



Shades Valley Indoor Pool Schedule

August-October 2025

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