

# Indianapolis INDOOR Pool Schedules

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Regenstrief Competition Pool	6–8 am Lap Swim (6)	6–7 am Lap Swim (6)	6–8 am Lap Swim (6)	6–7 am Lap Swim (6)	6–8 am Lap Swim (6)	7 am–9:30 am Lap Swim (6)	7–9 am Lap Swim (6)		
	8–9 am Deep Water HIIT Lap Swim (3)	7–9 am Aqua Jog Lap Swim (3)	8–9 am Deep Water HIIT Lap Swim (3)	7–9 am Aqua Jog Lap Swim (3)	8–9 am Deep Water HIIT Lap Swim (3)	9:30–10:30 am BOQUA Lap Swim (3)			
	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)	10:30 am–11:20 am Open Swim Lap Swim (4)	9 am–12:40 pm Open Swim \$ Swim Lessons Lap Swim (2)	
	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)	10:15–11 am Open Swim Lap Swim (4)	10 am–1 pm Open Swim Lap Swim (4) <b>USGS Dec 9 10-11a</b>	11:20–11:50 am \$ Swim Lessons Lap Swim (2)		
	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)	11:50 am–5:45 pm Open Swim Lap Swim (4) <i>Dec 3 Synchro 12:30–3 pm No Open Swim Lap Swim (3)</i>		<p>For alerts on pool changes, please download the JCC app: <a href="http://JCCindy.org/indy-j-app">JCCindy.org/indy-j-app</a></p> <p>We also offer an eBlast with News specifically about JCC pools. Subscribe at <a href="http://JCCindy.org/subscribe">JCCindy.org/subscribe</a></p> <p>More info about aquatics programs at <a href="http://JCCindy.org/adult-aquatics">JCCindy.org/adult-aquatics</a></p> <p style="color: red;">This schedule is subject to change without notice.</p> <p>Number in ( ) parentheses is the number of lap lanes available</p>	
	2–5 pm Open Swim Lap Swim (4)	Noon–4:15 pm Open Swim Lap Swim (4)	2–3 pm CLOSED For deep clean	11:45 am–4:15 pm Open Swim Lap Swim (4) <i>PTMS 3-4pm Lap Swim (1)</i>	2–4 pm Open Swim Lap Swim (4)				
	<i>PTMS 3-4pm Lap Swim (1)</i>	<i>PTMS 3-4pm Lap Swim (1)</i>	3–6 pm Open Swim Lap Swim (4)	4:15–5 pm \$ JCC Swim Team Lap Swim (2)					
	5–6 pm Open Swim (Shallow only) Indy Synchro \$ Swim Lessons Lap Swim (3)	4:15–5 pm \$ JCC Swim Team Lap Swim (1) <b>Swim Meet (3)</b>	4:45–5:15 pm \$ Swim Lessons Lap Swim (3)	5–6 pm Open Swim (Shallow only) Indy Synchro Lap Swim (3)	4–5:45 pm Open Swim Lap Swim (4)				
	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)					
	7–7:45 pm Indy Synchro NO Open Swim Lap Swim (3)	6:30–7:45 pm Indy Synchro NO Open Swim Lap Swim (2)	7–7:45 pm Open Swim Lap Swim (3)	7–7:45 pm Indy Synchro NO Open Swim Lap Swim (2)					
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	9–Noon \$ Swim Lessons	8:30–9:30 am Ai Chi 9:30 am–Noon \$ Swim Lessons			
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	Noon–1 pm \$ Fit Joints Plus					
	12:20–1:10 pm \$ ECE Lessons			3–6 pm \$ Swim Lessons	Noon–2 pm \$\$ Available for Rental				
1:45–3 pm \$ Aqua Mobility	2–5 pm St. Vincent’s Rental								
3–6 pm \$ Swim Lessons									
6–7 pm Ai Chi									
Adult Learn to Swim 7–7:45 pm		Adult Learn to Swim 7–7:45 pm							

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

(Effective Dec 3-9, 2022)

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