



# Shades Valley Indoor Pool Schedule

## May 21 - August 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						6						6						6					
6:00a	6						3						Masters Swim						6						6						6						6						6					
6:30a	Y Aqua Challenge 6:45-7:45		3				6						6						Y Aqua Challenge 6:45-7:45		3				6						6						6						6					
7:00a	Y Aqua Challenge 6:45-7:45		3				6						6						Y Aqua Challenge 6:45-7:45		3				6						6						6						6					
7:30a	Y Aqua Challenge 6:45-7:45		3				6						6						Y Aqua Challenge 6:45-7:45		3				6						6						6						6					
8:00a	SAW		4				6						6						SAW		4				6						6						6						6					
8:30a	SAW		4				6						6						SAW		4				6						6						6						6					
9:00a	6						6						6						6						6						6						6						6					
9:30a	6						6						6						6						6						6						6						6					
10:00a	6						6						6						6						6						6						6						6					
10:30a	6						6						6						6						6						6						6						6					
11:00a	6						6						6						6						6						6						6						6					
11:30a	Water Aerobics 11:45am - 12:45pm		2				6						6						Water Aerobics 11:45am - 12:45pm		6				6						6						6											
12:00p	Water Aerobics 11:45am - 12:45pm		2				6						6						Water Aerobics 11:45am - 12:45pm		6				6						6						6											
12:30p	Water Aerobics 11:45am - 12:45pm		2				6						6						Water Aerobics 11:45am - 12:45pm		6				6						6						6											
1:00p	Water Aerobics 11:45am - 12:45pm		2				6						6						Water Aerobics 11:45am - 12:45pm		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	Swim Lessons		4				6						6						Swim Lessons		4				6						6						6											
4:00p	Swim Lessons		4				6						6						Swim Lessons		4				6						6						6											
4:30p	Swim Lessons		4				6						6						Swim Lessons		4				6						6						6											
5:00p	Swim Lessons		4				6						6						Swim Lessons		4				6						6						6											
5:30p	Swim Lessons		4				6						6						Swim Lessons		4				6						6						6											
6:00p	Swim Lessons		4				6						6						Swim Lessons		4				6						6						6											
6:30p	Swim Lessons		4				6						6						Swim Lessons		4				6						6						6											
7:00p	Swim Lessons		4				6						6						Swim Lessons		4				6						6						6											
7:30p	Swim Lessons		4				6						6						Swim Lessons		4				6						6						6											
8:00p	Swim Lessons		4				6						6						Swim Lessons		4				6						6						6											
8:30p	Swim Lessons		4				6						6						Swim Lessons		4				6						6						6											
9:00p	Pool closes at 8:45pm Monday-Thursday						6						6						6						6						6						6											

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.**