

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Regenstrief Competition Pool						Mar 14th & 21st 7am-1pm NO OPEN SWIM	Mar 15th & 22nd 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 (4)	7-8 am Lap Swim (4)
	8-9 am Deep Water HIIT (4) Lap Swim (2)	7-9 am Aqua Jog (3) Lap Swim (3)	8-9 am Deep Water HIIT (4) Lap Swim (2)	7-9 am Aqua Jog (3) Lap Swim (3)	8-9 am Deep Water HIIT (4) Lap Swim (2)	8-9 am Lap Swim (4)	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)
	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)	2/28, 3/7 3/14, 3/21 2-5pm NO OPEN SWIM	3/1, 3/8 3/15, 3/21 2-5pm NO OPEN SWIM
	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 Lap Swim (4) 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)	<p>*SWIM LESSONS ARE ALLOWED TO OCCUPY LAP LANES DURING LAP SWIM HOURS – THEY WILL SHARE A LANE WITH YOU IF YOU ASK THEM TO*</p> <p>For alerts on pool changes, please download the JCC app: JCCindy.org/jcc-indianapolis-app</p> <p>This schedule is subject to change without notice.</p> <p>Number in () parentheses is the number of lap lanes available</p>		
	6-6:45 pm BOQUA BC (3) Lap Swim (3)	5- 7 pm Lap Swim (4) Open Swim (2)	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	
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				