

Jefferson City YMCA

Knowles Indoor Pool Schedule October 1-31, 2024

Waves of Positive Vibes for Breast Cancer Warriors!

This October, we recognize Breast Cancer Survivors! JC YMCA is offering free water aerobics for Breast Cancer warriors. Contact Lisa Dyer at 573-761-9007 or ldyer@jcmca.org to enroll.



Oct 10: First ever Jefferson City High School and Capital City High School Home Swim Meet! We will close at 2pm. No swim lessons or Water aerobics. Cheer on our HS swimmers!

Oct 19: Pool Closed all day for a Barracuda Swim Meet. Go 'Cudas!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	5:30-7:10am (4) 7:15-8am (3) 9:15-12pm (3) 12-1pm (6) 1-4:30pm (3) 6-6:45pm (1) 6:45-8pm (3)	5:30-6:30 (6) 6:30-8am (3) 9:15-12pm (3) 12-1pm (6) 1-4:20pm (3) 4:30-6:45pm (1)	5:30-7:10am (4) 7:15-8am (3) 9:15-12pm (3) 12-1pm (6) 1-4:30pm (3) 6-6:45pm (1) 6:45-8pm (3)	5:30-6:30 (6) 6:30-8am (3) 9:15-11am (3) 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)	7-9:20am (3) 9:20-11am (1) 11am-5pm (3)	8-11am (6) 11-5pm (3)
HS Swim Team	5:30-7:10am	6:30-8am	5:30-7:10am	6:30-8am	6:30-8am	6-8am	
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	11am-5pm	11am-5pm
SCUBA Oct 6 only							10am-1pm
Swim Lessons		9:30-11am 4:30-6pm		9:30-11am 4:30-6pm		9:30am-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 Rentals						Party Room: 4-5pm Swim 5-6pm \$175/ Y-members \$225/ non-members	
Closed for Swim Meet						Oct 10 after 2pm Oct 19 ALL DAY	

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