

## **Shades Valley Indoor Pool Schedule**

## June-July 2025

	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		6			6		
5:30a	6	Masters	6		3 Masters	Pool opens at	
6:00a		Swim		6	Swim	7am Saturdays	
6:30a	Y Aqua		Y Aqua		Y Aqua		
7:00a	Challenge 3 6:45-7:45	6	Challenge 3 6:45-7:45		Challenge 3 6:45-7:45		
7:30a	0.43-7.43		0.45-7.45		0.43-7.43	6	
8:00a							Pool opens at
8:30a		Suc		Suc			12pm Sundays
9:00a		OSS		Lessons			
9:30a 10:00a	6	<b>9</b> 4		<b>9</b> 4	6		
10:00a		<u> </u>		<u> </u>			
11:00a		Swim Lessons		Swim		Swim	
11:30a		· ·		<b>"</b>		Lessons 2	
12:00p	Water Aerobics 11:		6		Water Aerobics 11:		
12:30p	45am - 12:				45am - 12:		S.
1:00p	45pm				45pm		100
1:30p		6		6			Lessons 2
2:00p	6						
2:30p						2	Swim Swim
3:00p	<u>v</u> 4	<u>9</u> 4		<u>v</u> 4		Family Swim	NS N
3:30p	0	00		0		ا ا ا ا ا ا ا ا ا ا ا ا ا ا ا ا ا ا ا	
4:00p	S	Lessons	Water	S S	6	Fam	
4:30p	Swim Team	Swim	Aerobics 4: 1 00-5:00	1 Swim Team			6
5:00p	1 Team	Team	Swim	1 Team			
5:30p 6:00p	N N	NS N	2 realii	S			
6:00p			Swim 2				
7:00p		Water Aerobics 6:30-7:30	ν e d	Water Aerobics 6:30-7:30		Pool closes at	5:45nm
7:30p	6						and Sundays
8:00p		6	6	6	Pool closes at 7:		
8:30p					45pm Fridays		
9:00p	Po	ol closes at 8:45p	m Monday-Thursd	ay			
KEY		# of lanes availal			y Swim Swim	lessons Sw	vim Team

<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.