

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

**WELCOME JC SCHOOL FIELD TRIP**

May 15 Jefferson Middle 9-11am  
Please note that pool and gym hours will be adjusted. Thank you!

**May 25 Memorial Day Hours**

*Weather Permitting: Firley Outdoor Pool will open on May 25 at noon!*  
Knowles: Open 8am-4pm, no Water Fitness Classes.  
Family swim with 3 lap lanes all day.

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

**Pool Parties on Saturdays at Knowles . Two options!**

For private parties: Party Room: 4-6pm  
Swim 5-6pm  
\$175/ Y-members  
\$225/ non-members

#2 Or come during family swim from 12p-2pm.  
\$50/members \$100/non-member. Limit 10 swimmers.

*Thanks for swimming at the YMCA!*

**Be a 'Cuda!** 2025 Summer season starts May 4!!  
Come to one or as many practices as you like during try it out week! We can sign you in on the pool deck. Come see what being a 'Cuda is all about!

**Try-it-out week:**

May 4, 6 and 8: 4:30-6pm  
May 7 and 9: 6:45-8pm

May 4<sup>th</sup> will be a special Star Wars practice!

	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)	5:30-8pm (6) 9:15-11am (3) 12-1pm (6) 1-4:20pm (3) 4:30-6:45pm (1)	5:30-8pm (6) 9:15-12pm (3) 12-1pm (6) 1-4:30 (3) 6-8pm (3)	7-8:40am (6) 8:40-10:30 (1) 10:30am-5pm (3)	8-10am (6) 10-5pm (3)
Water Walking	8-8:30am	8-8:30am	8-8:30am	8-8:30am	8-8:30am		
Water Fitness	7:15-8am 8:30-9:15am 6-6:45pm	8:30-9:15am 6-6:45pm	7:15-8am 8:30-9:15am 11:15-12pm 6-6:45pm	8:30-9:15am 6-6:45pm	8:30-9:15am 11:15-12pm		
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	10:30am-5pm	10am-5pm
Swim Lessons		9:30-11am 4:30-6pm		9:30-11am 4:30-6pm		8:45-10:30am	
Barracuda Team	4:30-6pm	6:45-8pm	4:30-6pm	6:45-8pm	4:30-6pm		
Pool/Locker Room Cleaning				11am-12pm Pool and women's locker room closed.			
YMCA Day Camp May 26-29		1:30-3:30	1-3pm	1:30-3:30	1-3pm		

*Thank you for swimming at the YMCA! The pool schedule may be adjusted slightly due to aquatic programming, weather, pool attendance or special events. Please direct any pool questions to: Lisa Dyer at 573-761-9007 or [ldyer@jcmca.org](mailto:ldyer@jcmca.org)*

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