

Jefferson City YMCA
 Knowles Indoor Pool Schedule
 Feb 1-28

We are hiring!
Water Aerobics Instructors
Swim Instructors
Lifeguards
Swim Team Coaches
 Contact Lisa Dyer at 573-761-9007 or
ldyer@jcmca.org

Learn to swim 2025! All classes are available for registration for Jan-Dec 2025 at jcmca.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. Lap swim time will be adjusted on this day.

Coming in March---Lifeguard Prep, Lifeguard Training (15 yrs and up) Swim Team Prep, Scouts for Safe Swimming, and Adult Learn to Swim! See you at the pool!

	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)	7-8:40am (3-6) 8:40-11am (1) 11am-5pm (3) Note: Lap swim will be adjusted on 2/1/2025 due to fix your Freestyle	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 (Feb 1 only)	
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 Starts at 12p on 2/1/25	10am-5pm
Swim Lessons		9:30-11am 4:30-6pm		9:30-11am 4:30-6pm		8:45-11am Until 12pm on 2/1/25	
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