



Shades Valley Indoor Pool Schedule

January - February 2026

	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		
5:00a					6								6													
5:30a	6		3		Masters Swim		6						3		Masters Swim		Pool opens at 7am Saturdays									
6:00a																										
6:30a	Y Aqua Challenge 6:45-7:45am		3				6		Y Aqua Challenge 6:45-7:45am		3				Y Aqua Challenge 6:45-7:45am		3									
7:00a													SAW		4		SAW		4							
7:30a													SAW		4		SAW		4							
8:00a	SAW		4																							
8:30a													Water Aerobics 9-10am		2		Water Aerobics 9-10am		2		Water Aerobics 9-10am		2		Water Aerobics 9-10am	
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		Water Aerobics 9-10am		2			
9:30a																										
10:00a																										
10:30a	6																									
11:00a																										
11:30a	Water Aerobics 11:45am - 12:45pm		2																							
12:00p																										
12:30p																										
1:00p																										
1:30p	4		Exceptional Foundation																							
2:00p																										
2:30p																										
3:00p													Swim Lessons		4		Water Aerobics 4-5pm		1		Swim Team		4		6	
3:30p													Swim Lessons		2		Swim Team		1		Swim Lessons		4		6	
4:00p	Swim Lessons		2		Swim Team		3		Swim Team																	
4:30p													Water Aerobics 6:30-7:45pm		2		Swim Lessons		4		Water Aerobics 6:30-7:45pm		2		Swim Team	
5:00p													Samford Club Swim		3		Samford Club Swim									
5:30p													6													
6:00p																										
6:30p																										
7:00p													Water Aerobics 6:30-7:45pm		2		Swim Lessons		4		Water Aerobics 6:30-7:45pm		2		Swim Team	
7:30p													3		Samford Club Swim		6									
8:00p																										
8:30p																										
9:00p																										

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.

Pool closes at 8:45pm Monday-Thursday

Pool closes at 7:45pm Fridays