

Jefferson City YMCA
 Knowles Indoor Pool Schedule
 January 1-31, 2025

JC-YMCA Barracuda Swim Meet
January 10-11, 2025
Friday, Jan 10 pool closed at 4:30pm
Saturday, Jan 11 pool closed all day

Happy Holidays!
December 31, Pool Open 8am-4pm
January 1 Pool Open 8am-4pm

Learn to swim 2025! All classes are available for registration for Jan-Dec 2025 at jcymca.org! Adults, kids, those with special needs, everyone!

Announcing: Fix Your Freestyle workshop for teens and adults to improve their stroke technique. Feb 1, 10:30am-1pm

Babysitting Classes are available for registration!
February 10, 2025, 8:30am-2:30pm
Ages 11-15, Cost: \$60/members and \$90/non-members

Contact Lisa Dyer at 573-761-9007 or ldyer@jcymca.org for more information.

	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)	5:30-6:30 (6) 6:15-8am (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)	7am-8am (3) 8am-10am (6) 10am-5pm (3)	8-10am (6) 10-5pm (3)
HS Swim Team	8pm-9:30pm	8pm-9:30pm	8pm-9:30pm	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	10am-5pm	10am-5pm
Swim Lessons		9:30-11am 4:30-6pm		9:30-11am 4:30-6pm		8:45-11am Jan 18 and 25 only	
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	

Join us for the 9th annual **Great Escape & Mini Escape Triathlons** on June 7th & 8th, 2025!! We are excited to offer a well-organized, family & beginner friendly triathlon in JC! To complete the Escape, athletes swim in the pool at Ellis Porter Riverside Park, then on to the 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 (The *Great* Escape), and a triathlon event for ages 5 - 12 (The *Mini* Escape), there is something for the whole family. If you're speedy, we've got all kinds of prizes and swag for the overall winners, plus finisher medals & participant shirts for everyone, so mark your calendars for the 2025 Great Escape Triathlon!! www.trisignup.com/Race/MO/JeffersonCity/jcmotri