

## Shades Valley Indoor Pool Schedule

## **November - December**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Lane	Lane	Lane	Lane	Lane	Lane	Lane
	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6
5:00a 5:30a 6:00a	Lap Swim 6 Lanes	6 Lanes  3 Lanes Masters Swim	Lap Swim 6 Lanes		6 Lanes 3 Lanes Masters Swim	Pool opens at 7am Saturdays	
6:30a 7:00a 7:30a 8:00a	Y Aqua Challenge 6:45-7:45 Lap Swim	Lap Swim 6 Lanes	Y Aqua Challenge 6:45-7:45 Water 3 Lanes	Lap Swim 6 Lanes	Y Aqua Challenge 6:45-7:45 3 Lanes Lap Swim	Lap Swim 6 Lanes	Pool opens at
8:30a	6 Lanes		Aerobics 8am-9am		6 Lanes		12pm Sundays
9:00a 9:30a	Water Aerobics 9-10am 2	Water Aerobics 9-10am 2	Water Aerobics 9-10am 2	Water Aerobics 9-10am 2	Water Aerobics 9-10am 2	Water Aerobics 9-10am 2	
10:00a 10:30a 11:00a	Lap Swim 6 Lanes				Lap Swim 6 Lanes	Swim Lessons 3 Lanes	
11:30a 12:00p	Water Aerobics 11: 2 45am - 12: Lanes		Lap Swim		Water Aerobics 11: 2 45am - 12: Lanes		
12:30p 1:00p	45pm	Lap Swim 6 Lanes	6 Lanes	Lap Swim 6 Lanes	45pm	Lap Swim 6 Lanes	6 Lanes
1:30p 2:00p 2:30p	Lap Swim 6 Lanes				Lap Swim 6 Lanes		
3:00p 3:30p	Lap Swim 4 Lanes		Lap Swim 5 Lanes			ap Swim 4 Lanes	ap Swim
4:00p 4:30p 5:00p	4 Lanes  Aqua  Zumba 4: 30-5:30  1	ap Swim 4 Lanes	Water Aerobics 4:30-5:30	.ap Swim 4 Lanes  Swim Lessons	E ip Swim	4 Lanes	4 Lanes
5:30p 6:00p 6:30p	2 Swim Lessons	Water Aerobics 6:15-7:15 2	p Swim 3 Lanes Lessons	Water Aerobics 6:15-7:15 2	4 Lanes		
7:00p 7:30p 8:00p 8:30p	ap Swim 5 Lanes	Lap Swim 4 Lanes	Lap Swim 4 Lanes	Lap Swim 4 Lanes	Pool closes at 7: 45pm Fridays	Pool closes at 5:45pm Saturdays and Sundays	
9:00p		ol closes at 8:45p	m Monday-Thursd	ay			
KEY:	Lap Swim	Water Aerobics	Open Swim	Swim lesson	S		

<sup>\*\*</sup>Please note that these designate the number of lanes allocated during each time frame, and not a specific lane location

\*\*Private Lessons and other Aquatics programming may use lane space at the discretion of the Aquatics Director.