

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)	7-9 am Aqua Jog Lap Swim (3)	6-9 am Lap Swim (6)	7 am-9:30 am Lap Swim (6)	7-9 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 am BOQUA Lap Swim (3)	9:30-10:30 am BOQUA Lap Swim (3)	9-9:30 am Open Swim \$ Swim Lessons Lap Swim (3)		
	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)	10:15-11 am Open Swim Lap Swim (4)	10 am-1 pm Open Swim Lap Swim (4)		9:30 am-5:45 pm Open Swim Lap Swim (4)		
	1-2 pm Aqua Jog Lap Swim (3)	11 am-Noon BOQUA Lap Swim (3)	1-2 pm Aqua Jog Lap Swim (3)	11-11:45 am Aqua Zumba Lap Swim (3)	1-2 pm Aqua Jog Lap Swim (3)	10:30 am-5:45 pm Open Swim Lap Swim (4)	Jan 23 Scuba 10 am-1 pm No Open Swim Lap Swim (3)		
	2-5 pm Open Swim Lap Swim (4) <i>Park Tudor 3-4 pm No Open Swim Lap Swim (2) Jan 17 SOC 2-4 pm No Open Swim Lap Swim (2)</i>	Noon-4:15 pm Open Swim Lap Swim (4) <i>Park Tudor 3-4 pm No Open Swim Lap Swim (2)</i>	2-3 pm CLOSED For deep clean	11:45 am-4:15 pm Open Swim Lap Swim (4) <i>Park Tudor 3-4 pm No Open Swim Lap Swim (2)</i>	2-4 pm Open Swim Lap Swim (4)	10:30 am-5:45 pm Open Swim Lap Swim (4)	Jan 22 Scuba 10 am-1 pm No Open Swim Lap Swim (3)		
	5-6 pm Open Swim (Shallow only) Indy Synchro \$ Swim Lessons Lap Swim (3)	4:15-5 pm \$ JCC Swim Team Lap Swim (2)	3-6 pm Open Swim Lap Swim (4)	4:15-5 pm \$ JCC Swim Team Lap Swim (2)			4-5:45 pm Open Swim Lap Swim (4)	4-5:45 pm Open Swim Lap Swim (4)	For alerts on pool changes, please download the JCC app: JCCindy.org/indy-j-app We also offer an eBlast with news specifically about JCC pools. Subscribe at JCCindy.org/subscribe More info about aquatics programs at JCCindy.org/adult-aquatics This schedule is subject to change without notice. Number in () parentheses is the number of lap lanes available
	6-7 pm BOQUA Indy Synchro Lap Swim (3)	5-6:30 pm Open Swim (Shallow only) Indy Synchro (Deep) Lap Swim (3)	6-7 pm Hi-Low Aqua Lap Swim (3)	6-7 pm BOQUA Indy Synchro Lap Swim (3)	6-7 pm BOQUA Indy Synchro Lap Swim (3)	6-7 pm BOQUA Indy Synchro Lap Swim (3)			
	7-7:45 pm Indy Synchro NO Open Swim Lap Swim (2)	6:30-7:45 pm Indy Synchro NO Open Swim Lap Swim (3)	7-7:45 pm Open Swim Lap Swim (3)	7-7:45 pm Indy Synchro NO Open Swim Lap Swim (3)					
	Backer Therapy Pool	9:45-10:45 am \$ Aquajoints	9:45-10:45 am \$ Aquajoints	9:45-10:45 am \$ Aquajoints	9:45-10:45 am \$ Aquajoints	9:15-11:35 am \$ ECE Lessons	8:30-9:30 am Ai Chi		
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	9-Noon \$ Swim Lessons			9:30 am-Noon \$ Swim Lessons	
12:20-1:45 pm \$ ECE Lessons		12:20-1:45 pm \$ ECE Lessons				Noon-1 pm \$ Fit Joints Plus			
1:45-3 pm \$ Aqua Mobility		2-5 pm St. Vincent's Rental <i>Begins Jan 25</i>				Noon-2 pm \$\$ Available for Rental			
3-6 pm \$ Swim Lessons			3-6 pm \$ Swim Lessons						
6-7 pm Ai Chi									

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

(Effective Jan 7, 2022)