



Sidney Albert
Albany JCC

Effective October - 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 - 9:15 AM Lap Swim	6:00 - 8:00 AM Circle Lap Swim	6:00 - 9:00 AM Circle Lap Swim	6:00 - 9:00 AM Circle Lap Swim	6:00 - 9:00 AM Circle Lap Swim	6:00 - 9:30 AM Circle Lap Swim	12:00 PM - 1:00 PM Circle Lap Swim
9:30 - 10:00 AM Men Only Lap Swim	8:30-9:30 AM Aqua Movements	9:00-11:00 AM Lap Swim/ Open Swim	8:30-9:30 AM Sha Deep	9:00-11:00 AM Lap Swim/ Open Swim	9:45 - 10:35 AM Aqua Deep	
10:15 - 11:45 AM Women Only Lap Swim	8:30 AM - 2:00 PM	11:00 AM - 12:00 PM Circle Lap Swim	Pool Closed	11:00 AM - 12:00 PM Circle Lap Swim	11:00 AM - 12:00 PM Circle Lap Swim	1:00 - 2:00 PM Lap Swim/Open Swim
11:45-2:00pm Open Lap Swim	2:00 - 5:00 PM Lap Swim/Open Swim	Pool Closed 12:00 - 4:00pm	8:30 AM - 2:00 PM	Pool Closed 12:00 - 4:00pm	12:00 - 2:00 PM Lap Swim/Open Swim	
2:00 - 3:00 PM Family 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 Allowed.	2:00 - 3:00 PM Family Swim
3:00pm-4:00pm Open Lap Swim	6:00pm-7:45pm Swim Team	6:15 - 7:30 PM Family Swim/ 1 Lane Lap	6:00pm-7:45pm Swim Team	6:15 - 7:30 PM Family Swim/ 1 Lane Lap		3:15 - 5:00 PM Lap Swim/Open Swim
4:00pm-5:00pm Swim Team	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