

Indoor Pool

Albany Aquatic Center Facility Schedule: **September Sample Schedule**



**Activity Key**	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim (4-6)</b> N/A=Not available (1-3)=lanes available	6:00-8:00a 8:00-9:00a (1,6) 9:00-1:00p 6:45-8:10p	7:00-9:25a 12:35-1:35p 6:15-8:10p	6:00-8:00a 8:00-9:00a (1,6) 9:00-1:00p 6:45-8:10p	7:00-9:25a 12:35-1:35p 6:15-8:10p	6:00-8:00a 8:00-9:00a (1,6) 9:00a-12:30p 4:45-8:00p	7:00a-8:45a	9:05-11:50a
<b>Water Walk WW/ Tot Swim (TS)</b> (1-3,6)	6:00-8:00a *9:00-1:00p (ww/ts)* 6:45-8:10p (6)	7:00-9:25a 12:35-1:35p(ww/ts) 6:45-8:10p (6)	6:00-8:00a *9:00-1:00p (ww)* 6:45-8:10p (6)	7:00-9:25a 12:35-1:35p(ww/ts) 6:15-8:10p (6)	6:00-8:00a 9:00-12:30p(ww/ts) 6:00-8:00p (6)	7:00-9:15a (ww)	8:00-9:15a (ww) 10:45-11:55a (ts)
<b>Swim Lessons</b>	3:45-8:00p	4:15-6:45p	3:45-8:00p	4:15-6:45p	4:00-8:00p	8:45-1:00p	N/A
<b>Family/Rec Swim</b>	6:45-8:10p	6:45-8:10p	6:45-8:10p	6:45-8:10p	6:00-8:00p	1:30-3:45p	1:30-3:45p
<b>Aqua Aerobics (AE) Aqua Core Strength (ACS) Indoor-I / Outdoor-O</b>	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)		8:00-9:05a (4-6) Deep Core

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

Outdoor Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim</b> Lane 1 Shared except PM (1-3)=lanes available	6:00-7:15a (1-5) 7:15-10:00a (all) 10:00-11:00a (1-5) 11:00-1:00p (all) 4:45-6:45p (1-2)	6:00-7:30a (1-6) 7:30-12:00p (all) 12:00-1:00p (1-5) 4:00-6:45p (1-2)	6:00-7:15a (1-5) 7:15-10:00a (all) 10:00-11:00a (1-5) 11:00-1:00p (all) 4:45-6:45p (1-2)	6:00-7:30a (1-6) 7:30-12:00p (all) 12:00-1:00p (1-5) 4:00-6:45p (1-2)	6:00-7:15a (1-5) 7:15-10:00a (all) 10:00-11:00a (1-5) 11:00-12:30p (all) 3:45-6:45p (1-2)	7:00-11:00a (1-5) 11:00-1:00p (8-10) 1:30-3:45p (2-10)	8:00-9:00a (all) 9:00-11:00a (1-3) 11:00-1:00p (all) 1:30-3:34p (2-10)
<b>Rec Swim</b>	The diving board is closed till May					1:30-3:45p (1)	1:30-3:45p (1)

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Page 1: Swim Schedule Page 2: Fees, descriptions, outside organizations. At this time we are accepting Credit Cards or Check ONLY rev 8/16

**\*\*High-Use Facility:** This is a high-use facility with multiple programs happening at a time. During your program time, other programs may be occurring that have loud music or amplified sound and take up portions of the pool. **Splitting lane** is expected with 2 people in a lane. **Circle swimming** is expected with 3 or more swimmers in the lane.\*\*

**\*\*Descriptions on page 2\*\***

**Program Descriptions:** 7 and under must be accompanied by an adult in the water at all times. Children 8-13 years old must be accompanied by an adult at all times while inside the facility. All instruction must be authorized by the Director.

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
<a href="#">Snap Kids</a>	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 (on break till Fall 2024)
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
<a href="#">Aqua Fitness Core Strength (ACS)</a>	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.
<a href="#">Aqua Aerobics (AE)</a>	Ages 14 and up Instructor-led class includes cardio intervals, strength training, toning, with a focus on balance and coordination
<a href="#">Swim Lessons</a>	Ages 6 months and up. Register for our swim lessons program, <a href="http://www.albanyaquaticcenter.com/swim-lessons">http://www.albanyaquaticcenter.com/swim-lessons</a> .
<a href="#">AAA Masters</a>	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.
<a href="#">AAA Youth</a>	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
<a href="#">Making Waves</a>	A supportive space for 200 lbs. plus participants to swim, exercise or just hang out. Program times: Su 12:00-1:00p
<a href="#">SF Under Water Rugby</a>	Our mission is to secure the opportunity to play and develop the sport of underwater rugby, in the San Francisco metro area, in order to develop local amateur athletes for engagement in national and international underwater rugby competition. Program times: Sa 11:00a-1:00p
<a href="#">Physical Therapy Innovations</a>	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
<a href="#">Golden State Under Water Fitness</a>	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:**

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**

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 3.75% processing fee.  
 Checks do not have a processing fee.