

June 2021 Indoor Lap Pool Schedule Cypress

Updated 6/11/2021

Monday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
4:30 AM					
5:00 AM					
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12:00 PM					
12:30 PM			Lap Swim		
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Tuesday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
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11:30 AM			Lap Swim		
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4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					
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7:00 PM			Swim Team		
7:30 PM					
8:00 PM			Lap Swim		
8:30 PM					
9:00 PM					
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Wednesday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
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12:30 PM			Lap Swim		
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Thursday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
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12:30 PM			Lap Swim		
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Friday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
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Saturday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
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Sunday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
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1:00 PM			Lap Swim		
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Pool Guidelines
Pool schedules and availability are subject to change.
Swimmers who are incontinent or not fully toilet trained must wear VillaSport-approved swim diapers with a tight-fitting protective covering, available at the Club Shop.

Session Descriptions
Lap Swim-Indoors: During lap swim, there are no lifeguards on duty.

Monday				
Time	Indoor Rec Pool			
	Lane 1	Lane 2	Lane 3	Rec Area
4:30 AM				
5:00 AM				
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12:30 PM	Lap Swim			
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Tuesday				
Time	Indoor Rec Pool			
	Lane 1	Lane 2	Lane 3	Rec Area
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12:30 PM	Lap Swim			
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Wednesday				
Time	Indoor Rec Pool			
	Lane 1	Lane 2	Lane 3	Rec Area
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12:30 PM	Lap Swim			
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Thursday				
Time	Indoor Rec Pool			
	Lane 1	Lane 2	Lane 3	Rec Area
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Friday				
Time	Indoor Rec Pool			
	Lane 1	Lane 2	Lane 3	Rec Area
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12:30 PM	Lap Swim			
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Saturday				
Time	Indoor Rec Pool			
	Lane 1	Lane 2	Lane 3	Rec Area
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12:30 PM				Open Swim
1:00 PM	Lap Swim			
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Sunday				
Time	Indoor Rec Pool			
	Lane 1	Lane 2	Lane 3	Rec Area
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Pool Guidelines
Pool schedules and availability are subject to change.
Swimmers who are incontinent or not fully toilet trained must wear VillaSport-approved swim diapers with a tight-fitting protective covering, available at the Club Shop.
Private lessons have priority in lap lanes.

Session Descriptions
Open Swim- Indoor Rec Pool: During Open Swim, there are no lifeguards on duty. Water play features are not available. Help us keep your children safe! Children under 13 must be directly supervised by an adult and non-swimmers must be within arm's reach of an adult.
Lap Swim-Indoors: During lap swim, there are no lifeguards on duty.

**June Outdoor Adult Lap Pool Schedule Cypress**

Updated 6/11/2021

Monday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
4:30 AM					
5:00 AM					
5:30 AM					
6:00 AM					
6:30 AM					
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1:00 PM		Lap Swim			
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Tuesday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
4:30 AM					
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Wednesday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
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Thursday					
Time	Outdoor Adult Lap Pool				
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Friday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
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Saturday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
6:30 AM					
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Sunday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
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1:00 PM		Lap Swim			
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6:00 PM					
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Pool Guidelines
Pool schedules and availability are subject to change.
Swimmers who are incontinent or not fully toilet trained must wear VillaSport-approved swim diapers with a tight-fitting protective covering, available at the Club Shop.
Private lessons have priority in lap lanes.
Outdoor pools are subject to close for inclement weather or if the ambient air temperature drops below 65°. Indoor pools will remain open for your enjoyment.
The adult pool area is designated for ages 18+.
Session Descriptions
Lap Swim-Indoors: During lap swim, there are no lifeguards on duty.

Monday						
Time	Outdoor Rec Pool					Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
4:30 AM	Lap Swim					
5:00 AM						
5:30 AM						
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM	Swim Team					Open Swim
9:00 AM						
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12:30 PM	Lap Swim					Family Swim
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Tuesday						
Time	Outdoor Rec Pool					Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
4:30 AM	Lap Swim					
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6:30 AM						
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7:30 AM						
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8:30 AM	Swim Team					Open Swim
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12:30 PM	Lap Swim					Family Swim
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4:00 PM						
4:30 PM	Lap Swim					Aqua Athletics (RSVP Required)
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Wednesday						
Time	Outdoor Rec Pool					Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
4:30 AM	Lap Swim					
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6:30 AM						
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8:30 AM	Swim Team					Aqua Athletics (RSVP Required)
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12:30 PM	Lap Swim					Open Swim
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4:30 PM	Lap Swim					Family Swim
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Thursday						
Time	Outdoor Rec Pool					Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
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8:30 AM	Swim Team					Open Swim
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Friday						
Time	Outdoor Rec Pool					Rec Area
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4:30 AM	Lap Swim					
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8:30 AM	Swim Team					Open Swim
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12:30 PM	Lap Swim					Family Swim
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Saturday						
Time	Outdoor Rec Pool					Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
6:30 AM	Lap Swim					
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8:30 AM						
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9:30 AM						
10:00 AM						
10:30 AM	Aqua Athletics (RSVP Required)					Open Swim
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2:30 PM	Lap Swim					Family Swim
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Sunday											
Time	Outdoor Rec Pool					Rec Area					
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5						
6:30 AM	Lap Swim										
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5:30 PM											
6:00 PM											
6:30 PM											
7:00 PM											
7:30 PM											

Pool Guidelines
Pool schedules and availability are subject to change.
Swimmers who are incontinent or not fully toilet trained must wear VillaSport-approved swim diapers with a tight-fitting protective covering, available at the Club Shop.
Private lessons have priority in lap lanes.
Outdoor pools are subject to close for inclement weather or if the ambient air temperature drops below 65°. Indoor pools will remain open for your enjoyment.

Session Descriptions
Open Swim- Outdoor Rec Pool: During Open Swim, there are no lifeguards are on duty. Water play features are not available. Help us keep your children safe! Children under 13 must be directly supervised by an adult and non-swimmers must be within arm's reach of an adult.
Lap Swim-Outdoors: During lap swim, there are no lifeguards on duty.
Aqua Athletics: Experience the vigor of the water, using it as its own resistance. A gentle yet fun low-impact workout to increase your strength, range of motion and cardio fitness.
Family Swim – Outdoor Rec Pool: All Ages During Family Swim, lifeguards are on duty. Water play features are available. Help us keep your kids safe! Children under 13 must be directly supervised by an adult and non-swimmers must be within arm's reach of an adult.