

Shades Valley Indoor Pool Schedule

August 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	3 Masters	6		3 Masters	Pool opens at	
6:00a		Swim			Swim	7am Saturdays	
6:30a	Y Aqua		Y Aqua	6	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	0:45-7:45		0:45-7:45		0:45-7:45	6	
8:00a	SAW 4	6	SAW 4		SAW 4		Pool opens at
8:30a	SAW .		JAV		SATT .		12pm Sundays
9:00a	Water Aerobics 2	Water Aerobics 9am-10am	Water Aerobics 2	Water Aerobics 2	Water Aerobics 2		
9:30a	9am-10am	9am-10am	9am-10am	9am-10am	9am-10am		
10:00a							
10:30a	6				6		
11:00a						Swim 2	
11:30a	Water				Water	Lessons	
12:00p	Aerobics 11:45am -	6	6	6	Aerobics 11:45am -		σ
12:30p	12:45pm				12:45pm		o
1:00p							essons
1:30p 2:00p	6						<u>م</u> 5
2:00p	O .						<u>E</u>
3:00p						E,	Swim
3:30p	4	Su 4	4	Su 4		Family Swim	(N)
4:00p	Swim	oss		OS CONTRACTOR OF THE CONTRACTO		m li	
4:30p	SS	e e	Water Aerobics 1	i j	6	Fa	6
5:00p	Swim	Swim	4:00-5:00 Swim	Swim			
5:30p	Team	Swim Team	Team	Swim Team			
6:00p	Swim	Ś	E O 2	S			
6:30p	~ 2	Water Aerobics	Swim 2 4	Water Aerobics			
7:00p	4	6:30-7:30 ²	S 9 4	6:30-7:30 2		Pool closes	at 5:45pm
7:30p							nd Sundays
8:00p	6	6	6	6	Pool closes at		
8:30p					7:45pm Fridays		
9:00p	Pool closes at 8:45pm Monday-Thursday						
KEY	Lap Swim -	# of lanes availa	ble Water A	erobics Famil	ly Swim Swim	lessons Sw	/im Team

^{**}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.