



Shades Valley Indoor Pool Schedule

September - October 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																								
5:00a	6						6						6						6						6						Pool opens at 7am Saturdays						Pool opens at 12pm Sundays																							
5:30a							3																		Masters Swim																		3						Masters Swim											
6:00a																																																												
6:30a	Y Aqua Challenge 6:45-7:45am			3			6						Y Aqua Challenge 6:45-7:45am			3			6						6						Pool opens at 12pm Sundays																													
7:00a	Challenge 6:45-7:45am												Challenge 6:45-7:45am																																															
7:30a																																																												
8:00a	SAW			4			6						SAW			4			SAW						4						Swim Lessons																													
8:30a																																																												
9:00a	Water Aerobics 9-10am			2			Water Aerobics 9-10am			2			Water Aerobics 9-10am			2																					Water Aerobics 9-10am			2																				
9:30a	6						6						6						6						6						Swim Lessons																													
10:00a																																					6						6						6						6					
10:30a																																																												
11:00a	Water Aerobics 11:45am - 12:45pm			2			6						Water Aerobics 11:45am - 12:45pm			2			Swim Lessons																																									
11:30a																																																												
12:00p																																																												
12:30p	6						6						6						6						6						Swim Lessons																													
1:00p																																					6						6						6						6					
1:30p																																																												
2:00p	6						6						6						6																																									
2:30p																									6						6						6						6																	
3:00p																																																	Swim Lessons						4					
3:30p	4						4						4						4																																									
4:00p																									4						4						4						4																	
4:30p																																																	1			Swim Team 4:30-6:30pm			1			Swim Team		
5:00p																																																												
5:30p																						Pool closes at 5:45pm Saturdays and Sundays																																						
6:00p																																																												
6:30p																																																												
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