


Indianapolis INDOOR Pool Schedules

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Regenstrief Competition Pool	6-7:30 am Lap Swim (6)	6-7 am Lap Swim (6)	6-7:30 am Lap Swim (6)	6-7 am Lap Swim (6)	6-7:30 am Lap Swim (6)	6-7 am Lap Swim (6)	7 am-9:30 am Lap Swim (6)	7-9 am Lap Swim (6)	
	7:30-9 am Lap Swim (6)	7-9 am Aqua Jog Lap Swim (3)	7:30-9 am Lap Swim (6)	7-9 am Aqua Jog Lap Swim (3)	7:30-9 am Lap Swim (6)	7-9 am Aqua Jog Lap Swim (3)			7:30-9 am Lap Swim (6)
	9-10:15 am Swim Team (4) Open Swim No Lap Swim	9-10:15 am Swim Team (4) Open Swim No Lap Swim	9-10:15 am Swim Team (4) Open Swim No Lap Swim	9-10:15 am Swim Team (4) Open Swim No Lap Swim	9-10:15 am Swim Team (4) Open Swim No Lap Swim	9-10 am BOQUA Lap Swim (3)	9:30-10:30 am BOQUA Lap Swim (3)	9 am-5:45 pm Open Swim Lap Swim (4)	
	10:15 am-1 pm Open Swim Lap Swim (4)	10:15-11 am Open Swim Lap Swim (4)	10:15 am-1 pm Open Swim Lap Swim (4)	10:15 am-4:15 pm Open Swim Lap Swim (4)	10 am-1 pm Open Swim Lap Swim (4)	10:15 am-4:15 pm Open Swim Lap Swim (4)			9 am-5:45 pm Open Swim Lap Swim (4) <i>May 16 Scuba 10 am-1 pm No Open Swim Lap Swim (3)</i>
	1-2 pm Aqua Jog with Sue Lap Swim (3)	11 am-Noon BOQUA Lap Swim (3)	1-2 pm Aqua Jog Lap Swim (3)	2-3 pm CLOSED For deep clean	4:15-5 pm \$ JCC Swim Team Lap Swim (2)	1-2 pm Aqua Jog Lap Swim (3)	10:30 am-5:45 pm Open Swim Lap Swim (4) <i>May 15 Scuba 10 am-1 pm No Open Swim Lap Swim (3)</i>		
	2-4:30 pm Open Swim Lap Swim (4) <i>May 24 SOC 2-4 pm No Open Swim Lap Swim (4)</i>	Noon-4:15 pm Open Swim Lap Swim (4) <i>May 25 SOC 2-4 pm No Open Swim Lap Swim (4)</i>	2-4 pm Open Swim Lap Swim (4) <i>May 21 and 28 SOC 2-4 pm No Open Swim Lap Swim (4)</i>			3-6 pm Open Swim Lap Swim (4)		5-6 pm Open Swim Lap Swim (4)	4-4:45 pm Open Swim Lap Swim (4)
	4:30-6 pm Open Swim Lap Swim (4)	4:15-5 pm \$ JCC Swim Team Lap Swim (2)	6-7 pm BOQUA with Tom Lap Swim (3)	6-7 pm Hi-Low Aqua Lap Swim (3)	6-7 pm BOQUA Lap Swim (3)	4-4:45 pm Open Swim Lap Swim (4)	4:45-5:45 pm WT Special Olym Thru June 11 (2) Open Swim Lap Swim (2)		
	7-7:45 pm Open Swim Lap Swim (3)		5-7:45 pm Open Swim (Shallow only) Indy Synchro (Deep) Lap Swim (3)	6:45-7:45 pm WT Special Olym Thru June 9 (2) Open Swim Lap Swim (2)	7-7:45 pm Open Swim (Shallow only) Indy Synchro (Deep) Lap Swim (3)	7-7:45 pm Open Swim (Shallow only) Indy Synchro (Deep) Lap Swim (3)		7-7:45 pm Open Swim (Shallow only) Indy Synchro (Deep) Lap Swim (3)	
								<p>Lap Swim: Reservations req'd and avail 48 hours in advance. Please note the lane number you sign up for. Visit https://www.signupgenius.com/go/9040a4fa4ad2fa2fb6-2021 or scan</p>  <p>More info about aquatics programs at JCCindy.org/adult-aquatics</p> <p>This schedule is subject to change without notice.</p>	
	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	SATURDAY	SUNDAY	
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	9-11:30 am \$ Swim Lessons	8:30-9:30 am Ai Chi		
12:20-1:45 pm \$ ECE Lessons		12:20-1:45 pm \$ ECE Lessons	12:15-1 pm \$ BOQUA Balance	Noon-5 pm \$\$ Rental Space Available	1-2 pm \$ Fit Joints Plus			11:30 am-2 pm \$ Swim Lessons	
1:45-4 pm \$\$ Rental Space Available		2-5 pm St. Vincent's Rental	1-3:30 pm \$\$ Rental Space Available					2-5:45 pm \$\$ Rental Space Available	
4-5 pm \$ Swim Lessons		5:30-6:15 pm \$ BOQUA Balance							
6-7 pm Ai Chi		7-7:45 pm \$ Adult Learn to Swim Lessons	6:30-7:15 pm \$ Adult Learn to Swim Lessons						7-7:45 pm \$ Adult Learn to Swim Lessons

\$=10 per class (\$5 members) or \$80 for a 10-punch pass (\$40 members) \$\$=Available for birthday parties or other rentals

(Effective May 1-28, 2021)