

## **Shades Valley Indoor Pool Schedule**

## **January - February**

	Monday			Tuesday			Wadnaaday			Thursday			Eridov			Coturdov			Sunday		
		Monday Lane		Tuesday Lane		Wednesday			Thursday			Friday			Saturday			Lane			
	1 2			1 2 3 4 5 6		Lane 1 2 3 4 5 6			Lane 1 2 3 4 5 6			Lane 1 2 3 4 5 6			Lane 1 2 3 4 5 6			1 2 3 4 5 6			
5:00a	-   -	] ] ]	3   0	1   2	6	1 3 1 0	1 2	3   T	1 3 1 0	1 2	] ] ] ]	3   0	1 2	6	1310	1 2	3   1	3   0	1 2	3   4   3   0	
5:30a		6						6						3 Masters Swim			Pool opens at 7am Saturdays				
6:00a					3 Masters Swim																
6:30a		V. Acrus						V Asus						Y Agus							
7:00a	Challer	Y Aqua Challenge 3 5:45-7:45		6		Y Aqua Challenge			6			Y Aqua Challenge 6:45-7:45									
7:30a	6:45-7					6:45-7:45		6							Pool opens at 12pm Sundays						
8:00a		6															Water Aerobics 8am-9am				
8:30a																					
9:00a		Aerobics	2		Aerobics	2	Water Ae		2		Aerobics	2	Water A		2		Aerobics				
9:30a	9-10	9-10am		9-10am 2		9-10am <sup>2</sup>		9-10am		9-10am <sup>2</sup>		9-10am									
10:00a		6					6			6			Water Aerobics 11:45am - 12:45pm			2					
10:30a																					
11:00a						2															
11:30a		Water Aerobics 11:45am -		6		Swim Lessons															
12:00p	Aero																				
12:30p	12:4	12:45am - 12:45pm														6					
1:00p																					
1:30p 2:00p		6																			
2:30p						6															
3:00p																Ē	Open Swim		_		
3:30p	4	Aqua Zumba 1				4 50									NS I	win					
4:00p	Agus					Sor								per			Open Swim	4			
4:30p	Zumb	a 1	Sy Les		Sw	vim	Aqua Zumba		Swim Lessons	2	Sw					0			О		
5:00p	4:30-5	:30		2	Les	sons	4:30-5:3	30			Less	опѕ	Open Swim								
5:30p		Swim				Swim				ın Sı		6									
6:00p	2	Less			Aerobics	2	2		sons		Aerobics	2	Ope								
6:30p		_000	71.5	6:15	-7:15					6:15	-7:15										
7:00p	Ē	miws uado		Open Swim		Open Swim		Open Swim		Pool closes at 7:45pm Fridays			Pool closes at 5:45pm								
7:30p	NS L												Saturdays and Sundays								
8:00p	per																				
8:30p	J					0.45			-1				7:45	om F	ridays 						
9:00p		Pool closes at 8:45pm Monday-Thursday																			
KEY		Lap Swim - nunmber of lanes available Wa									Water Aerobics			Open Swim			Swim lessons				

<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.