

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Regenstrief Competition Pool							
	10 am– Noon Lap Swim (6)	10 am– Noon Lap Swim (6)	10 am– Noon Lap Swim (6)	10 am– Noon Lap Swim (6)	10 am– Noon Lap Swim (6)		
	12–1 pm Lap Swim (4)	Noon-1 pm Lap Swim (6)	12–1 pm Lap Swim (4)		12–1 pm Lap Swim (4)		
	1–2 pm Aqua Jog Lap Swim (3)		1–2 pm Aqua Jog Lap Swim (3)		1–2 pm Aqua Jog Lap Swim (3)		
		4:15–5 pm \$ JCC Swim Team Lap Swim (4)		4:15–5 pm \$ JCC Swim Team 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>	
	6–7 pm Lap Swim (6)		6–7 pm Lap Swim (6)	6–7 pm Lap Swim (6)			
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			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
	2–3 pm \$ Aqua Mobility		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						
	7-7:45 pm ALTS		7-7:45 pm ALTS				