Jefferson City Area YMCA

Knowles Indoor Pool Schedule
424 Stadium Drive
November 1-30, 2026

Become a Red Cross lifeguard over Christmas Break!
Work for the Y and the class is FREE! Apply today! Must be 15 years old and able to pass a swim test. Must attend all class sessions.
Dates: Dec 28, 29 and 30, 8:30am-2:30am at Knowles YMCA.

Happy Thanksgiving!

-Wednesday November 25: Pool closes at 4:30pm (swim team will have access to the pool from 4:30-6pm)

-Thursday November 26: Closed, Happy Thanksgiving

-Friday, November 27: 5:30am-4pm (Lap swim 6 lanes from 5:30-8am, 3 lanes 8am-4pm.

SCUBA! Nov 8 at 1pm, Knowles YMCA. Equipment is provided. You must be at least 10 years old and in reasonable physical health. No prior experience necessary. The class takes about 2-3 hours, and will start in the classroom, then move to the pool. Enroll today!

	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)	7-8am (3) 8-11am (6) 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			
YMCA Camp Nov 23-25	9:30-10:30am	1-2pm	9:30-10:30am				
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	

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