



Sidney Albert
Albany JCC

Effective November 2024
BETTY CLARK INDOOR POOL

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM to 9:15 AM Lap Swim	6:00 - 8:00 AM Circle Lap Swim	6:00 - 9:00 AM Circle Lap Swim	6:00 - 8:00 AM Circle Lap Swim	6:00 - 9:00 AM Circle Lap Swim	6:00 - 9:30 AM Circle Lap Swim	12:00 PM to 1:00 PM Circle lap Swim
9:30 - 10:00 AM Men Only Lap Swim	8:30-9:30 AM Aqua Movements	9:00-11 AM Lap Swim / Open Swim	8:30-9:30 AM Sha Deep	9:00-11 AM Lap Swim / Open Swim	9:45 - 10:35 AM Aqua Deep	1:00 PM to 2:00 PM Lap Swim / Open Swim
10:15 - 10:45 AM Women Only Lap Swim	Pool Closed	11:00-12:00PM Circle lap Swim	Pool Closed	11:00-12:00PM Circle lap Swim	11:00-12:00 PM Circle lap Swim	
11:00-2:00pm Open/Lap Swim	8:30 AM - 2:00 PM	Pool Closed	8:30 AM - 2:00 PM	Pool Closed	12:00 - 2:00 PM Lap Swim / Open Swim	2:00pm-3:00pm Family Swim
2:00pm-3:00pm Family Swim	2:00 - 5:00 PM Lap Swim / Open Swim	12:00 - 4:00pm	2:00 - 5:00 PM Lap Swim / Open Swim	12:00 - 4:00pm	12:00 - 2:00 PM Lap Swim / Open Swim	
3:00pm-4:00pm Open/Lap Swim	5:00 - 6:00 PM Circle Lap Swim	4:00 - 5:00 PM Lap Swim / Open 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	3:15 - 5:00 Lap Swim / Open Swim
4:00pm-5:00pm Swim Team	6:00 - 7:45 PM Swim Team	5:00 - 6:00 PM Circle Lap Swim	6:00 - 7:45 PM Circle Lap Swim	6:00 - 7:45 PM Circle Lap Swim		
	6:00 - 7:45 PM Swim Team	6:15 - 7:30 PM Family Swim/ 1 lane Lap	6:00 - 7:45 PM Swim Team	6:15 - 7:30 PM Family Swim/ 1 lane Lap		
Please be advised: For everyone's safety the indoor pool will be closed due to thunder and lighting.						
4:00 PM Pool Closed	6:00 PM Pool Closed	7:30 PM Pool Closed	6:00 PM Pool Closed	7:30 PM Pool Closed	2:00 PM Pool Closed	5:00 PM Pool Closed