Indianapolis

INDOOR Pool Schedules

Regenstrief Competition Pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11/23/26 *SOD 2-3pm* *NO OPEN SWIM*	*11/24/26* *SOD 2-3pm* *NO OPEN SWIM*	*11/25/26* *SOD 3-4pm* *NO OPEN SWIM*	*11/26/26* *JCC CLOSED*			
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 (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) 9–10:30 am BOQUA BC/BAL (3) $ Swim Lessons (2) Lap Swim (1)	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)	10:30–11:50 am $ Swim Lessons (2) Lap Swim (2) Open Swim (2)	
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)		12:45-5:45 pm Open Swim (2) Lap Swim (4)
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)	
2–3 pm Open Swim (2) Lap Swim (4)	12-5 pm Lap Swim (4) Open Swim (2)	2–3 pm CLOSED For deep clean	1-5 pm Lap Swim (4) Open Swim (2)	2–5:45 pm Open Swim (2) Lap Swim (4)	*SWIM LESSONS ARE ALLOWED TO OCCUPY LAP LANES DURING LAP SWIM HOURS – THEY WILL SHARE A LANE WITH YOU IF YOU ASK THEM TO* What The Colors Mean: Generally Busy Times Aquatics Programming Special Considerations ***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)		3-5 pm Open Swim (2) Lap Swim (4)				
4-5:30pm Lap Swim (4) Open Swim (2)	No Open Swim 5:45-7:45pm Nov 24th	5-6 pm Swim Lessons (2) Lap Swim (2) 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 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		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		
	2-5 pm St. Vincent's Rental		4-6 pm $ Swim Lessons		Noon–2 pm $$ Rental Available	Noon–2 pm $$ Rental Available
6–7 pm Ai Chi		3:30- 6pm $ Swim Lessons		4-5pm Ai Chi		
7-7:45 pm ALTS		7-7:45 pm ALTS				

$=$10 per class ($5 members) or $84 for a 10-punch pass ($42 members) $$=Available for birthday parties or other rentals (Effective 11/22-11/29, 2026)