

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 1/26/09
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 - 11:20AM 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- 10:30AM Early Childhood Lessons	9:20-10:20AM Deep Water Fusion (Advanced)	9:00 - 9:55 AM Wet Workout 9:55-10:25am E.C. lessons (1 lane lap)	12:00-3:00pm Open Swim (1 Lane Lap)
11:30-12:15pm Aqua Boot Class 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	
12:15-2:00PM 1/2 Lap / 1/2 Open	11:15-12:15pm Arthritis Class	11:30-12:15pm Aqua Boot/ IPAP	11:15-12:15pm Arthritis Class	11:30-12:15pm Aqua Boot	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 1 lane lap swim	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)
3:00- 4:00PM Open 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	4 - 5 pm Swim Lessons & 1 Lane Lap Swimming				& 1/2 Lap	6:45 PM POOL CLOSED
2 lanes *Reserved* 3/1 - 5/24	5:00-6:00PM Lap Swim	5:00-6:00PM Lap Swim	5:00- 6:00PM Lap Swim	5:00-6:00PM Lap Swim		
5:00-6:00PM 1/2 Open	6:00pm-7:00pm Swim Team	6:00pm-8:00pm Swim Team	6:00pm-7:00pm Pre-natal class 7-8pm Wet Workout	6:00pm-8:00pm Swim Team & Fitness Swim 7:15pm-8:15pm	4:30 PM POOL CLOSED	Effective 1/26/09
1/2 *Reserved* **Pool parties**	7-8pm Wet Workout					
6:00 - 6:45PM Open Swim (2 Lane Lap)	8:00-9:45 3 Lanes Open 2 Lanes Lap	8:00-9:00PM Women only 9:00-9:45 Men	8:00-9:45PM 3 Lanes Open 2 Lanes Lap	8:15pm - 9:45pm 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