

February 2021 Indoor Lap Pool Schedule Cypress

Updated 2/1/2021

| Monday | | | | | |
|----------|-----------------|----------|--------|--------|--------|
| Time | Indoor Lap Pool | | | | |
| | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 |
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| Tuesday | | | | | |
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| Time | Indoor Lap Pool | | | | |
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| 7:00 PM | | | Swim Team | | |
| 7:30 PM | | | | | |
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| 8:30 PM | | | Lap Swim | | |
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| Wednesday | | | | | |
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| Time | Indoor Lap Pool | | | | |
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| Thursday | | | | | |
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| Friday | | | | | |
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| Saturday | | | | | |
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| Sunday | | | | | |
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| Time | Indoor Lap Pool | | | | |
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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. Two Lap Swimmers per lane are permitted. Swimmers must take breaks on opposite ends of the pool. |

February 2021 Indoor Recreation Pool Schedule Cypress

Updated 2/1/2021

| Monday | | | | |
|----------|-----------------|--------|--------|-----------|
| Time | Indoor Rec Pool | | | |
| | Lane 1 | Lane 2 | Lane 3 | Rec Area |
| 5:00 AM | | | | |
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| 12:30 PM | | | | |
| 1:00 PM | Lap Swim | | | |
| 1:30 PM | | | | |
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| 2:30 PM | | | | Open Swim |
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| Tuesday | | | | |
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| Time | Indoor Rec Pool | | | |
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| Wednesday | | | | |
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| Time | Indoor Rec Pool | | | |
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| Thursday | | | | |
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| Saturday | | | | |
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| Time | Indoor Rec Pool | | | |
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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. Two Lap Swimmers per lane are permitted. Swimmers must take breaks on opposite ends of the pool. |

| Monday | | | | | |
|----------|------------------------|----------|--------|--------|--------|
| Time | Outdoor Adult Lap Pool | | | | |
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| Tuesday | | | | | |
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| Time | Outdoor Adult Lap Pool | | | | |
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| Wednesday | | | | | |
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| Time | Outdoor Adult Lap Pool | | | | |
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| Thursday | | | | | |
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| Time | Outdoor Adult Lap Pool | | | | |
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| 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 | | | | | |
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| 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 | | | | | |
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| 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 |
|---|
| 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 | Lap Swim | | | | | Open Swim |
| 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 | Swim Team | | | | | Open Swim |
| 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 | Lap Swim | | | | | Open Swim |
| 3:30 PM | | | | | | |
| 4:00 PM | | | | | | |
| 4:30 PM | | | | | | |
| 5:00 PM | | | | | | |
| 5:30 PM | | | | | | |
| 6:00 PM | | | | | | |
| 6:30 PM | | | | | | |
| 7:00 PM | | | | | | |
| 7:30 PM | | | | | | |
| 8:00 PM | Lap Swim | | | | | Open Swim |
| 8:30 PM | | | | | | |
| 9:00 PM | | | | | | |
| 9:30 PM | | | | | | |
| 9:30 PM | | | | | | |

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

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

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

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

| Sunday | | | | | | |
|----------|------------------|--------|--------|--------|--------|-----------|
| Time | Outdoor Rec Pool | | | | | Rec Area |
| | Lane 1 | Lane 2 | Lane 3 | Lane 4 | Lane 5 | |
| 9:00 AM | Lap Swim | | | | | Open Swim |
| 9:30 AM | | | | | | |
| 10:00 AM | | | | | | |
| 10:30 AM | | | | | | |
| 11:00 AM | | | | | | |
| 11:30 AM | | | | | | |
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| 1:00 PM | | | | | | |
| 1:30 PM | | | | | | |
| 2:00 PM | | | | | | |
| 2:30 PM | | | | | | |
| 3:00 PM | Lap Swim | | | | | Open Swim |
| 3:30 PM | | | | | | |
| 4:00 PM | | | | | | |
| 4:30 PM | Lap Swim | | | | | Open Swim |
| 5:00 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 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. |