

Indianapolis INDOOR Pool Schedules

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Regenstrief Competition Pool		6-9 am Lap Swim (6)	6-7 am Lap Swim (6) 7-9 am Aqua Jog Lap Swim (3)	6-9 am Lap Swim (6)	6-7 am Lap Swim (6) 7-9 am Aqua Jog Lap Swim (3)	6-9 am Lap Swim (6) 9-10 am BOQUA Lap Swim (3)	7 am-9:30 am Lap Swim (6)	7-9 am Lap Swim (6)
		9 am-1 pm Open Swim Lap Swim (4)	9-11 am Open Swim Lap Swim (4)	9 am-1 pm Open Swim Lap Swim (4)	9 am-4:15 pm Open Swim Lap Swim (4)	10 am-1 pm Open Swim Lap Swim (4)	9:30-10:30 am BOQUA Lap Swim (4)	9 am-1:30 pm Open Swim Lap Swim (4)
		1-2 pm Aqua Jog with Sue Lap Swim (3)	11 am-Noon BOQUA (no class 9/8) Lap Swim (3)	1-2 pm Aqua Jog Lap Swim (3)		1-2 pm Aqua Jog Lap Swim (3)		1:30-3 pm \$ Swim Lessons Open Swim Lap Swim (2)
		2-6 pm Open Swim Lap Swim (4)	Noon-4:15 pm Open Swim Lap Swim (4)	2-4:30 pm Open Swim Lap Swim (4)	4:15-5 pm \$ JCC Swim Team Lap Swim (2)	2-5:45 pm Open Swim Lap Swim (4)	10:30 am-5:45 pm Open Swim Lap Swim (4)	3-5:45 pm Open Swim Lap Swim (4)
				4:30-6 pm \$ Swim Lessons Open Swim Lap Swim (2)	5-6 pm Open Swim Lap Swim (4)			
		6-7 pm BOQUA with Tom \$ Swim Lessons Lap Swim (1)	4:15-5 pm \$ JCC Swim Team Lap Swim (2)	6-7 pm Hi-Low Aqua Lap Swim (3)	6-7 pm BOQUA Lap Swim (3)		Reservations are required. Visit https://www.signupgenius.com/tabs/93d71dd0ea4cfcc06-jccindianapolis or scan the code below	
		7-7:45 pm Open Swim Lap Swim (4)	5-7:45 pm Open Swim Lap Swim (4)	7-7:45 pm Open Swim Lap Swim (4)	7-7:45 pm Open Swim Lap Swim (4)			



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Backer Therapy Pool		9:50-10:45 am \$ Aquajoints	9:45-10:45 am \$ Aquajoints	9:50-10:45 am \$ Aquajoints	9:45-10:45 am \$ Aquajoints	9:15-11:35 am \$ ECE Lessons	Lap lane reservations will be available 48 hours in advance in 1-hour time slots beginning Tue, Sep 8. This schedule is subject to change without notice. Check out our website for more info about aquatics programs! JCCindy.org/adult-aquatics	
		10:45-11:45 am \$ Fit Joints Plus	10:45-11:45 am \$ Fit Joints Plus	10:45-11:45 am \$ Fit Joints Plus	10:45-11:45 am \$ Fit Joints Plus	11:40 am-1 pm \$\$ Rental Space Available		
		12:20-1:45 pm \$ ECE Lessons	12:20-1:45 pm \$ ECE Lessons	NEW! 12:15-1 pm BOQUA Balance (no class 9/9)	Noon-5 pm \$\$ Rental Space Available		1-2 pm \$ Fit Joints Plus	
		1:45-4 pm \$\$ Rental Space Available	2-5 pm St. Vincent's Rental	1-3:30 pm \$\$ Rental Space Available				9-11:30 am \$ Swim Lessons
		4-5 pm \$ Swim Lessons	NEW! 5:30-6:15 pm BOQUA Balance (No class 9/8)	3:30-5:30 pm \$ Swim Lessons	5:30-6:30 pm Aqua Pilates/ Ai Chi		1:30-5:45 pm \$\$ Rental Space Available	11:30 am-2 pm \$ Swim Lessons
		6-7 pm Ai Chi						2-5:45 pm \$\$ Rental Space Available