

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Regenstrief Competition Pool	Jan 8 & 15 SOC 2-3pm NO OPEN SWIM				Jan 5 SOC 2-3pm NO OPEN SWIM	Jan 13 SCUBA 2pm – 5pm NO OPEN SWIM	Jan 7 LG 8am-12pm Jan 14 SCUBA 2pm-5pm NO OPEN SWIM
	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)	9:30–11:20 am BOQUA Bootcamp/ BOQUA Balance Lap Swim (3)	9 am–11 am Open Swim \$ Swim Lessons (1) 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 am BOQUA Lap Swim (3)	11:20–11:50 am \$ 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)	10:15–3 pm Open Swim Lap Swim (4)	10 am–1 pm Open Swim Lap Swim (4)		11-11:45 am Aqua Zumba \$ Swim Lessons (1) 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)		1–2 pm Aqua Jog Lap Swim (3)		
	2-3 pm Open Swim Lap Swim (4)	12-3 pm Open Swim Lap Swim (4)	2–3 pm CLOSED For deep clean			11:50 am–5:45 pm Open Swim Lap Swim (4)	11:45-5:45 pm Open Swim Lap Swim (4)
				3-4:15 pm PTMS (3) Lap Swim (1)			Jan 14 SI Inservice NO OPEN SWIM 2:30-5:45pm
	3-4 pm PTMS (3) Lap Swim (1) Open Swim	3-4:15 pm PTMS (3) Lap Swim (1) Open Swim	3-6 pm Open Swim Lap Swim (4)	Open Swim	Lap Swim (4)	<p>For alerts on pool changes, please download the JCC app: JCCindy.org/jcc-indianapolis-app</p> <p>We also offer an eBlast with news specifically about JCC pools. Subscribe at JCCindy.org/stay-connected</p> <p>More info about aquatics programs at JCCindy.org/adult-water-fitness</p> <p>This schedule is subject to change without notice.</p> <p>Number in () parentheses is the number of lap lanes available</p>	
	4–6 pm Open Swim Lap Swim (4)	4:15–5 pm \$ JCC Swim Team Lap Swim (2)		4:15–5 pm \$ JCC Swim Team Open Swim Lap Swim (2)			
				5–6 pm Open Swim Lap Swim (3)	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 (3)	6–7 pm Hi-Low Aqua Lap Swim (3)	6–7 pm BOQUA Indy Synchro Lap Swim (3)			
	7–7:45 pm Open Swim Lap Swim (3)	6:30–7:45 pm Indy Synchro NO Open Swim Lap Swim (2)	7–7:45 pm Aqua Zumba Lap Swim (3)	7–7:45 pm Indy Synchro NO Open Swim Lap Swim (2)			
Backer Therapy Pool							