



Sidney Albert
Albany JCC

Effective November 2020
BETTY CLARK INDOOR POOL

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15 AM to 9:30 AM Lap Swim	6:00-8:30 AM Early Bird Lap Swim					7:15 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	8:45 - 9:45 Am Lap Swim	
9:45 - 10:15 AM Women Only Lap Swim	10:15 - 3:45 PM Lap Swim	10:15 - 3:45 PM Lap Swim	10:15 - 3:45 PM Lap Swim	10:15 - 3:45 PM Lap Swim	10:15 - 3:45 PM Lap Swim	9:45 - 10:45 AM AQUA ZUMBA
10:15 - 10:45 AM Men Only Lap Swim	4:00 - 5:00 PM Swim Team	4:00 - 5:00 PM Swim Team	4:00 - 5:00 PM Swim Team	4:00 - 5:00 PM Swim Team	4:00 - 5:00 PM Swim Team	11:00 - 5:00 PM Lap Swim
11:00 - 5:00 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		11:00 - 5:00 PM Lap Swim
Children Under 13 Must Be Accompanied By An Adult	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 Allowed	Please be advised: For everyone's safety the indoor pool will close when thunder or lightning is present in the area					No Drop Offs allowed
5:00 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	5:00 PM Pool Closed