

July 2021 Indoor Lap Pool Schedule The Woodlands

Updated 7/1/2021

Monday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM	Lap Swim				
5:30 AM					
6:00 AM					
6:30 AM	Swim Team				
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM	Lap Swim				
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Tuesday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM	Lap Swim				
5:30 AM					
6:00 AM					
6:30 AM	Swim Team				
7:00 AM					
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9:30 AM	Lap Swim				
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Wednesday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM	Lap Swim				
5:30 AM					
6:00 AM					
6:30 AM	Swim Team				
7:00 AM					
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9:30 AM	Lap Swim				
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Thursday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM	Lap Swim				
5:30 AM					
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6:30 AM	Swim Team				
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9:30 AM	Lap Swim				
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Friday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM	Lap Swim				
5:30 AM					
6:00 AM					
6:30 AM	Swim Team				
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9:30 AM	Lap Swim				
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Saturday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
6:30 AM	Lap Swim				
7:00 AM					
7:30 AM					
8:00 AM	Swim Team				
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM	Lap Swim				
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Sunday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
7:00 AM	Lap Swim				
7:30 AM					
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10:00 AM					
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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.

July 2021 Indoor Recreation Pool Schedule The Woodlands

Updated 7/1/2021

Monday	
Time	Rec Area
5:00 AM	
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Thursday	
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Saturday	
Time	Rec Area
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Sunday	
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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.
Swim lessons may be conducted in a portion of the pool.

Session Descriptions
Open Swim- Indoor Rec Pool: During Open Swim, there are no lifeguards are on duty. Slides 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.

July 2021 Outdoor Adult Lap Pool Schedule The Woodlands

Updated 7/1/2021

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	
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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
	Lane 1 Lane 2 Lane 3 Lane 4 Lane 5
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Thursday	
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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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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.
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 - Outdoors: During lap swim, there are no lifeguards on duty.

Monday					
Time	Outdoor Rec Pool				Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	
5:00 AM	Lap 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	Aqua Athletics (RSVP Required)				Open Swim
9:30 AM	Lap Swim				
10:00 AM					
10:30 AM					
11:00 AM	Swim Team				Family Swim
11:30 AM					
12:00 PM					
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Tuesday					
Time	Outdoor Rec Pool				Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	
5:00 AM	Lap Swim				
5:30 AM					
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6:30 AM					
7:00 AM					
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8:00 AM					
8:30 AM					
9:00 AM	Aqua Athletics (RSVP Required)				Open Swim
9:30 AM	Lap Swim				
10:00 AM					
10:30 AM					
11:00 AM	Swim Team				Family Swim
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4:30 PM	Lap Swim				
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Wednesday					
Time	Outdoor Rec Pool				Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	
5:00 AM	Lap Swim				
5:30 AM					
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9:00 AM	Aqua Athletics (RSVP Required)				Open Swim
9:30 AM	Lap Swim				
10:00 AM					
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11:00 AM	Swim Team				Family Swim
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Thursday					
Time	Outdoor Rec Pool				Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	
5:00 AM	Lap Swim				
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9:00 AM	Aqua Athletics (RSVP Required)				Open Swim
9:30 AM	Lap Swim				
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11:00 AM	Swim Team				Family Swim
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Friday					
Time	Outdoor Rec Pool				Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	
5:00 AM	Lap Swim				
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9:00 AM	Aqua Athletics (RSVP Required)				Open Swim
9:30 AM	Lap Swim				
10:00 AM					
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11:00 AM	Swim Team				Family Swim
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4:30 PM	Lap Swim				
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Saturday					
Time	Outdoor Rec Pool				Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	
6:30 AM	Lap Swim				
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10:30 AM	Swim Team				Open Swim
11:00 AM	Lap Swim				
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12:30 PM	Swim Team				Family Swim
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Sunday					
Time	Outdoor Rec Pool				Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	
7:00 AM	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.
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. Slides 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: 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.