

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Regenstrief Competition Pool	<b>SOD</b> Dec 23 & 30 2-4pm <b>NO OPEN SWIM</b>	<b>SOD</b> Dec 24 12-1pm <b>NO OPEN SWIM</b>			<b>SOD</b> Dec 20 & 27 2-4pm <b>NO OPEN SWIM</b>	<b>LG CLASS</b> Dec 14 & 21 7am-12pm	<b>LG CLASS</b> Dec 22 7am-12pm <b>NO OPEN SWIM</b>
	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) <b>PSL (2)</b>	8am-12:45pm Open Swim (2) \$ Swim Lessons (2) Lap Swim (2)
	9-10:15 am Swim Team (4) Open Swim (2) <b>No Lap Swim</b>	9-10:15 am Swim Team (4) Open Swim (2) <b>No Lap Swim</b>	9-10:15 am Swim Team (4) Open Swim (2) <b>No Lap Swim</b>	9-10:15 am Swim Team (4) Open Swim (2) <b>No Lap Swim</b>	9-10 am BOQUA (3) Lap Swim (3)	9-10:30 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)	10:30-11:50 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 <b>CLOSED</b> For deep clean	3-4:15 pm Lap Swim (4) Open Swim (2)		<b>SCUBA</b> 2-5pm <b>NO OPEN SWIM</b>	<p>For alerts on pool changes, please download the JCC app: <a href="https://jccindy.org/jcc-indianapolis-app">JCCindy.org/jcc-indianapolis-app</a></p> <p>We also offer an eBlast with news specifically about JCC pools. Subscribe at <a href="https://jccindy.org/stay-connected">JCCindy.org/stay-connected</a></p> <p>More info about aquatics programs at <a href="https://jccindy.org/adult-water-fitness">JCCindy.org/adult-water-fitness</a></p> <p>This schedule is subject to change without notice.</p> <p>Number in ( ) parentheses is the number of lap lanes available</p>
	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) <b>BUST (2)</b> Open Swim (2)	4:15-5:15 pm \$ JCC Swim Team (2) Lap Swim (2) \$ Swim Lessons (2)		5-6 pm Open Swim (2) Lap Swim (4)			
	6-6:45 pm BOQUA BC (3) Lap Swim (1) <b>BUST (2)</b>	5:15-7:45pm Lap Swim (4)	6-7 pm Hi-Low Aqua (3) Lap Swim (3)	6-6:45 pm BOQUA BC (3) Lap Swim (3)			
	6:45-7:45 pm Open Swim (2) Lap Swim (4)	Open Swim (2)	7-7:45pm Lap Swim (3) Open Swim (3)	6:45-7:45pm Open Swim (2) Lap Swim (4)			
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		
	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	6-7 pm \$Aqua Yoga				
	7-7:45 pm ALTS	\$ Swim Lessons	7-7:45 pm ALTS				