

| Regenstrief Competition Pool | MONDAY                                                             | TUESDAY                                                                                                | WEDNESDAY                                                          | THURSDAY                                                           | FRIDAY                                                      | SATURDAY                                                                                                                                                                                                                                                                                                                                                                                              | SUNDAY                                                              |  |
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|                              |                                                                    |                                                                                                        |                                                                    |                                                                    | <b>POOL CLOSES<br/>2:45pm<br/>September 11<sup>th</sup></b> | <b>JCC CLOSED<br/>September 12<sup>th</sup></b>                                                                                                                                                                                                                                                                                                                                                       | <b>JCC CLOSED<br/>September 13<sup>th</sup></b>                     |  |
|                              | 6–8 am<br>Lap Swim (6)                                             | 6–7 am<br>Lap Swim (6)                                                                                 | 6–8 am<br>Lap Swim (6)                                             | 6–7 am<br>Lap Swim (6)                                             | 6–8 am<br>Lap Swim (6)                                      | 7–8 am<br>Lap Swim (4)                                                                                                                                                                                                                                                                                                                                                                                | 7–8 am<br>Lap Swim (4)                                              |  |
|                              | 8-9 am                                                             | 7–9 am                                                                                                 | 8-9 am                                                             | 7–9 am                                                             | 8–9 am                                                      | 8-9 am<br>Lap Swim (4)                                                                                                                                                                                                                                                                                                                                                                                |                                                                     |  |
|                              | Deep Water HIIT (4)<br>Lap Swim (2)                                | Aqua Jog (3)<br>Lap Swim (3)                                                                           | Deep Water HIIT (4)<br>Lap Swim (2)                                | Aqua Jog (3)<br>Lap Swim (3)                                       | Deep Water HIIT (4)<br>Lap Swim (2)                         | 9–10:30 am<br>BOQUA BC/BAL (3)<br>\$ Swim Lessons (2)<br>Lap Swim (1)                                                                                                                                                                                                                                                                                                                                 | 8am–12:45pm<br>Open Swim (2)<br>\$ Swim Lessons (2)<br>Lap Swim (2) |  |
|                              | 9–10:15 am<br>Swim Team (4)<br>Open Swim (2)<br><b>No Lap Swim</b> | 9–10:15 am<br>Swim Team (4)<br>Open Swim (2)<br><b>No Lap Swim</b>                                     | 9–10:15 am<br>Swim Team (4)<br>Open Swim (2)<br><b>No Lap Swim</b> | 9–10:15 am<br>Swim Team (4)<br>Open Swim (2)<br><b>No Lap Swim</b> | 9–10 am<br>BOQUA (3)<br>Lap Swim (3)                        | 10:30–11:50 am<br>\$ Swim Lessons (2)<br>Lap Swim (2)                                                                                                                                                                                                                                                                                                                                                 |                                                                     |  |
|                              | 10:15 am–1 pm<br>Open Swim (2)<br>Lap Swim (4)                     | 10–10:45 am<br>Aqua Zumba (3)<br>Lap Swim (3)                                                          | 10:15 am–1 pm<br>Open Swim (2)<br>Lap Swim (4)                     | 10:15–12 pm<br>Open Swim (2)<br>Lap Swim (4)                       | 10 am–1 pm<br>Open Swim (2)<br>Lap Swim (4)                 | Open Swim (2)                                                                                                                                                                                                                                                                                                                                                                                         | 12:45-5:45 pm<br>Open Swim (2)<br>Lap Swim (4)                      |  |
|                              | 1–2 pm<br>Open Exercise (3)<br>Lap Swim (3)                        | 11 am–12 pm<br>BOQUA (3)<br>Lap Swim (3)                                                               | 1–2 pm<br>Open Exercise (3)<br>Lap Swim (3)                        | 12-1 pm<br>AQUA ZUMBA (3)<br>Lap Swim (3)                          | 1–2 pm<br>Open Exercise (3)<br>Lap Swim (3)                 | 11:50 am–5:45 pm<br>Open Swim (2)<br>Lap Swim (4)                                                                                                                                                                                                                                                                                                                                                     |                                                                     |  |
|                              | 2–3 pm<br>Open Swim (2)<br>Lap Swim (4)                            | 12-5 pm<br>Lap Swim (4)<br>Open Swim (2)<br><br><b>9/8</b><br><br><b>3:30-5:30pm<br/>Swim Team (2)</b> | 2–3 pm CLOSED<br>For deep clean                                    | 1-5 pm<br>Lap Swim (4)<br>Open Swim (2)                            | 2–5:45 pm<br>Open Swim (2)<br>Lap Swim (4)                  | <b>*SWIM LESSONS ARE ALLOWED TO<br/>OCCUPY LAP LANES DURING LAP SWIM<br/>HOURS – THEY WILL SHARE A LANE<br/>WITH YOU IF YOU ASK THEM TO*</b><br><br><u>What The Colors Mean:</u><br>Generally Busy Times<br>Aquatics Programming<br>Special Considerations<br><br>***This schedule is subject to<br>change without notice***<br><br>Number in ( ) parentheses is the<br>number of lap lanes available |                                                                     |  |
|                              | 3-4pm<br>Lap Swim (4)<br>Open Swim (2)                             |                                                                                                        | 3-5 pm<br>Open Swim (2)<br>Lap Swim (4)                            |                                                                    |                                                             |                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                     |  |
|                              | 4-5:30pm<br>Lap Swim (4)<br>Open Swim (2)                          |                                                                                                        | 5-6 pm<br>Swim Lessons (2)<br>Lap Swim (2)<br>Open Swim (2)        | 5–6 pm<br>Open Swim (2)<br>Lap Swim (4)                            |                                                             |                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                     |  |
|                              | 6–6:45 pm<br>BOQUA BC (3)<br>Lap Swim (3)                          | 5- 7 pm<br>Lap Swim (4)<br>Open Swim (2)                                                               | 6–7 pm<br>Hi-Low Aqua (3)<br>Lap Swim (3)                          | 6–6:45 pm<br>BOQUA BC (3)<br>Lap Swim (3)                          |                                                             |                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                     |  |
|                              | 6:45–7:45 pm<br>Open Swim (2)<br>Lap Swim (4)                      | 7- 7:45 pm<br>Lap Swim (4)<br>Open Swim (2)                                                            | 7-7:45pm<br>Lap Swim (3)<br>Open Swim (3)                          | 6:45-7:45pm<br>Open Swim (2)<br>Lap Swim (4)                       |                                                             |                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                     |  |
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| Backer Therapy Pool          | 9:45–10:45 am<br>\$ Aquajoints                                     | 9:45–10:45 am<br>\$ Aquajoints                                                                         | 9:45–10:45 am<br>\$ Aquajoints                                     | 9:45–10:45 am<br>\$ Aquajoints                                     | 9:15–11:35 am<br>\$ ECE Lessons                             |                                                                                                                                                                                                                                                                                                                                                                                                       | 8:30–9:30 am<br>Ai Chi                                              |  |
|                              | 10:45–11:45 am<br>\$ Fit Joints Plus                               | 10:45–11:45 am<br>\$ Fit Joints Plus                                                                   | 10:45–11:45 am<br>\$ Fit Joints Plus                               | 10:45–11:45 am<br>\$ Fit Joints Plus                               |                                                             | 9am-noon<br>\$ Swim Lessons                                                                                                                                                                                                                                                                                                                                                                           | 9:30 am-Noon<br>\$ Swim Lessons                                     |  |
|                              | 1:45–3 pm<br>\$ Aqua Mobility                                      | 12:20–1:10 pm<br>\$ ECE Lessons                                                                        | Noon–1 pm<br>Ai Chi                                                |                                                                    | Noon–1 pm<br>\$ Fit Joints Plus                             |                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                     |  |
|                              |                                                                    | 2-5 pm<br>St. Vincent’s Rental                                                                         |                                                                    | 4-6 pm<br>\$ Swim Lessons                                          |                                                             | Noon–2 pm<br>\$\$ Rental Available                                                                                                                                                                                                                                                                                                                                                                    | Noon–2 pm<br>\$\$ Rental Available                                  |  |
|                              | 6–7 pm<br>Ai Chi                                                   |                                                                                                        | 3:30- 6pm<br>\$ Swim Lessons                                       |                                                                    | 4-5pm                                                       |                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                     |  |
|                              | 7-7:45 pm<br>ALTS                                                  |                                                                                                        | 7-7:45 pm<br>ALTS                                                  |                                                                    | Ai Chi                                                      |                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                     |  |