



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