Shades Valley Indoor Pool Schedule November - December 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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	Lane 1 2 3 4 5 6	Lane 1 2 3 4 5 6	Lane 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	6	3 / Masters Swim	6	6	3 / Masters Swim	Pool opens at 7am Saturdays	Pool opens at 12pm Sundays
6:00a	6	3 / Masters Swim	6	6	3 / Masters Swim	Pool opens at 7am Saturdays	Pool opens at 12pm Sundays
6:30a	Y Aqua Challenge 6:45-7:45 / 3	6	Y Aqua Challenge 6:45-7:45 / 3	6	Y Aqua Challenge 6:45-7:45 / 3	6	Pool opens at 12pm Sundays
7:00a	Y Aqua Challenge 6:45-7:45 / 3	6	Y Aqua Challenge 6:45-7:45 / 3	6	Y Aqua Challenge 6:45-7:45 / 3	6	Pool opens at 12pm Sundays
7:30a	Y Aqua Challenge 6:45-7:45 / 3	6	Y Aqua Challenge 6:45-7:45 / 3	6	Y Aqua Challenge 6:45-7:45 / 3	6	Pool opens at 12pm Sundays
8:00a	SAW / 4	6	SAW / 4	6	SAW / 4	6	Pool opens at 12pm Sundays
8:30a	SAW / 4	6	SAW / 4	6	SAW / 4	6	Pool opens at 12pm Sundays
9:00a	Water Aerobics 9-10am / 2	Water Aerobics 9-10am / 2	Water Aerobics 9-10am / 2	Water Aerobics 9-10am / 2	Water Aerobics 9-10am / 2	6	Pool opens at 12pm Sundays
9:30a	Water Aerobics 9-10am / 2	Water Aerobics 9-10am / 2	Water Aerobics 9-10am / 2	Water Aerobics 9-10am / 2	Water Aerobics 9-10am / 2	6	Pool opens at 12pm Sundays
10:00a	6	6	6	6	6	Swim Lessons / 2	Pool opens at 12pm Sundays
10:30a	6	6	6	6	6	Swim Lessons / 2	Pool opens at 12pm Sundays
11:00a	6	6	6	6	6	Swim Lessons / 2	Pool opens at 12pm Sundays
11:30a	Water Aerobics 11:45am - 12:45pm / 2	6	6	6	Water Aerobics 11:45am - 12:45pm / 6	Swim Lessons / 2	Pool opens at 12pm Sundays
12:00p	Water Aerobics 11:45am - 12:45pm / 2	6	6	6	Water Aerobics 11:45am - 12:45pm / 6	Swim Lessons / 2	6
12:30p	Water Aerobics 11:45am - 12:45pm / 2	6	6	6	Water Aerobics 11:45am - 12:45pm / 6	Swim Lessons / 2	6
1:00p	Water Aerobics 11:45am - 12:45pm / 2	6	6	6	Water Aerobics 11:45am - 12:45pm / 6	Swim Lessons / 2	Swim Lessons / 4
1:30p	6	6	6	6	6	Family Swim / 4	Swim Lessons / 4
2:00p	6	6	6	6	6	Family Swim / 4	Swim Lessons / 4
2:30p	6	6	6	6	6	Family Swim / 4	Swim Lessons / 4
3:00p	4	6	4	6	6	Family Swim / 4	6
3:30p	4	6	4	6	6	Family Swim / 4	6
4:00p	Swim Lessons / 2 / Swim Team	6	Water Aerobics 4-5pm / 1 / Swim Team	Swim Lessons / 1 / Swim Team	Family Swim / 6	Family Swim / 4	6
4:30p	Swim Lessons / 2 / Swim Team	3 / Swim Team	Water Aerobics 4-5pm / 1 / Swim Team	Swim Lessons / 1 / Swim Team	Family Swim / 6	Family Swim / 4	6
5:00p	Swim Lessons / 2 / Swim Team	6	Swim Lessons / 2 / Swim Team	Swim Lessons / 4	Family Swim / 6	Family Swim / 4	6
5:30p	Swim Lessons / 2 / Swim Team	6	Swim Lessons / 2 / Swim Team	Swim Lessons / 4	Family Swim / 6	Family Swim / 4	6
6:00p	Swim Lessons / 2 / Swim Team	6	Swim Lessons / 2 / Swim Team	Swim Lessons / 4	Family Swim / 6	Family Swim / 4	6
6:30p	Swim Lessons / 4	Water Aerobics 6:30-7:30 / 2	Swim Lessons / 4	Water Aerobics 6:30-7:30 / 2	Family Swim / 6	Pool closes at 5:45pm Saturdays and Sundays	6
7:00p	Swim Lessons / 4	Water Aerobics 6:30-7:30 / 2	Swim Lessons / 4	Water Aerobics 6:30-7:30 / 2	Family Swim / 6	Pool closes at 5:45pm Saturdays and Sundays	6
7:30p	3 / Samford Club Swim	6	3 / Samford Club Swim	6	Pool closes at 7:45pm Fridays	Pool closes at 5:45pm Saturdays and Sundays	6
8:00p	3 / Samford Club Swim	6	3 / Samford Club Swim	6	Pool closes at 7:45pm Fridays	Pool closes at 5:45pm Saturdays and Sundays	6
8:30p	3 / Samford Club Swim	6	3 / Samford Club Swim	6	Pool closes at 7:45pm Fridays	Pool closes at 5:45pm Saturdays and Sundays	6
9:00p	Pool closes at 8:45pm Monday-Thursday						

KEY: Lap Swim - # of lanes available | Water Aerobics | Family Swim | Swim lessons | Swim 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.*