Shades Valley Indoor Pool Schedule — February-April

Lanes 1-6 shown for each day

Monday
- 5:00a–6:30a: Lap Swim (6)
- 6:30a–8:00a: Aqua Challenge 6:45–7:45; Lap Swim (3)
- 8:00a–9:00a: Lap Swim (6)
- 9:00a–10:00a: AquaFit 9-10am; Lap Swim (2)
- 10:00a–11:45a: Lap Swim (6)
- 11:45a–12:45p: AquaFit 11:45am – 12:45pm; Lap Swim (2)
- 12:45p–3:00p: Lap Swim (6)
- 3:00p–onward: Swim Lessons; Lap Swim (4); Lap Swim (1); Swim Team; Club Swim; Lap Swim (3)

Tuesday
- 5:00a: Lap Swim (6)
- 5:30a–6:00a: Lap Swim (3); Masters Swim
- 6:30a–8:30a: Lap Swim (6)
- 9:00a–10:00a: AquaFit 9-10am; Lap Swim (2)
- 10:00a–3:00p: Lap Swim (6)
- 3:00p–onward: Swim Lessons; Lap Swim (5); Lap Swim (2); Swim Team; Lap Swim (3); AquaFit 6:30-7:30; Lap Swim (2); Lap Swim (6)

Wednesday
- 5:00a: Lap Swim (6)
- 6:30a–8:00a: Aqua Challenge 6:45–7:45; Lap Swim (3)
- 8:00a–9:00a: Swim Lessons; Lap Swim (4)
- 9:00a–10:00a: AquaFit 9-10am; Lap Swim (2)
- 10:00a–3:00p: Lap Swim (6)
- 3:00p–onward: Lap Swim (4); Swim Lessons; AquaFit 4:00-5:00; Swim Lessons; Lap Swim (2); Swim Team; Club Swim; Lap Swim (3)

Thursday
- 5:00a–8:30a: Lap Swim (6)
- 9:00a–10:00a: AquaFit 9-10am; Lap Swim (2)
- 10:00a–3:00p: Lap Swim (6)
- 3:00p–onward: Swim Lessons; Lap Swim (5); Lap Swim (1); Swim Team; Lap Swim (3); AquaFit 6:30-7:30; Lap Swim (2); Lap Swim (6)

Friday
- 5:00a: Lap Swim (6)
- 5:30a–6:00a: Lap Swim (3); Masters Swim
- 6:30a–8:00a: Aqua Challenge 6:45–7:45; Lap Swim (3)
- 8:00a–9:00a: Swim Lessons; Lap Swim (4)
- 9:00a–10:00a: AquaFit 9-10am; Lap Swim (2)
- 10:00a–11:45a: Lap Swim (6)
- 11:45a–12:45p: AquaFit 11:45am – 12:45pm; Lap Swim (2)
- 12:45p–4:00p: Lap Swim (6)
- 4:00p–onward: Family Swim; Lap Swim (4)
- Pool closes at 7:45pm Fridays

Saturday
- Pool opens at 7am Saturdays
- 7:00a–9:00a: Lap Swim (6)
- 9:00a–10:00a: AquaFit 9-10am; Lap Swim (2)
- 10:00a–onward: Swim Lessons; Lap Swim (2); Family Swim; Lap Swim (4)
- Pool closes at 5:45pm and Sundays

Sunday
- Pool opens at 12pm Sundays
- 12:00p: Lap Swim (6)
- 1:00p–onward: Swim Lessons; Family Swim; Lap Swim (4)
- Pool closes at 5:45pm Saturdays and Sundays

Pool closes at 8:45pm Monday-Thursday

KEY:
- **Lap Swim** - # of lanes available (light blue)
- **Group Exercise** (dark blue)
- **Family Swim** (green)
- **Swim lessons** (yellow)
- **Swim Team** (red)

Please note that time blocks designate the number of lanes available, not a specific lane location.

Private Lessons and other Aquatics programming may use lane space at the discretion of the Aquatics Director.

OUTDOOR POOL: Open Saturdays and Sundays starting April 5th!
- Saturdays - 9am Aquafit; 10am-5pm Family/Lap Swim
- Sundays - 12-5pm Family/Lap Swim