



Indoor Pool Albany Aquatic Center Facility Schedule: December-January/May Sample Schedule

| **Activity Key** | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|--|---|--|-----------------|------------------|
| Lap Swim (4-6) N/A=Not available (1-3)=lanes available | 6:00-8:00a 8:00-9:00a (1-6) 9:00a-1:00p 6:40p-8:00p | 7:00-9:20p 12:35-1:35p 6:15-8:00p | 6:00-8:00a 8:00-9:00a (1-6) 9:00a-1:00p 3:15-4:15p 6:15-8:00p | 7:00-9:20p 12:35-1:35p 6:15-8:00p | 6:00-8:00a 8:00-9:00a (1-6) 9:00a-12:30p 4:45-6:00p | 7:00-8:45a | 9:05-11:30a |
| Open Excercise/Water Walk (1-3,6) | 6:00-8:00a 9:00-1:00p 6:40-8:00p (6) | 7:00-9:20a 12:35-1:35p 6:40-8:00p (6) | 6:00-8:00a 9:00-1:00p 6:40-8:00p (6) | 7:00-9:20a 12:35-1:35p 6:40-8:00p (6) | 6:00-8:00a 9:00-12:30p | 7:00-9:00a | 8:00-9:15a |
| Swim Lessons | 3:45-7:45p | 3:45-7:45p | 3:45-7:45p | 3:45-7:45p | 3:45-7:45p | On break | N/A |
| Family/Rec Swim | 3:15-4:15p 6:40-8:00p | 3:15-4:15p 6:40-8:00p | 3:15-4:15p 6:40-8:00p | 3:15-4:15p 6:40-8:00p | 6:40-8:00p | 1:30-3:45p | 1:30-3:45p (all) |
| Tot Swim (1-3) | NA | 12:35-1:35p | NA | 12:35-1:35p | 9:00-12:30p | NA | 10:30-11:30a |

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|--|---|--|---|--|---|--|-------------------------------|
| Aqua Aerobics (AE) Aqua Core Strength (ACS) Indoor-I / Outdoor-O | 8:00-9:00a (AE-I) 10:00-11:00a (ACS-O) | | 8:00-9:00a (AE-I) 10:00-11:00a (ACS-O) | | 8:00-9:00a (AE-I) 10:00-11:00a (ACS-O) | | 8:05-9:05a (4-6) Deep core |
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5/24 no PM Rec Swim, 5/27 Closed, 5/31 indoor closed at 9:45a, outdoor closed in PM, 6/1-6/2 Closed for AAA Meet, 6/5-6/8 closed for summer staff training

We reserve the right to modify the schedule with or without notice—Consider subscribing to our email list for updates.

1311 Portland Ave. Albany, CA. (510) 559-6640, albanyaquaticcenter.com, albanypool@ausdk12.org, swimlessons@usdk12.org

Page 1: Swim Schedule Page 2: Fees, descriptions, outside organizations. At this time we are accepting Credit Cards or Check ONLY rev 5/5

| Outdoor Pool | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|--|--|--|--|
| Lap Swim Lane 1 Shared except PM, Diving Board/Inner-tube open Sunday | 6:00-7:15a (1-5) 7:15-10:00a (all) 10:00-11:00a (1-5) 11:00-1:00p (all) 3:45-8:00p (1-2) | 6:00-7:30a (1-6) 7:30-10:00a (all) 10:00-11:00a (1-5) 11:00-1:00p (1-5) 4:00-8:00p (1-2) | 6:00-7:15a (1-5) 7:15-10:00a (all) 10:00-11:00a (1-5) 11:00-1:00p (all) 3:45-8:00p (1-2) | 6:00-7:30a (1-6) 7:30-10:00a (all) 10:00-11:00a (1-5) 11:00-1:00p (1-5) 4:00-8:00p (1-2) | 6:00-7:15a (1-5) 7:15-10:00a (all) 10:00-11:00a (1-5) 11:00-12:30p (all) 3:45-8:00p (1-2) | 7:00-11:00a (1-5) 11:00-1:00p (1-6) 1:30-3:45p (1-5) | 8:00-9:00a (all) 9:00-11:00a (1-6) 11:00-1:00p (all) 1:30-3:45p (2-6) |
| Family/Rec Swim | NA | NA | NA | NA | NA | 1:30-3:45p (1) | 1:30-3:45p (1,7-10) |

Program Descriptions: 7 and under must be accompanied by an adult in the water at all times. Children 13 and under must be accompanied by an adult at all times while inside the facility. All instruction must be authorized by the Director.

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| Lap Swim | Ages 8 and up Open to all swimmers who are engaging in continuous lap swim. Must observe proper lap swim etiquette. Swimmer must remain horizontal in the water to be considered lap swim. Any swim where the swimmer is vertical in the water, such as deep water walking, will be considered as open exercise, NOT lap swimming. Outdoor Pool Lane 1: During AM time frames, this lane must be available to be used as Open exercise. PM, lap swim only. |
| Open Exercise/ Water Walk | Ages 14 and up: For non-lap swim exercise activities. Aquatic exercise equipment available for use |
| Tot Swim | Ages 4 and under accompanied by an adult. A calm time for adults and small children to enjoy the pool. Shared time |
| Snap Kids | SNAP kids gives children with special challenges and gifts a place for their lights to shine brightly, to be respected and included, to exercise, play and have fun! Sundays 9:15-11:30 a |
| Family/Rec Swim | All ages Fun for the entire family! Children 7 and under must be accompanied by an adult in the water at all times. Children 13 and under must be accompanied by an adult at all times while inside the facility. |
| Facility User | All persons entering the facility must pay. This is for those who wish to take a shower or watch their child during rec swim and do not want to swim |
| Aqua Fitness Core Strength (ACS) | Ages 14 and up. Shallow and Deep Water Lanes. Instructor-led class focused on building core muscle strength to support your back improve your balance and increase flexibility. |
| Aqua Aerobics (AE) | Ages 14 and up Instructor-led class includes cardio intervals, strength training, toning, with a focus on balance and coordination |
| Swim Lessons | Ages 6 months and up. Register for our swim lessons program, http://www.albanyaquaticcenter.com/swim-lessons . |
| AAA Masters | M/W/F 6:00a-7:15a, T/TH 12:00-1:00p, Sa 7:00-9:00a, Coached workout designed to help you better your strokes and swimming abilities. |
| AAA Youth | Program times: T/TH 6:00-7:30a, M-F 3:45-8:15p, Sa 9:00-11:00a, Year-round competitive USA swim team offering high quality professional coaching |
| Making Waves | A supportive space for 200 lbs. plus participants to swim, exercise or just hang out. Program times: Su 11:30a-1:00p |
| SF Under Water Rugby | Program times: Sa 11:00a-1:00p |
| Physical Therapy Innovations | Our purpose is to provide you relief from pain and the best possible physical therapy and rehabilitation experience. Program times: T/TH 9:30a-12:30p |
| Golden State Under Water Fitness | We deliver low-impact workouts in a highly mentally focused environment that are built on the pillars of movement, mindset, breath work, and water confidence. Sundays 9:00-11:00 am |

Fees

Drop-in:

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| Toddler (0-4): | \$4 |
| Youth (5-17): | \$5 |
| Adult (18-64): | \$7.5 |
| Senior(65+)/Disabled/Veteran: | \$6 |
| Water Fitness: | \$11 |
| Facility User: | \$3 |

15 passes (in person or online)

**R=Resident of Albany,
NR=Non-Resident of Albany**

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|------------------------------------|-----------------------|
| Toddler (0-4): | \$45R/\$55NR |
| Youth (5-17) : | \$55R/\$65NR |
| Adult (18-64): | \$90R/\$105NR |
| Senior (65+): | \$70R/\$80NR |
| Veteran/Disabled: | \$70R/\$80NR |
| Water Fitness: | \$115R/\$130NR |
| Water Fit Senior/Disabled/Veteran: | \$95R/\$110NR |

120-day pass (in-person or online)

| | |
|-------------------|------------------------|
| Adult (18-64): | \$336R/\$387NR* |
| Senior (65+): | \$240R/\$276NR* |
| Veteran/Disabled: | \$240R/\$276NR* |
| Youth (5-17): | \$224 |

All CC have a 3.12% processing fee. Checks do not have a processing fee.