



Sidney Albert
Albany JCC

Effective February 2021
BETTY CLARK INDOOR POOL

30ft X 60ft., 1 mile - 88 lengths **Pool schedule subject to change**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM to 9:15 AM Lap Swim	6:00-8:30 AM Early Bird Lap Swim					7:00 AM to 9:30 AM Lap Swim
	8:30 - 9:30 AM Aqua Movements	8:30 - 9:30 AM Lap Swim 9:45 - 10:45 AM Aqua Class	8:30 - 9:30 AM Sha Deep	8:30 - 9:45 AM Lap Swim 9:45 - 10:45 AM Wet Workout	8:30 - 9:45 AM Lap Swim 9:45 -10:45 AM Aqua Deep	
9:30 - 10:00 AM Men Only Lap Swim	9:45 - 3:45 PM Lap Swim	11:00 - 3:45 PM Lap Swim	9:45 - 3:45 PM Lap Swim	11:00 - 3:45 PM Lap Swim	11:00- 3:45 PM Lap Swim	9:45 - 10:45 AM AQUA ZUMBA
10:00 - 10:30 AM Women Only Lap Swim	4:00 - 5:00 PM Lap Swim	4:00 - 5:00 PM Lap Swim	4:00 - 5:00 PM Lap Swim	4:00 - 5:00 PM Lap Swim	4:00 - 5:00 PM Lap Swim	11:00 - 1:00 PM Lap Swim
10:45 - 1:00 pm Lap Swim	5:00 - 6:00 PM Lap Swim	5:00 - 6:00 PM Lap Swim	5:00 - 6:00 PM Lap Swim	5:00 - 6:00 PM Lap Swim		1:00pm Pool Closed
Children Under 13 Must Be Accompanied By An Adult No Drop Offs Allow	6:00 - 7:00 PM Swim Team	6:00 - 7:00 PM Swim Team	6:00 - 7:00 PM Swim Team	6:00 - 7:00 PM Swim Team		Children Under 13 Must Be Accompanied By An Adult No Drop Offs allow
Please be advised: For everyone's safety the indoor pool will be closed due to thunder and lighting.						
1:00 PM Pool Closed	7:00 PM Pool Closed	7:00 PM Pool Closed	7:00 PM Pool Closed	7:00 PM Pool Closed	5:00 PM Pool Closed	1:00 PM Pool Closed