



Shades Valley Indoor Pool Schedule

March - May 2026

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