

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						9am-12pm	
						\$ Swim Lessons (3)	
		10-10:45 am		12-1 pm		Lap Swim (3)	
		Aqua Zumba (3)		Aqua Zumba (3)			
		Lap Swim (3)		Lap Swim (3)			
_							
Poc	1–2 pm Aqua Jog	Noon-1 pm	1–2 pm Aqua Jog		1–2 pm Aqua Jog		
tion	Lap Swim (3)	Lap Swim (6)	Lap Swim (3)		Lap Swim (3)		
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Regenstrief Competition Pool		4:15–5 pm					
				445.5		THERE WILL BE NO OPEN SWIM AVAILABLE IN THE INDOOR LAP	
		\$ JCC Swim Team		4:15–5 pm			
		Lap Swim (4)		\$ JCC Swim Team		POOL FOR A	NY REASON
				Lap Swim (4)		We also offer an eBlast with news specifically about JCC pools. Subscribe at	
						JCCindy.org/s	tay-connected
						More info about aquatics	
	4–7 pm		4–7 pm	4–7 pm		programs at JCCindy.org/adult-water-fitness This schedule is subject to change without notice.	
	Swim Lessons (3)		Swim Lessons (3)	Lap Swim (3)			
	Lap Swim (3)		Lap Swim (3)	Swim Lessons (3)			
						Number in () pa	arentheses is the lanes available
						number of lap	ialles available
	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
Backer Therapy Pool	\$ 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		Noon-1 pm	\$ Swim Lessons	\$ Swim Lessons
	\$ Aqua Mobility	\$ ECE Lessons	Ai Chi		\$ Fit Joints Plus		
		2-5 pm	3–6 pm	4:45-8 pm			
ackı		St. Vincent's Rental	\$ Swim Lessons	\$ Swim Lessons			
B	6–7 pm						
	Ai Chi						