

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						MAY 11 8am-1pm	MAY 12 8am-1pm
						4:30-5:30pm	
	6–8 am	6–7 am	6–8 am	6–7 am	6–8 am	NO OPEN SWIM 7 am–8 am	NO OPEN SWIM 7–8 am
	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)
	8-9 am	7–9 am	8-9 am	7–9 am	8–9 am	8 am-9 :30am	
						Lap Swim (4)	
Regenstrief Competition Pool	Deep Water HIIT	Aqua Jog	Deep Water HIIT	Aqua Jog	Deep Water HIIT	9:30–11:20 am	0
	Lap Swim (3)	Lap Swim (3)	Lap Swim (3)	Lap Swim (3)	Lap Swim (3)	BOQUA BC/BAL (3) \$ Swim Lessons (2)	8 am–12:45 pm Open Swim
	9–10:15 am	9–10:15 am	9–10:15 am	9–10:15 am	9–10 am	Lap Swim (1)	\$ Swim Lessons
	Swim Team (4)	Swim Team (4)	Swim Team (4)	Swim Team (4)	BOQUA	11:20–11:50 am	Lap Swim (2)
	Open Swim	Open Swim	Open Swim	Open Swim	Lap Swim (3)	\$ Swim Lessons	
	No Lap Swim 10:15 am–1 pm	No Lap Swim 10:15–11 am	No Lap Swim	No Lap Swim	10 am–1 pm	Lap Swim (2)	
	Open Swim	Open Swim	10:15 am–1 pm Open Swim	10:15–3 pm	Open Swim		
	Lap Swim (4)	Lap Swim (4)	Lap Swim (4)	Open Swim	Lap Swim (4)	Open Swim	
	1–2 pm	11 am–Noon	1–2 pm	Lap Swim (4)	1–2 pm		
	Aqua Jog	BOQUA	Aqua Jog		Aqua Jog		
	Lap Swim (3)	Lap Swim (3)	Lap Swim (3)		Lap Swim (3)	11:50 am–5:45 pm	12:45-5:45 pm
	2–3 pm	Noon–3 pm	2–3 pm CLOSED	3-4:15 pm		Open Swim	
	Open Swim	Open Swim	For deep clean			Lap Swim (4)	Open Swim Lap Swim (4)
	Lap Swim (4)	Lap Swim (4)		Lap Swim (4) Open Swim			Lap Swift (4)
		2.4.45 mm		Open Swith	2.5.45 mm		
		3-4:15 pm			2–5:45 pm	For clothe on	no al aban no a
			3-6 pm	4:15–5 pm	Open Swim		pool changes, ad the JCC app:
		Lap Swim (4)	Open Swim Lap Swim (4)	\$ JCC Swim Team	Lap Swim (4)	JCCindy.org/jcc-indianapolis-app	
	3- 6 pm	Open Swim		Open Swim			
		openetin		Lap Swim (2)		We also offer	
	• • • •	Lap Swim (4) Open Swim 4:15–5 pm		E.C.mm		news specifically about JCC pools. Subscribe at	
	open swim	\$ JCC Swim Team		5–6 pm Open Swim		JCCindy.org/stay-connected	
		Lap Swim (2)		Lap Swim (3)			
							out aquatics
	6–7 pm	5–6:30 pm Open	6–6:45 pm	6–7 pm		programs at JCCindy.org/adult-water-fitness	
	BOQUA Bootcamp Lap Swim (3)	Swim (Shallow only)	Hi-Low Aqua Lap Swim (3)	BOQUA			
	Lap Swim (S)	Indy Synchro (Deep) Lap Swim (3)	Lap Swim (S)	Indy Synchro Lap Swim (3)		This schedule	is subject to
	7–7:45 pm	6:30–7:45 pm	7-7:45pm	7–7:45 pm		change with	
	Open Swim	Indy Synchro	Aqua ZUMBA	Indy Synchro			
	Lap Swim (4)	NO Open Swim	Lap Swim (3)	NO Open Swim			arentheses is the
		Lap Swim (2)	No Open Swim	Lap Swim (2)		number of lap	arres available
Backer Therapy Pool	9:45–10:45 am	9:45–10:45 am	9:45–10:45 am	9:45–10:45 am	9:15–11:35 am		8:30–9:30 am
	\$ Aquajoints	\$ Aquajoints	\$ Aquajoints	\$ Aquajoints	\$ ECE Lessons		Ai Chi
	10:45–11:45 am	10:45–11:45 am	10:45–11:45 am	10:45–11:45 am			
	\$ Fit Joints Plus	\$ Fit Joints Plus	\$ Fit Joints Plus	\$ Fit Joints Plus		9am-noon	9:30 am-Noon
	1:45–3 pm	12:20–1:10 pm			Noon–1 pm	\$ Swim Lessons	\$ Swim Lessons
	\$ Aqua Mobility	\$ ECE Lessons	Noon–1 pm Ai Chi		\$ Fit Joints Plus		
		2-5 pm		4:45-8 pm		Noon–2 pm	Noon-2 pm
		St. Vincent's Rental	3–6 pm	\$ Swim Lessons		\$\$ Rental Available	\$\$ Rental Available
	6–7 pm		\$ Swim Lessons 6-7 pm				
1	Ai Chi		\$Aqua Yoga				
	7-7:45 pm		7-7:45 pm				
	ALTS		ALTS				

\$=\$10 per class (\$5 members) or \$80 for a 10-punch pass (\$40 members) \$\$=Available for birthday parties or other rentals (Effective 5/7-5/16, 2024)