



Sidney Albert  
Albany JCC

**Effective June 1-28, 2026**

**BETTY CLARK INDOOR POOL & OUTDOOR POOL**

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Indoor Pool	INDOOR POOL					Outdoor Pool
8:30 AM to 9:15 AM Lap Swim	6:00 - 8:00 AM Circle Lap Swim	7:00 - 9:00 AM Circle Lap Swim	6:00 - 8:00 AM Circle Lap Swim	7:00 - 9:00 AM Circle Lap Swim	6:00 - 8:00 AM Circle Lap Swim	12:00 PM to 1:00 PM Circle lap Swim
9:30 - 10:00 AM Women Only Lap Swim	8:30-9:30 AM Aqua Movements	9:00-11 AM Lap Swim / Open Swim	8:30-9:30 AM Aqua Movements	9:00-11 AM Lap Swim / Open Swim	8:30 - 9:30 AM Aqua Movements	
10:15 - 10:45 AM Men Only Lap Swim	9:45-11:00 AM Open / lap Swim	11:00-12:00PM Circle lap Swim	9:45-11:00 AM Open / lap Swim	11:00-12:00PM Circle lap Swim	9:45-11:00 AM Open / lap Swim	1:00 PM to 2:00 PM Lap Swim / Open Swim
11:00-12:00pm Open/Lap Swim	Indoor Closed	Indoor Closed	Indoor Closed	Indoor Closed	Indoor Closed	
Outdoor Pool	Outdoor Pool	Outdoor Pool	Outdoor Pool	Outdoor Pool	Outdoor Pool	2:00pm-3:00pm Family Swim
12:00pm-3:00pm Family Swim	2:00 - 5:00 PM Lap Swim / Open Swim	4:00 - 5:00 PM Lap Swim / Open Swim	2:00 - 5:00 PM Lap Swim / Open Swim	4:00 - 5:00 PM Lap Swim / Open Swim	11:00 - 2:00 PM Lap Swim / Open Swim	
3:00pm-4:00pm Open/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	5:00 - 6:00 PM Circle Lap Swim	Children Under 13 Must Be Accompanied By An Adult No Drop Offs Allow	3:00 - 5:00 Lap Swim / Open Swim
4:00pm-5:00pm Swim Team 3 lanes	6:00 - 7:15 PM Swim Team	Indoor Pool 6:15 - 7:30 PM Family Swim / Swim Team	6:00 - 7:15 PM Swim Team	Indoor Pool 6:15 - 7:30 PM Family Swim / Swim Team		
Please be advised: For everyone's safety ALL pools will be closed due to thunder and lighting.						
5:00 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

The Rosenthal Outdoor Kiddie Pool will open on Monday, June 29, 2026