FORM 4

### **UNITED STATES SECURITIES AND EXCHANGE COMMISSION**

Washington, D.C. 20549

| OMB APPROV | Δ | V | O) | R | Р | Р | Α | ΛB | ЛC | ( |
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## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

| 1. Name and Address of O'Shea Kevin I | . 0  |       | 2. Issuer Name and Ticker or Trading Symbol AVALONBAY COMMUNITIES INC [ AVB ] |                         | ationship of Reporting Person(s) to Issuer k all applicable) Director 10% Owner Officer (give title Other (specify |             |  |  |  |  |  |
|---------------------------------------|--|-------|---|-------------------------|--|-------------|--|--|--|--|--|
| (Last)<br>4040 WILSON BO              | (First) (Middle) WILSON BOULEVARD, STE. 1000 |       | 3. Date of Earliest Transaction (Month/Day/Year) 08/03/2021                   | Chief Financial Officer |  |             |  |  |  |  |  |
| (Street) ARLINGTON                    | VA   | 22203 | 4. If Amendment, Date of Original Filed (Month/Day/Year)                      | 6. Indivi               | dual or Joint/Group Filing (<br>Form filed by One Repor<br>Form filed by More than                                 | ting Person |  |  |  |  |  |
| (City)                                | (State)                                      | (Zip) |   |                         | •  | · ·         |  |  |  |  |  |

### Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

| 1. Title of Security (Instr. 3)         | 2. Transaction<br>Date<br>(Month/Day/Year) | 2A. Deemed<br>Execution Date,<br>if any<br>(Month/Day/Year) | Code (Ir | Transaction Disposed Of (D) (Instr. 3, 4) |        |               | 5. Amount of<br>Securities<br>Beneficially Owned<br>Following Reported<br>Transaction(s) (Instr. | 6. Ownership<br>Form: Direct (D)<br>or Indirect (I)<br>(Instr. 4) | 7. Nature of Indirect Beneficial Ownership (Instr. 4) |          |
|---|--|---|----------|---|--------|---------------|--|---|---|----------|
|   |  |   | Code     | v   | Amount | (A) or<br>(D) | Price  | 3 and 4)  |   | (mau. 4) |
| Common Stock, par value \$.01 per share | 08/03/2021                                 |   | S        |   | 2,000  | D             | \$228.6 <sup>(1)</sup>   | 18,760.1215 <sup>(2)</sup>  | D   |          |

# Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

| 1. Title of<br>Derivative<br>Security (Instr. 3) | 2.<br>Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security | 3. Transaction<br>Date<br>(Month/Day/Year) | 3A. Deemed<br>Execution Date,<br>if any<br>(Month/Day/Year) | 4.<br>Transac<br>Code (Ir<br>8) |   | Derivative E |  | 6. Date Exercisable and<br>Expiration Date<br>(Month/Day/Year) |                    | 7. Title and Amount of<br>Securities Underlying<br>Derivative Security (Instr.<br>3 and 4) |                                  | 8. Price of<br>Derivative<br>Security<br>(Instr. 5) | 9. Number of<br>derivative<br>Securities<br>Beneficially<br>Owned<br>Following<br>Reported<br>Transaction(s) | 10.<br>Ownership<br>Form:<br>Direct (D)<br>or Indirect<br>(I) (Instr. 4) | 11. Nature<br>of Indirect<br>Beneficial<br>Ownership<br>(Instr. 4) |
|--|---|--|---|---------------------------------|---|--------------|--|--|--------------------|--|----------------------------------|---|--|--|--|
|  |   |  |   | Code                            | v |              |  | Date<br>Exercisable  | Expiration<br>Date | Title  | Amount or<br>Number of<br>Shares |   | (Instr. 4)   |  |  |

#### Explanation of Responses:

# Remarks:

Catherine T. White, as attorney-infact under Power of Attorney dated 08/04/2021 December 13, 2012

\*\* Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.

<sup>1.</sup> The transaction was executed in multiple trades at prices ranging from \$228.56 to \$228.61. The price reported above reflects the weighted average sale price. The reporting person hereby undertakes to provide upon request to the SEC staff, the issuer or a security holder of the issuer full information regarding the number of shares and prices at which the transaction was effected.

<sup>2.</sup> The amount of securities owned following the reported transaction reflects direct ownership of all shares of common stock, including restricted shares.

<sup>\*</sup> If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

<sup>\*\*</sup> Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).