



Sidney Albert
Albany JCC

Effective October 2026 BETTY CLARK INDOOR POOL

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1:00 PM to 2:00 PM Lap Swim / Open Swim
10:30 AM-11:00 AM IPAP Class	7:00 - 8:15 AM Circle Lap Swim	6:00 - 9:00 AM Circle Lap Swim	7:00 - 8:15 AM Circle Lap Swim	6:00 - 9:00 AM Circle Lap Swim	7:00 - 8:15 AM Circle Lap Swim	
	8:30-9:30 AM Wet Workout	9:00-12 PM Lap Swim / Open Swim	8:30-9:30 AM Wet Workout	9:00-12 PM Lap Swim / Open Swim	8:30 - 9:30 AM Wet Workout	
1:00-1:30 PM Men Only Lap Swim	9:45-1:00 PM Open / lap Swim	12:00-1:00PM Circle lap Swim	9:45-1:00 PM Open / lap Swim	12:00-1:00PM Circle lap Swim	9:30 -3:00 PM Lap Swim / Open Swim	
1:30-2:00 PM Women Only Lap Swim	Pool Closed 1:00 PM - 2:00 PM	Pool Closed 1:00 PM - 3:00pm	Pool Closed 1:00 PM - 2:00 PM	Pool Closed 1:00 PM -3:00pm		2:00pm-3:00 PM Family Swim
2:00-3:00 PM Open/Lap Swim	2:00 - 5:00 PM Lap Swim / Open Swim	3:00 - 5:00 PM Lap Swim / Open Swim	2:00 - 5:00 PM Lap Swim / Open Swim	3:00 - 5:00 PM Lap Swim / Open Swim		3:00 - 5:00 PM Lap Swim / Open Swim
3:00pm-4:00 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 Allow	
4:00pm-5:00 PM Swim Team	6:00 - 7:00 PM Swim Team	6:00 - 7:00 PM Swim Team	6:00 - 7:00 PM Swim Team	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.					
4:00 PM Pool Closed	6:00 PM Pool Closed	6:00 PM Pool Closed	6:00 PM Pool Closed	6:00 PM Pool Closed	3:00 PM Pool Closed	5:00 PM Pool Closed