Friday mornings) may impact lap lane space and family swim.