



Sidney Albert
Albany JCC

Effective October 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 Circle Lap Swim	6:00-8:30 AM Early Bird Circle Lap Swim					7:00 AM to 9:30 AM Circle Lap Swim
9:30 - 10:00 AM Men Only Lap Swim	8:30 - 9:30 AM Aqua Movements	8:30 - 9:30 AM Lap Swim	8:30 - 9:30 AM Sha Deep	8:30 - 9:45 AM Lap Swim	8:30 - 9:45 AM Lap Swim	9:45 - 10:45 AM AQUA ZUMBA
10:00 - 10:30 AM Women Only Lap Swim	9:45 - 10:30 AM Sha Deep	9:45 - 10:45 AM Aqua Class	9:45 - 10:30 AM Sha Deep	9:45 - 10:45 AM Wet Workout	9:45 - 10:45 AM Aqua Deep	11:00 - 12 PM Lap Swim
10:45 - 2:30pm Lap Swim	10:45 - 1:15 PM Lap Swim	11:00 - 1:15 PM Lap Swim	10:45 - 1:15 PM Lap Swim	11:00 - 1:15 PM Lap Swim	11:00 - 1:15 PM Lap Swim	12:00 - 1:00 PM Swim Lessons
2:45 - 5:00 PM 3 Lane Lap Swim / Free Swim	1:30 - 3:45 PM 4 Lane Lap Swim / Free Swim	1:30 - 3:45 PM 4 Lane Lap Swim / Free Swim	1:30 - 3:45 PM 4 Lane Lap Swim / Free Swim	1:30 - 3:45 PM 4 Lane Lap Swim / Free Swim	1:30 - 3:45 PM 4 Lane Lap Swim / Free Swim	12:15 - 2:30 PM Lap Swim
5:00 - 5:45 PM Lap Swim	4:00 - 5:00 PM Lap Swim/ Swim Lessons	4:00 - 5:00 PM Lap Swim/ Swim Lessons	4:00 - 5:00 PM Lap Swim/ Swim Lessons	4:00 - 5:00 PM Lap Swim/ Swim Lessons	5:00 - 6:00 PM Swim Team	2:45 - 5:00 PM 3 Lane Lap Swim / Free Swim
	5:00 - 6:00 PM Circle Lap Swim	5:00 - 6:00 PM Circle Lap Swim	5:00 - 6:00 PM Circle Lap Swim	5:00 - 6:00 PM Circle Lap Swim	Children Under 13 Must Be Accompanied By An Adult No Drop Offs Allow	5:00 - 5:45 PM Lap Swim
	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		
Please be advised: For everyone's safety the indoor pool will be closed due to thunder and lighting.						
5:45 PM Pool Closed	6:00 PM Pool Closed	6:00 PM Pool Closed	6:00 PM Pool Closed	6:00 PM Pool Closed	5:00 PM Pool Closed	5:45 PM Pool Closed