Shades Valley Indoor Pool Schedule — September-December 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	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6
5:00a	6						6						6												6						Pool opens at 7am Saturdays						Pool opens at 12pm Sundays					
5:30a							3			Masters Swim															3			Masters Swim														
6:00a																																										
6:30a	Aqua Challenge 6:45-7:45			3			6						Aqua Challenge 6:45-7:45			3			6						Aqua Challenge 6:45-7:45			3			6											
7:00a																																										
7:30a																																										
8:00a	SAW			4									SAW			4									SAW			4														
8:30a																																										
9:00a	9am Water Aerobics					2	9am Water Aerobics					2	9am Water Aerobics					2	9am Water Aerobics					2	9am Water Aerobics					2	9am Water Aerobics *starts 11/7*					2						
9:30a																																										
10:00a	6						6						6						6						6						Swim Lessons					2						
10:30a																																										
11:00a																																										
11:30a	Water Aerobics 11:45am - 12:45pm					2																			Water Aerobics 11:45am - 12:45pm					6												
12:00p																																								6		
12:30p																																										
1:00p																																										
1:30p	6																																									
2:00p																																										
2:30p													Lessons			4																											
3:00p																																										
3:30p										4												4																				
4:00p	Swim Lessons			4			Swim Lessons					4				3			Swim Lessons																						
4:30p			2		Swim Team				1		Swim Team		Water Aerobics 4-5pm				1	Swim Team			1		Swim Team		Family Swim				6													
5:00p																																										
5:30p													Swim		2																											
6:00p																																										
6:30p				4			Water Aerobics 6:30-7:45					2				4			Water Aerobics 6:30-745					2																			
7:00p	3				Samford Club Swim								3				Samford Club Swim								Pool closes at 7: 45pm Fridays						Pool closes at 5:45pm Saturdays and Sundays											
7:30p							6												6																							
8:00p																																										
8:30p																																										
9:00p	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.*

OUTDOOR POOL:

Saturdays: Water Aerobics 9-10am; Family Swim 10am-5:45pm

Sundays: Family Swim: 12-5:45pm

****closes for the season 5:45pm November 1****