

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Regenstrief Competition Pool	BUST Mon Sept 16 6-8am (3) lap lanes	BUST Tues Sept 17 6-8am (3) lap lanes	BUST Wed Sept 18 6-8am (3) lap lanes			Sep 7 LG CLASS 7am-12pm	Sep 8 LG Class 7am-12pm	
	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)	7-8 am Lap Swim (6)	7-8 am Lap Swim (6)	
	8-9 am Deep Water HIIT (3) Lap Swim (3)	7-9 am Aqua Jog (3) Lap Swim (3)	8-9 am Deep Water HIIT (3) Lap Swim (3)	7-9 am Aqua Jog (3) Lap Swim (3)	8-9 am Deep Water HIIT (3) Lap Swim (3)	8-9 am Lap Swim (4) PSL (2)	8am-12:45pm Open Swim (2) \$ Swim Lessons (2) Lap Swim (2)	
	9-10:15 am Swim Team (4) Open Swim (2) No Lap Swim	9-10:15 am Swim Team (4) Open Swim (2) No Lap Swim	9-10:15 am Swim Team (4) Open Swim (2) No Lap Swim	9-10:15 am Swim Team (4) Open Swim (2) No Lap Swim	9-10 am BOQUA (3) Lap Swim (3)	9-10:50 am BOQUA BC/BAL (3) \$ Swim Lessons (2) Lap Swim (1)		
	10:15 am-1 pm Open Swim (2) Lap Swim (4)	10:15-11 am Open Swim (2) Lap Swim (4)	10:15 am-1 pm Open Swim (2) Lap Swim (4)	10:15-3 pm Open Swim (2) Lap Swim (4)	10 am-1 pm Open Swim (2) Lap Swim (4)	11:00-11:50 am \$ Swim Lessons (2) Lap Swim (2)	12:45-5:45 pm Open Swim (2) Lap Swim (4)	
	1-2 pm Aqua Jog (3) Lap Swim (3)	11 am-12 pm BOQUA (3) Lap Swim (3)	1-2 pm Aqua Jog (3) Lap Swim (3)		1-2 pm Aqua Jog (3) Lap Swim (3)	11:50 am-5:45 pm Open Swim (2) Lap Swim (4)		
	2-3 pm Open Swim (2) Lap Swim (4)	12-3 pm Open Swim (2) Lap Swim (4)	2-3 pm CLOSED For deep clean	3-4:15 pm Lap Swim (4) Open Swim (2)		SCUBA Sep 28 2-5pm NO OPEN SWIM	SCUBA Sep 29 2-5pm NO OPEN SWIM	
	3-5 pm Lap Swim (4) Open Swim (2)	3-4:15 pm Lap Swim (4) Open Swim (2)	3-6 pm Open Swim (2) Lap Swim (4)	4:15-5 pm \$ JCC Swim Team (2) Open Swim (2) Lap Swim (2)	2-5:45 pm Open Swim (2) Lap Swim (4)			
	5-6 pm Lap Swim (2) BUST (2) Open Swim (2)	4:15-5:15 pm \$ JCC Swim Team (2) Lap Swim (2) \$ Swim Lessons (2)	SOD 3-4 pm Wed Sept 18 NO OPEN SWIM	5-6 pm Open Swim (2) 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		
	6-7 pm BOQUA BC (3) Lap Swim (1) BUST (2)	5:15-7:45pm Lap Swim (4)	6-7 pm Hi-Low Aqua (3) Lap Swim (3)	6-7 pm BOQUA (3) Lap Swim (3)				
	7-7:45 pm Open Swim (2) Lap Swim (4)	Open Swim (2)	7-7:45pm Lap Swim (3) Open Swim (3)	7-7:45pm Open Swim (2) Lap Swim (4)				
	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
1:45-3 pm \$ Aqua Mobility	12:20-1:10 pm \$ ECE Lessons	Noon-1 pm Ai Chi		Noon-1 pm \$ Fit Joints Plus				
3-6 pm \$ Swim Lessons	2-5 pm St. Vincent's Rental				Noon-2 pm \$\$ Rental Available	Noon-2 pm \$\$ Rental Available		
6-7 pm Ai Chi	5:20-7:05pm \$ Swim Lessons	6-7 pm \$Aqua Yoga						
7-7:45 pm ALTS		7-7:45 pm ALTS						