

# Facility Schedule:

December 2, 2019– February 9, 2020



Indoor Pool (Lanes)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim (4-6)</b> *No lane 4 during Aqua Aerobics	6:00-8:00am 8:00-9:00am* 6:45-8:00pm	6:00-9:00am 11:00-12:30pm 6:45-8:00pm	6:00-8:00am 8:00-9:00am* 6:45-8:00pm	6:00-9:00am 11:00-12:30pm 6:45--8:00pm	6:00-8:00am 8:00-9:00am* 6:00-8:00pm	7:00-8:00am 8:00-8:45am	8:00-10:00am
<b>Open Exercise (1-3,6)</b> *No lane 6 during Deep Core **Share with tot swim 11:15-12:30pm T/TH	6:00-8:00am	6:00-9:00 am 10:00-11:00am* 10:00-12:30pm**	6:00-8:00am	6:00-9:00 am 10:00-11:00am* 10:00-12:30pm**	6:00-8:00am	7:00-8:00am	8:00-9:00am 10:00-11:00am(1-3)
<b>Family Swim</b>	6:45-8:00pm(1-3)	6:45-8:00pm(1-3)	6:45-8:00pm(1-3)	6:45-8:00pm(1-3)	6:00-8:00pm(1-3)	2:00-4:00pm(All)	1:30-3:30pm(All)
<b>Tot Swim (1-3)</b>		11:15-12:30pm		11:15-12:30pm			
<b>Deep Core (4-6)</b>		10:00-11:00am		10:00-11:00am			10:00-11:00am
<b>Aqua Aerobics (1-4)</b>	8:00-9:00am		8:00-9:00am		8:00-9:00am		9:00-10:00am
<b>Group X Water Fitness (1-4)</b>		9:00-10:00am		9:00-10:00am			
<b>Swim Lessons (ALL)</b>	3:45-6:40pm	3:45-6:40pm	3:45-6:40pm	3:45-6:40pm	4:00-6:00pm	8:45am-1:00pm	
<b>PTI (ALL)</b>	9:00-12:30pm		9:00-12:30pm		9:00-12:30pm		
<b>Making Waves (ALL)</b>							11:05-12:20pm

## Facility Closures:

*November 27-29; December 23-26, 30-31; January 1, 11-12, 20*

Outdoor Pool (Lanes)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim</b>	6:00-7:30am (1-7) 7:30-11:30am(ALL) 11:30-12:30pm 1-7 3:45-5:30pm(1,2) 5:30-8:00pm (1-3)	6:00-7:15am (1-6) 7:15-12:30pm (ALL) 3:45-5:30pm(1,2) 5:30-8:00pm (1-3)	6:00-7:30am (1-7) 7:30-12:30pm (ALL) 3:45-5:30pm(1,2) 5:30-8:00pm (1-3)	6:00-7:15am (1-6) 7:15-11:30am (ALL) 11:30-12:30pm(1-7) 3:45-5:30pm(1,2) 5:30-8:00pm (1-3)	6:00-7:30am (1-3) 7:30-12:30pm (ALL) 3:45-5:30pm(1,2) 5:30-8:00pm (1-3)	7:00-9:00am (1-7) 9:00-10:15am (1-8) 10:15-11:15am(4-10) 11:15-12:30pm (ALL) 2:00-4:00pm (ALL)	8:00-8:30am (ALL) 8:30-10:15am (2-5) 10:15-12:30pm (2-9) 1:30-3:30pm (ALL)
<b>Aqua Aerobics</b>						10:15-11:15am (1-3)	
<b>AAA Masters</b>	11:30-12:30pm(8-10)	6:00-7:15am (7-10)		6:00-7:15am (7-10) 11:30-12:30pm (8-10)	6:00-7:15am (7-10)	9:00-10:15am(9-10)	9:00-10:15am(7-10)
<b>Armada Youth</b>	6:00-7:30am (8-10) 3:45-5:30pm (3-10) 5:30-8:00pm (4-10)	3:45-5:30pm (3-10) 5:30-8:00pm (4-10)	6:00-7:30am (8-10) 3:45-5:30pm (3-10) 5:30-8:00pm (4-10)	3:45-5:30pm (3-10) 5:30-8:00pm (4-10)	6:00-7:30am (4-6) 3:45-5:30pm (3-10) 5:30-8:00pm (4-10)	7:00-9:00am (8-10)	8:30am-12:30pm(1,10)

# Program Descriptions:



<b>Lap Swim</b>	<i>Ages 7 and up</i> Open to all swimmers who are engaging in continuous lap swim; must observe proper lap swim etiquette
<b>Open Exercise</b>	<i>Ages 14 and up</i> For non-lap swim exercise activities; aquatic exercise equipment available for use
<b>Family Swim</b>	<i>All ages</i> Fun for the entire family; children 7 and under must be accompanied by an adult at all times
<b>Tot Swim</b>	<i>Ages 5 and under accompanied by adult in water</i> Calm time for adults with small children to enjoy the pool and get their children acquainted in a splash free zone
<b>Deep Core</b>	<i>Ages 14 and up</i> Drop in \$10; Water Fitness passes accepted Instructor led class focused on building core muscle strength to support your back improve your balance and increase flexibility
<b>Aqua Aerobics</b>	<i>Ages 14 and up</i> Drop in \$10; Water Fitness passes accepted Instructor led class includes cardio intervals, strength training, toning, with a focus on balance and coordination
<b>Group X by Cameron Wilson</b>	<i>Ages 14 and up</i> Drop in \$10; Water Fitness passes accepted Explore ways to use resistance and HIIT training in water; improve strength, cardiovascular endurance, and flexibility
<b>Swim Lessons</b>	<i>Ages 6 months and up</i> Register for our swim lessons program at <a href="http://www.AlbanyAquaticCenter.com/swim-lessons">www.AlbanyAquaticCenter.com/swim-lessons</a>
<b>AAA Masters</b>	<i>Ages 18 and up</i> ( <a href="http://albanyarmada.com">albanyarmada.com</a> ) <b>all payments and registrations done through their website</b> Coached workout designed to help you better your strokes and swimming abilities; get more info on their website
<b>Armanda Youth</b>	<i>Ages 6-18</i> ( <a href="http://albanyarmada.com">albanyarmada.com</a> ) <b>all payments and registrations done through their website</b> Year round competitive USA swim team offering high quality professional coaching and technique instruction for swimmers
<b>PTI</b>	( <a href="http://PTInnovations.com">PTInnovations.com</a> ) <b>all payments and registrations are done through their website</b> PTI is a private outpatient east bay physical therapy practice specializing in orthopedic, neurological dysfunctions and sports injuries
<b>Making Waves</b>	( <a href="http://makingwavesswim.com">makingwavesswim.com</a> ) <b>all payments made to Making Waves upon entry to the pool</b> A supportive space for 200 lbs. plus participants to swim, exercise or just hang out <a href="http://www.makingwavesswim.com">www.makingwavesswim.com</a>

## Daily Drop-In:

Adult (18-64)	\$7
Senior (65+)	\$5.25
Youth (5-17)	\$4.25
Toddler (0-4)	\$3
Water Fitness	\$10
Facility User	\$3

## 15 Punch Pass:

Adult (18-64)	\$86R/\$99NR
Senior (65+)	\$68R/\$78NR
Youth (5-17)	\$53
Veteran/Disabled	\$68R/\$78NR
Water Fitness	\$109R/\$125NR
Water Fitness Senior/Veteran/Disabled	\$90R/\$104NR

## Annual Pass:

Adult (18-64)	\$1008R/\$1160NR
Senior (65+)	\$720R/\$828NR
Veteran/Disabled	\$720R/\$828NR
Youth (5-17)	\$672

Visit our website for the most current schedule updates. Management reserves the right to change/modify the schedule at any time.