

Jefferson City Area YMCA

Knowles Indoor Pool Schedule

424 Stadium Blvd

May 1-28, 2023

--UPCOMING EVENTS--

Swim Team Try Outs/Info Meetings
May 1-5 at Practice

Firley Outdoor Pool Opens May 29, 2023

7th Annual Great Escape Triathlon/Kids Tri
June 10 and 11, 2023
For more info: jcmotri.com

Lifeguard Class, May 22-26 Aqua Camp May 22-25
Go to jcymca.org for more info

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	5:30-7:10am (6) 7:15-8am (2-3) 9:15-12pm (3) 12-1pm (6) 1-4:30pm (3) 6-6:45pm (1) 6:45-8pm (3)	5:30-7:10am (6) 7:15-8am (4) 9:15-12pm (3) 12-1pm (6) 1-4:20pm (3) 4:20-5:15pm (1) 6-6:45pm (1)	5:30-7:10am (6) 7:15-8am (2-3) 9:15-12pm (3) 12-1pm (6) 1-4:30pm (3) 6-6:45pm (1) 6:45-8pm (3)	5:30-7:10am (6) 7:15-8am (4) 9:15-11am (3) 12-1pm(6) 1-4:20pm (3) 4:20-5:15 (1) 6-6:45pm (1)	5:30-8am (6) 9:15-12pm (3) 12-1pm (6) 1-4:30pm (3) 6-8pm (3)	7-8:45am (1) 8:45-9:30am (2) 9:30am-5pm (3)	7-10am (6) 10-5pm (3)
Special Olympics						8:45am-9:30am	
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 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		
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	11:30-5pm	10am-5pm
Swim Lessons		9:30-11am 4:30-6pm		9:30-11am 4:30-6pm			
Swim Team	4:30-5:50pm	6:45-8:00pm	4:30-5:50pm	6:45-8:00pm	4:30-6pm	7-8:45am	
Pool/Locker Room Cleaning				11am-12pm			

The pool Schedule may be adjusted due to participation, programs, weather or staffing.