

November 2020 Indoor Lap Pool Schedule Cypress

Updated 11/13/2020

Monday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM		Lap Swim			
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
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5:00 PM					
5:30 PM					
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6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					

Tuesday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM			Lap Swim		
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					
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				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM			Lap Swim		
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
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5:30 PM					
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6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					

Thursday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM			Lap Swim		
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
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5:30 PM					
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6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					

Friday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM			Lap Swim		
12:00 PM					
12:30 PM					
1:00 PM					
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2:00 PM					
2:30 PM					
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3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					

Saturday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM			Lap Swim		
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					

Sunday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM			Lap Swim		
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
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.

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.

Noember 2020 Indoor Recreation Pool Schedule Cypress

Updated 11/13/2020

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				
7:00 AM				
7:30 AM				
8:00 AM				
8:30 AM				
9:00 AM				
9:30 AM				
10:00 AM				
10:30 AM				
11:00 AM				
11:30 AM				
12:00 PM				
12:30 PM				
1:00 PM	Lap Swim			
1:30 PM				
2:00 PM				Open Swim
2:30 PM				
3:00 PM				
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7:00 PM				
7:30 PM				
8:00 PM				
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9:00 PM				
9:30 PM				

Tuesday				
Time	Indoor Rec Pool			
	Lane 1	Lane 2	Lane 3	Rec Area
5:00 AM				
5:30 AM				
6:00 AM				
6:30 AM				
7:00 AM				
7:30 AM				
8:00 AM				
8:30 AM				
9:00 AM				
9:30 AM				
10:00 AM				
10:30 AM				
11:00 AM				
11:30 AM				
12:00 PM				
12:30 PM				
1:00 PM	Lap Swim			
1:30 PM				
2:00 PM				Open Swim
2:30 PM				
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6:30 PM				
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7:30 PM				
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9:00 PM				
9:30 PM				

Wednesday				
Time	Indoor Rec Pool			
	Lane 1	Lane 2	Lane 3	Rec Area
5:00 AM				
5:30 AM				
6:00 AM				
6:30 AM				
7:00 AM				
7:30 AM				
8:00 AM				
8:30 AM				
9:00 AM				
9:30 AM				
10:00 AM				
10:30 AM				
11:00 AM				
11:30 AM				
12:00 PM				
12:30 PM				
1:00 PM	Lap Swim			
1:30 PM				
2:00 PM				Open Swim
2:30 PM				
3:00 PM				
3:30 PM				
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6:00 PM				
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7:00 PM				
7:30 PM				
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9:00 PM				
9:30 PM				

Thursday				
Time	Indoor Rec Pool			
	Lane 1	Lane 2	Lane 3	Rec Area
5:00 AM				
5:30 AM				
6:00 AM				
6:30 AM				
7:00 AM				
7:30 AM				
8:00 AM				
8:30 AM				
9:00 AM				
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11:00 AM				
11:30 AM				
12:00 PM				
12:30 PM				
1:00 PM	Lap Swim			
1:30 PM				
2:00 PM				Open Swim
2:30 PM				
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6:30 PM				
7:00 PM				
7:30 PM				
8:00 PM				
8:30 PM				
9:00 PM				
9:30 PM				

Friday				
Time	Indoor Rec Pool			
	Lane 1	Lane 2	Lane 3	Rec Area
5:00 AM				
5:30 AM				
6:00 AM				
6:30 AM				
7:00 AM				
7:30 AM				
8:00 AM				
8:30 AM				
9:00 AM				
9:30 AM				
10:00 AM				
10:30 AM				
11:00 AM				
11:30 AM	Lap Swim			
12:00 PM				
12:30 PM				
1:00 PM				
1:30 PM				Open Swim
2:00 PM				
2:30 PM				
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3:30 PM				
4:00 PM				
4:30 PM				
5:00 PM				
5:30 PM				
6:00 PM				
6:30 PM				

Saturday				
Time	Indoor Rec Pool			
	Lane 1	Lane 2	Lane 3	Rec Area
7:30 AM				
8:00 AM				
8:30 AM				
9:00 AM				
9:30 AM				
10:00 AM				Open Swim
10:30 AM				
11:00 AM				
11:30 AM				
12:00 PM				
12:30 PM	Lap Swim			
1:00 PM				
1:30 PM				
2:00 PM				
2:30 PM				Family Swim
3:00 PM				
3:30 PM				
4:00 PM				
4:30 PM				
5:00 PM				
5:30 PM				

Sunday				
Time	Indoor Rec Pool			
	Lane 1	Lane 2	Lane 3	Rec Area
9:00 AM				
9:30 AM				
10:00 AM				
10:30 AM				Open Swim
11:00 AM				
11:30 AM				
12:00 PM				
12:30 PM				
1:00 PM				
1:30 PM				
2:00 PM				Family Swim
2:30 PM				
3:00 PM				
3:30 PM				
4:00 PM				
4:30 PM				Open Swim
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
Family Swim - Indoor Rec Pool: During Family Swim, there are lifeguards on duty. Water play features are 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.
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					
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM		Lap Swim			
1:30 PM					
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2:30 PM					
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5:00 PM					
5:30 PM					
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6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					

Tuesday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM		Lap Swim			
1:30 PM					
2:00 PM					
2:30 PM					
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3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					
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6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					

Wednesday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM		Lap Swim			
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2:00 PM					
2:30 PM					
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4:00 PM					
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5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
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9:30 PM					

Thursday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM		Lap Swim			
1:30 PM					
2:00 PM					
2:30 PM					
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5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					

Friday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM		Lap Swim			
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					

Saturday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM			Lap Swim		
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					

Sunday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM			Lap Swim		
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
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.
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						
5:30 AM						
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM	Lap Swim					
10:30 AM	Lap Swim					
11:00 AM	Lap Swim					
11:30 AM	Lap Swim					
12:00 PM	Lap Swim					
12:30 PM	Lap Swim					
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						Open Swim
3:00 PM						Open Swim
3:30 PM						Open Swim
4:00 PM						Open Swim
4:30 PM						Open Swim
5:00 PM	Swim Team					
5:30 PM	Swim Team					
6:00 PM	Swim Team					
6:30 PM	Swim Team					
7:00 PM	Swim Team					
7:30 PM	Swim Team					
8:00 PM						
8:30 PM	Lap Swim					
9:00 PM						
9:30 PM						

Tuesday						
Time	Outdoor Rec Pool					Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
5:00 AM						
5:30 AM						
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM	Lap Swim					
10:30 AM	Lap Swim					
11:00 AM	Lap Swim					
11:30 AM	Lap Swim					
12:00 PM	Lap Swim					
12:30 PM	Lap Swim					
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						Open Swim
3:00 PM						Open Swim
3:30 PM						Open Swim
4:00 PM						Open Swim
4:30 PM						Open Swim
5:00 PM	Swim Team					
5:30 PM	Swim Team					
6:00 PM	Swim Team					
6:30 PM	Swim Team					
7:00 PM						
7:30 PM	Aqua Athletics (RSVP Required)					
8:00 PM						
8:30 PM	Lap Swim					
9:00 PM						
9:30 PM						

Wednesday						
Time	Outdoor Rec Pool					Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
5:00 AM						
5:30 AM						
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM	Aqua Athletics (RSVP Required)					
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM	Lap Swim					
1:00 PM	Lap Swim					
1:30 PM	Lap Swim					
2:00 PM	Lap Swim					
2:30 PM	Lap Swim					Open Swim
3:00 PM	Lap Swim					Open Swim
3:30 PM						Open Swim
4:00 PM						Open Swim
4:30 PM						Open Swim
5:00 PM	Swim Team					
5:30 PM	Swim Team					
6:00 PM	Swim Team					
6:30 PM	Swim Team					
7:00 PM	Swim Team					
7:30 PM	Swim Team					
8:00 PM						
8:30 PM	Lap Swim					
9:00 PM						
9:30 PM						

Thursday						
Time	Outdoor Rec Pool					Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
5:00 AM						
5:30 AM						
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7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM	Aqua Athletics (RSVP Required)					
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM	Lap Swim					
2:00 PM	Lap Swim					
2:30 PM	Lap Swim					Open Swim
3:00 PM	Lap Swim					Open Swim
3:30 PM						Open Swim
4:00 PM						Open Swim
4:30 PM						Open Swim
5:00 PM	Swim Team					
5:30 PM	Swim Team					
6:00 PM	Swim Team					
6:30 PM	Swim Team					
7:00 PM	Swim Team					
7:30 PM	Swim Team					
8:00 PM						
8:30 PM	Lap Swim					
9:00 PM						
9:30 PM						

Friday						
Time	Outdoor Rec Pool					Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
5:00 AM						
5:30 AM						
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7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM	Lap Swim					
10:30 AM	Lap Swim					
11:00 AM	Lap Swim					
11:30 AM	Lap Swim					
12:00 PM	Lap Swim					
12:30 PM	Lap Swim					
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						Open Swim
3:00 PM						Open Swim
3:30 PM						Open Swim
4:00 PM						Open Swim
4:30 PM						Open Swim
5:00 PM	Swim Team					
5:30 PM	Swim Team					
6:00 PM	Swim Team					
6:30 PM	Swim Team					

Saturday						
Time	Outdoor Rec Pool					Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM	Aqua Athletics (RSVP Required)					
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM	Lap Swim					
2:00 PM	Lap Swim					
2:30 PM	Lap Swim					
3:00 PM	Lap Swim					
3:30 PM	Lap Swim					
4:00 PM	Lap Swim					
4:30 PM	Lap Swim					
5:00 PM	Lap Swim					
5:30 PM						

Sunday						
Time	Outdoor Rec Pool					Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
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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.	
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.	