

Indianapolis INDOOR Pool Schedules * Schedule changes bi-weekly in summer

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Regenstrief Competition Pool	Mon, Jul 4: INDOOR POOLS CLOSED; NO GROUP EX PROGRAMMING						
	10:30 am–1 pm Camp	10:30 am–Noon CampJCC	10:30 am–1 pm Camp	10:30 am–Noon CampJCC	11 am–1 pm Camp	July 9, 23 Scuba 10 am–1 pm, 2-5 pm Lap Swim (3) NO OPEN SWIM	July 10, 24 Scuba 10 am–1 pm 2-5 pm Lap Swim (3) NO OPEN SWIM
	1–2 pm Aqua Jog Lap Swim (3)	Noon–1 pm BOQUA Lap Swim (3)	1–2 pm Aqua Jog Lap Swim (3)	1:15–2 pm Aqua Zumba Lap Swim (3)	1–2 pm Aqua Jog Lap Swim (3)	12:30–1:40 pm \$ Swim Lessons	
	2–2:30 pm Camp		2–2:30 pm Camp		2–2:30 pm Camp		
		4–6 pm \$ Swim Lessons \$ JCC Swim Team NO Open Swim Lap Swim (2)		4–6 pm \$ JCC Swim Team \$ Swim Lessons NO Open Swim Lap Swim (2)		<p>Please note that pool schedules change more frequently in summer. In an effort to keep you informed, we post a new schedule bi-weekly. But please note that schedule is subject to change without notice. Number in () parentheses is the number of lap lanes available</p>	
	5–5:30 pm Beginner Synchro Indy Synchro Lap Swim (3)						
	6–7 pm BOQUA Lap Swim (3)		6–7 pm Hi-Low Aqua Lap Swim (3)	6–7 pm BOQUA Lap Swim (3)			
	5:45–7:45 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 am–12:30 pm \$ Swim 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			
	1–2 pm \$ Camp Lessons	Noon–1:30 pm \$ Camp Lessons	1–2 pm \$ Camp Lessons	Noon–1:30 pm \$ Camp Lessons	Noon–1 pm \$ Fit Joints Plus		
	2–3 pm \$ Aqua Mobility	2–5 pm St. Vincent's Rental			1–2 pm \$ Camp Lessons		
	3–6 pm \$ Swim Lessons	5:45–6:15 pm \$ Swim Lessons	3–6 pm \$ Swim Lessons	5:45–6:15 pm \$ Swim Lessons			
	6–7 pm Ai Chi	6:30–7:15 pm \$ Adult Learn to Swim Lessons		6:30–7:15 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 JUNE 21-JULY 4, 2022)