

Jefferson City Area YMCA

Knowles Indoor Pool Schedule
424 Stadium Drive
September 8-30, 2026

Now Available: Swim Lessons on Mon and Wed nights from 6-6:45pm starting Sept 9! Intermediate (Class #12857) and Novice (Class #12858) levels are offered at this time. Sign up today!

Aquatic Relief—Tuesdays and Thursdays at 8:30am. Taylor teaches a great

Mid-Day Aqua Motion-Mondays and Wednesdays from 11:15am-12pm with Dorothy.

Discovery SCUBA! Sept 20 from 1-4pm. Equipment provided! Learn what SCUBA is all about!

Note: The pool schedule may be adjusted slightly due to programming, 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 573-761-9007 or ldyer@jcymca.org

	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 (2) 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)	5:30-8am (6) 9:15-11am (2) 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) 8:40-11am (1) 11am-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 Swim Team	8-9:30pm	8-9:30pm	8-9:30pm	8-9:30pm	6:30-8am (3 lanes)	6-7am (6) 7-8am (3)	
Water Fitness	7:15-8am 8:30-9:15am 11:15am-12pm 6pm-6:45pm	8:30-9:15am 6-6:45pm	7:15-8am 8:30-9:15am 11:15am-12pm 6pm-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	10:15am-12pm 1-4:30pm	9:15am-11am 1-4:30pm 6:45-8pm	1-4:30pm	9:15-11am 1-4:30pm 6-8pm	11am-5pm	11am-5pm
Swim Lessons	6-645pm	9:30-11am 4:30-6pm	6-645pm	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 Rental						Party Room: 4-5pm Swim 5-6pm \$175/ Y-members \$225/ non-members	