

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<u>Mar 25 &amp; Arp 1</u> 2-4 PM <b>SOC NO OPEN SWIM</b>	<u>Mar 26 &amp; Arp 2</u> 2-4 PM <b>SOC NO OPEN SWIM</b>	<u>Mar 27 &amp; Arp 3</u> 3-4 PM <b>SOC NO OPEN SWIM</b>	<u>Mar 28 &amp; Arp 4</u> 2-4 PM <b>SOC NO OPEN SWIM</b>	<u>Mar 29 &amp; Arp 5</u> 2-4 PM <b>SOC NO OPEN SWIM</b>	<u>Mar 23 8am-12pm</u> <u>Mar 23 4:30-6pm</u> <b>NO OPEN SWIM</b>	<u>Mar 24 8am-1pm</u> <b>NO OPEN SWIM</b>
	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)	7-8 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)	8 am-12:45 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)	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)		
	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)	11:50 am-5:45 pm Open Swim Lap Swim (4)	12:45-5:45 pm Open Swim Lap Swim (4)
	2-3 pm Open Swim Lap Swim (4)	Noon-3 pm Open Swim Lap Swim (4)	2-3 pm CLOSED For deep clean	3-4:15 pm Lap Swim (4) Open Swim			
		3-4:15 pm Lap Swim (4) Open Swim	3-6 pm Open Swim Lap Swim (4)	4:15-5 pm \$ JCC Swim Team Open Swim Lap Swim (2)	2-5:45 pm Open Swim Lap Swim (4)	<p>For alerts on pool changes, please download the JCC app: <a href="https://jccindy.org/jcc-indianapolis-app">JCCindy.org/jcc-indianapolis-app</a></p> <p>We also offer an eBlast with news specifically about JCC pools. Subscribe at <a href="https://jccindy.org/stay-connected">JCCindy.org/stay-connected</a></p> <p>More info about aquatics programs at <a href="https://jccindy.org/adult-water-fitness">JCCindy.org/adult-water-fitness</a></p> <p>This schedule is subject to change without notice.</p> <p>Number in ( ) parentheses is the number of lap lanes available</p>	
	3-6 pm Lap Swim (4) Open Swim	4:15-5 pm \$ JCC Swim Team Lap Swim (2) Open Swim		5-6 pm Open Swim Lap Swim (3)			
	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 (4)	6:30-7:45 pm Indy Synchro NO Open Swim Lap Swim (2)	7-7:45pm Aqua ZUMBA Lap Swim (3) No Open Swim	7-7:45 pm Indy Synchro NO Open Swim Lap Swim (2)			
Regenstrief Competition Pool							
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		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		9am-noon \$ Swim Lessons	9:30 am-Noon \$ Swim Lessons
	1:45-3 pm \$ Aqua Mobility	12:20-1:10 pm \$ ECE Lessons	Noon-1 pm Ai Chi		Noon-1 pm \$ Fit Joints Plus		
		2-5 pm St. Vincent's Rental	3-6 pm \$ Swim Lessons	4:45-8 pm \$ Swim Lessons		Noon-2 pm \$\$ Rental Available	Noon-2 pm \$\$ Rental Available
	6-7 pm Ai Chi		6-7 pm \$ Aqua Yoga				
	7-7:45 pm ALTS		7-7:45 pm ALTS				