

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Regenstrief Competition Pool	Feb. 16th 2-3pm NO OPEN SWIM	Feb. 10th 5:45-7:45pm NO OPEN SWIM			Feb. 13th 2-3pm NO OPEN SWIM	Feb. 14th & 21st 7am-1pm NO OPEN SWIM	Feb. 15th 7am-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 (4) Lap Swim (2)	7-9 am Aqua Jog (3) – (4) Lap Swim (3) – (2)	8-9 am Deep Water HIIT (4) Lap Swim (2)	7-9 am Aqua Jog (3) - (4) Lap Swim (3) – (2)	8-9 am Deep Water HIIT (4) Lap Swim (2)	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)		
	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) Feb. 28th 2-5pm NO OPEN SWIM	
	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)			
	3-4pm Lap Swim (4) Open Swim (2)		3-5 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 Swim Lessons (2) Lap Swim (2) Open Swim (2)	5-6 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			
	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					