

Regenstrief Competition Pool	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	DEC 22 <sup>nd</sup> & 29 <sup>th</sup> SOD 2-3pm NO OPEN SWIM	DEC 23 <sup>rd</sup> & 30 <sup>th</sup> SOD 2-3pm NO OPEN SWIM	DEC 24 <sup>th</sup> SOD 12-1pm NO OPEN SWIM	DEC 25 <sup>th</sup> & JAN 1 <sup>st</sup> HOURS 9a-4:45p	DEC 26 <sup>th</sup> & JAN 2 <sup>nd</sup> SOD 2-3pm NO OPEN SWIM	DEC 20 <sup>th</sup> 8am-1pm NO OPEN SWIM	DEC 21 <sup>st</sup> 8am-1pm NO OPEN SWIM
	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)	9–10:30 am BOQUA BC/BAL (3) \$ Swim Lessons (2) Lap Swim (1)	
	10:15 am–1 pm Open Swim (2) Lap Swim (4)	10–10:45 am Aqua Zumba (3) Lap Swim (3)	10:15 am–1 pm Open Swim (2) Lap Swim (4)	10:15–12 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)  Open Swim (2)	
	1–2 pm Open Exercise (3) Lap Swim (3)	11 am–12 pm BOQUA (3) Lap Swim (3)	1–2 pm Open Exercise (3) Lap Swim (3)	12-1 pm AQUA ZUMBA (3) Lap Swim (3)	1–2 pm Open Exercise (3) Lap Swim (3)	11:50 am–5:45 pm Open Swim (2) Lap Swim (4)	12:45-5:45 pm  Open Swim (2) Lap Swim (4)
	2–3 pm Open Swim (2) Lap Swim (4)	12-4:15 pm  Lap Swim (4)  Open Swim (2)	2–3 pm CLOSED For deep clean	1-4:15 pm  Lap Swim (4) Open Swim (2)	2–5:45 pm Open Swim (2) Lap Swim (4)	For alerts on pool changes, please download the JCC app: JCCindy.org/jcc-indianapolis-app  *SWIM LESSONS ARE ALLOWED TO OCCUPY LAP LANES DURING LAP SWIM HOURS – THEY WILL SHARE A LANE WITH YOU IF YOU ASK THEM TO*  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	
	3-4pm Lap Swim (4)  Open Swim (2)		3-6 pm Open Swim (2) Lap Swim (4)	4:15–5 pm \$ JCC Swim Team (3) Open Swim (2) Lap Swim (1)			
	4-5:30pm Swim Team (2) Lap Swim (2) Open Swim (2)	4:15–5 pm \$ JCC Swim Team (3) Lap Swim (1) Open Swim (2)		5–6 pm Open Swim (2) Lap Swim (4)			
	6–6:45 pm BOQUA BC (3) Lap Swim (3)	5- 7 pm Swim Team (4) Lap Swim (2)  NO OPEN SWIM	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)	7- 7:45 pm 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		5:15-7 pm \$ Swim Lessons		Noon–2 pm \$\$ Rental Available	Noon–2 pm \$\$ Rental Available
	6–7 pm Ai Chi		3:30- 6pm \$ Swim Lessons				
	7-7:45 pm ALTS		7-7:45 pm ALTS				