

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)		
	Deep Water HIIT 8–9 am Lap Swim (3)	7–9 am Aqua Jog Lap Swim (3)	Deep Water HIIT 8–9 am 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 am–12:40 pm Open Swim \$ Swim Lessons Lap Swim (2)		
	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)			
	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)	11:20–11:50 am \$ Swim Lessons Lap Swim (2)	12:40–5:45 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)	11:50 am–5:45 pm Open Swim Lap Swim (4) <i>Dec 10 SCUBA 2:30–5:45 pm No Open Swim Lap Swim (3)</i>	12:40–5:45 pm Open Swim Lap Swim (4) <i>Dec 11 SCUBA 2:30–5:45 pm No Open Swim Lap Swim (3)</i>		
	2–5 pm Open Swim Lap Swim (4) <i>PTMS 3-4pm Lap Swim (1)</i>	Noon–4:15 pm Open Swim Lap Swim (4) <i>PTMS 3-4pm Lap Swim (1)</i>	2–3 pm CLOSED For deep clean	3–6 pm Open Swim Lap Swim (4)	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)	
			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 (2)	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)	<p>For alerts on pool changes, please download the JCC app: JCCindy.org/indy-j-app</p> <p>We also offer an eBlast with News specifically about JCC pools. Subscribe at JCCindy.org/subscribe</p> <p>More info about aquatics programs at JCCindy.org/adult-aquatics</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>			
	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)					
		7–7:45 pm Indy Synchro NO Open Swim Lap Swim (3)	7–7:45 pm Indy Synchro NO Open Swim Lap Swim (2)						
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	9–Noon \$ 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	Noon–1 pm \$ Fit Joints Plus	9:30 am–Noon \$ Swim Lessons	9:30 am–Noon \$ Swim Lessons		
			12:20–1:10 pm \$ ECE Lessons						
	1:45–3 pm \$ Aqua Mobility	2–5 pm St. Vincent’s Rental					Noon–2 pm \$\$ Available for Rental	Noon–2 pm	
	3–6 pm \$ Swim Lessons			3–6 pm \$ Swim Lessons					
	6–7 pm Ai Chi								