

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	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 6:45-7:45am	6	Challenge 3		Challenge 3		
7:30a	0.45-7.45aiii		0.45-7.45alli		0.45-7.45alli	6	
8:00a	SAW 4	6	SAW 4		SAW 4		Pool opens at
8:30a	37111		57147		57144		12pm Sundays
9:00a	Water Aerobics 9-10am	Water Aerobics 9-10am	Water Aerobics 9-10am	Water Aerobics 9-10am	Water Aerobics 9-10am	4	
9:30a	9-10am	9-10am	9-10am	9-10am	9-10am		
10:00a							
10:30a	6				6		
11:00a						Swim 2 Lessons	
11:30a 12:00p	Water				Water	Lessons	
12:00p		6	6	6	Aerobics 11:45am -		<u>ა</u> 4
1:00p	12:45pm				12:45pm		Ö
1:30p							suosse
2:00p	6					ι	
2:30p					6	wii	<u>E</u> 5
3:00p		w		ι ₀		Family Swim	Swim 2
3:30p	_ω 4	<u>2</u> 4	4	<u>ت</u> 4		m II	0 1
4:00p	ů o	SS	Water	SS		Fa	
4:30p	Swim	4 Swim	Aerobics	4 Swim	_		6
5:00p		E Team	4-5pm 1 Swim		Family Swim		
5:30p	Team 4:30-6:30pm	Team 4	Team 2	Team 4	S 4		
6:00p	Team 4:30-6:30pm	S)	Son	S)	fig.		
6:30p	4	Water Aerobics 2	Leam 2 4	Water Aerobics 2	Far		
7:00p		6:30-7:30pm		6:30-7:30pm			at 5:45pm
7:30p	Samford		Samford			Saturdays a	nd Sundays
8:00p	3 Club Swim	6	3 Club Swim	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.