

January 2021 Indoor Lap Pool Schedule Cypress

Updated 1/18/2021

Monday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
5:30 AM					
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1:00 PM		Lap Swim			
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Tuesday					
Time	Indoor Lap Pool				
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7:00 PM			Swim Team		
7:30 PM					
8:00 PM					
8:30 PM			Lap Swim		
9:00 PM					
9:30 PM					

Wednesday					
Time	Indoor Lap Pool				
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Thursday					
Time	Indoor Lap Pool				
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Friday					
Time	Indoor Lap Pool				
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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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4:30 PM					
5:00 PM					

Pool Guidelines
Kickboard and pull buoys are not provided. You are welcome to bring your own.
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. Two Lap Swimmers per lane are permitted. Swimmers must take breaks on opposite ends of the pool.

January 2021 Indoor Recreation Pool Schedule Cypress

Updated 1/18/2021

Monday				
Time	Indoor Rec Pool			
	Lane 1	Lane 2	Lane 3	Rec Area
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	Indoor Rec Pool			
	Lane 1	Lane 2	Lane 3	Rec Area
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Wednesday				
Time	Indoor Rec Pool			
	Lane 1	Lane 2	Lane 3	Rec Area
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1:00 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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Saturday				
Time	Indoor Rec Pool			
	Lane 1	Lane 2	Lane 3	Rec Area
7:30 AM				
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Sunday				
Time	Indoor Rec Pool			
	Lane 1	Lane 2	Lane 3	Rec Area
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4:00 PM				
4:30 PM				
5:00 PM				

Pool Guidelines
Kickboard and pull buoys are not provided. You are welcome to bring your own.
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. Two Lap Swimmers per lane are permitted. Swimmers must take breaks on opposite ends of the pool.

Monday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
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7:00 AM					
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Tuesday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
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Wednesday					
Time	Outdoor Adult Lap Pool				
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Thursday					
Time	Outdoor Adult Lap Pool				
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Friday					
Time	Outdoor Adult Lap Pool				
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Saturday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
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Sunday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
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5:00 PM					

Pool Guidelines
Kickboard and pull buoys are not provided. You are welcome to bring your own.
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. Two Lap Swimmers per lane are permitted. Swimmers must take breaks on opposite ends of the pool.

Monday						
Time	Outdoor Rec Pool					Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
5:00 AM						
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Tuesday						
Time	Outdoor Rec Pool					Rec Area
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Wednesday						
Time	Outdoor Rec Pool					Rec Area
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Thursday						
Time	Outdoor Rec Pool					Rec Area
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Friday						
Time	Outdoor Rec Pool					Rec Area
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Saturday						
Time	Outdoor Rec Pool					Rec Area
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Sunday						
Time	Outdoor Rec Pool					Rec Area
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5:00 PM						

Pool Guidelines
Kickboard and pull buoys are not provided. You are welcome to bring your own.
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 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. Two Lap Swimmers per lane are permitted. Swimmers must take breaks on opposite ends of the pool.
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.