

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 Bootcamp Lap Swim (3)	Apr 2 LG Class 8am-6pm	
	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–12 pm Open Swim Lap Swim (4)	10:15–11 am Open Swim Lap Swim (4)	10:15 am–12 pm Open Swim Lap Swim (4)	10:15–11 am Open Swim Lap Swim (4)	10 am–12 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>SOC 12-1pm No Open Swim</i>	<i>SOC 12-1pm No Open Swim</i>	2–3 pm CLOSED For deep clean	<i>SOC 12-1pm No Open Swim</i>	<i>SOC 12-1pm No Open Swim</i>	<i>Apr 1 SCUBA 2:30-5:45pm No Open Swim Lap Swim (3)</i>	<i>Apr 2 SCUBA 2:30-5:45pm No Open Swim Lap Swim (3)</i>	
	2–5 pm Open Swim Lap Swim (4)	1–4:15 pm Open Swim Lap Swim (4)	<i>SOC 12-1pm No Open Swim</i>	1pm–4:15 pm Open Swim Lap Swim (4)	2–4 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><i>This schedule is subject to change without notice.</i></p> <p>Number in () parentheses is the number of lap lanes available</p>		
	3–6 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 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 (2)	4–5:45 pm Open Swim Lap Swim (4)			
	6–7 pm BOQUA Bootcamp Lap Swim (3)	5–6:30 pm Open Swim (Shallow only) Indy Synchro (Deep) Lap Swim (2)	6–7 pm Hi-Low Aqua Lap Swim (3)	6–7 pm BOQUA Indy Synchro Lap Swim (2)				
7–7:45 pm Open Swim Lap Swim (3) \$ ALTS (1)	6:30–7:45 pm Indy Synchro NO Open Swim Lap Swim (2)	7–7:45 pm Open Swim Lap Swim (3) \$ ALTS (1)	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
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					9:30 am–Noon \$ Swim Lessons
	12:20–1:10 pm \$ ECE Lessons	Noon-1pm Ai Chi		Noon–1 pm \$ Fit Joints Plus				
1:45–3 pm \$ Aqua Mobility	2–5 pm St. Vincent’s Rental		3–6 pm \$ Swim Lessons		Noon–2 pm \$\$ Available for Rental			Noon–2 pm
3–6 pm \$ Swim Lessons								
6–7 pm Ai Chi								
7-7:45pm \$ ALTS		7-7:45pm \$ ALTS						