

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | | |
|--|--|--|---|---|--|--|--|-----------------------------|------------------------------------|
| Regenstrief Competition Pool | APR 29 CLOSED | | MAY 1 10am-1pm NO OPEN SWIM | | | MAY 4 8am-1pm 2-5pm NO OPEN SWIM | MAY 5 8am-1pm 2-5pm 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) | 7-8 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) | 11:50 am-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) | 3-4:15 pm Lap Swim (4) Open Swim | 1-2 pm Aqua Jog Lap Swim (3) | 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 | APR 28 CLOSED @ 5pm 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 | | 4:15-5 pm \$ JCC Swim Team Open Swim Lap Swim (2) | | | | |
| | 3-6 pm Lap Swim (4) Open Swim | 3-4:15 pm Lap Swim (4) Open Swim | 3-6 pm Open Swim Lap Swim (4) | 5-6 pm Open Swim Lap Swim (3) | | | | | |
| | | 4:15-5 pm \$ JCC Swim Team Lap Swim (2) Open Swim | | | | | | | |
| | 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) | | | | | | |
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| 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 | 4:45-8 pm \$ Swim Lessons | Noon-1 pm \$ Fit Joints Plus | | | | Noon-2 pm \$\$ Rental Available |
| | | 2-5 pm St. Vincent's Rental | 3-6 pm \$ Swim Lessons | | | | | | |
| | 6-7 pm Ai Chi | | 6-7 pm \$Aqua Yoga | | | | | | |
| | 7-7:45 pm ALTS | | 7-7:45 pm ALTS | | | | | | |