

BETTY CLARK INDOOR POOL

(30ft X 60ft. - 1mile = 88 lengths) Pool schedule subject to change.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
POOL CLOSED	5:30-8:00am Lap Swim	5:30-8:15am Lap Swim	5:30-8:00am Lap Swim	5:30-8:15am Lap Swim	5:30-8:00am Lap Swim	Effective 1.10.2010
8:00 -10:00 AM Lap Swim	8:15-9:00AM Aqua Movements	8:30-9:15AM Aqua Movements	8:15-9:00AM SilverSplash	8:30-9:15AM Aqua Movements	8:15-9:00AM Silver Splash	8:00-12:00pm 1/2 Lap 1/2 Open
10 - 11:30AM 1/2 Open 1/2 Lap	9:00 -9:55 AM Wet Workout 9:55 - 10:25 AM Open Swim	9:20-10:20AM Deep Water Fusion (Advanced)	9:00- 10:25AM Early Childhood Lessons	9:20-10:20AM Deep Water Fusion (Advanced)	9:00 - 9:55 AM Wet Workout 9:55-10:25am Early Childhood Lessons	12:00-3:00pm
11:30-12:00pm Women Only	10:25-11:10 AM Aqua Movements	10:25 - 11:15 AM SilverSplash	10:30-11:15AM Aqua Movements	10:25 - 11:15 AM SilverSplash	10:25 - 11:10 AM Aqua Movements	Open Swim (1 Lane Lap)
12:00-2:00PM 1/2 Lap / 1/2 Open	11:15-12:15pm Arthritis Class	11:30-12:15pm SilverSplash	11:15-12:15pm Arthritis Class	11:30-12:15pm SilverSplash	11:15-12:15pm Arthritis Class	
	12:15 - 1:15		Lap	Swim		3:00 - 4:00pm
1/2 *Reserved* **Pool parties**	1:15 - 2:15		Lessons	/ 2 Lane Lap		Family Open Swim
2:00-4:00PM Swim Lessons	2:15 -3:00PM Adult Open Swim	2:15-3:15PM City of Albany	2:15-3:00PM Adult Open Swim	2:15-3:15PM City of Albany	2:15- 3PM Adult Open Swim	4:00-6:45pm Open Swim (2 Lane Lap)
1 lane lap swim	3:00- 4:00PM Open Swim	3:15pm-4:00pm Open Swim	3:00- 4:00PM Open Swim	3:15pm-4:00pm Open Swim	3:00-4:30PM Open Swim	
4:00-5:00PM Open Swim & 1/2 Lap	4pm - 5pm Swim Lessons & 1 Lane Lap		Mon through Wed	4pm-5pm Swim lessons	& 1/2 Lap	6:45 PM POOL CLOSED
5:00-6:00PM 1/2 Open & 1/2 *Reserved* **Pool parties**	6:00pm-7:00pm Swim Team 7-8pm Wet Workout	6:00pm-8:00pm Swim Team 8:00pm-9:00PM Women only 9:00pm-9:45pm Men Only	6:00pm-7:00pm Pre-natal class 7-8pm Wet Workout	6:00pm-8:00pm Swim Team 8:00pm-9:45PM	4:30 PM POOL CLOSED	Children under 12 must be accompanied by an adult at all times
6:00 - 6:45PM Open Swim (2 Lane Lap)	8:00pm-9:45 3 Lanes Open 2 Lanes Lap		8:00-9:45PM 3 Lanes Open 2 Lanes Lap	3 Lanes Open & 2 Lanes Lap		

Please be advised: between 6:15am-7:45am the indoor pool experiences a peak period.

Policy For Lightning - For everyone's safety the indoor pool will close due to lightning.

E.C = Early Childhood

Fee Required

No Fee

City of Albany Residents Only / fee required

