

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Regenstrief Competition Pool	APR 22 CLOSED @ 2:45	APR 23 CLOSED				APR 20 10am-2pm NO OPEN SWIM	APR 21 8am-12pm 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)	7–8 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)	For alerts on pool changes, please download the JCC app: JCCindy.org/jcc-indianapolis-app We also offer an eBlast with news specifically about JCC pools. Subscribe at JCCindy.org/stay-connected More info about aquatics programs at JCCindy.org/adult-water-fitness This schedule is subject to change without notice. Number in () parentheses is the number of lap lanes available	
	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)	6–6:45 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)				
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				