

May - June 2021 Indoor Lap Pool Schedule The Woodlands

Updated 5/28/2021

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					
7:00 AM	Swim Team				
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM	Lap Swim				
10:30 AM					
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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					
7:00 AM	Swim Team				
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 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					
7:00 AM	Swim Team				
7:30 AM					
8:00 AM					
8:30 AM					
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10:00 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					
6:00 AM					
6:30 AM					
7:00 AM	Swim Team				
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 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					
7:00 AM	Swim Team				
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM	Lap Swim				
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7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					

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				
11:30 AM					
12:00 PM					
12:30 PM					
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3:30 PM					
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6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					

Sunday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
7:00 AM	Lap Swim				
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					
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5:00 PM					
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.

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

Monday	
Time	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	Open Swim
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	Group Swim Lessons
5:00 PM	
5:30 PM	
6:00 PM	
6:30 PM	
7:00 PM	Open Swim
7:30 PM	
8:00 PM	
8:30 PM	
9:00 PM	
9:30 PM	

Tuesday	
Time	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	Open Swim
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	Group Swim Lessons
5:00 PM	
5:30 PM	
6:00 PM	
6:30 PM	
7:00 PM	Open Swim
7:30 PM	
8:00 PM	
8:30 PM	
9:00 PM	
9:30 PM	

Wednesday	
Time	Rec Area
5:00 AM	
5:30 AM	
6:00 AM	
6:30 AM	
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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	
12:00 PM	Open Swim
12:30 PM	
1:00 PM	
1:30 PM	
2:00 PM	
2:30 PM	
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3:30 PM	
4:00 PM	
4:30 PM	Group Swim Lessons
5:00 PM	
5:30 PM	
6:00 PM	
6:30 PM	
7:00 PM	Open Swim
7:30 PM	
8:00 PM	
8:30 PM	
9:00 PM	
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Thursday	
Time	Rec Area
5:00 AM	
5:30 AM	
6:00 AM	
6:30 AM	
7:00 AM	
7:30 AM	
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8:30 AM	
9:00 AM	
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10:00 AM	
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	Open Swim
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	Group Swim Lessons
5:00 PM	
5:30 PM	
6:00 PM	
6:30 PM	
7:00 PM	Open Swim
7:30 PM	
8:00 PM	
8:30 PM	
9:00 PM	
9:30 PM	

Friday	
Time	Rec Area
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5:30 AM	
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6:30 AM	
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11:30 AM	
12:00 PM	Open Swim
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Saturday	
Time	Rec Area
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10:00 AM	
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	Open Swim
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Sunday	
Time	Rec Area
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	Open Swim
12:30 PM	
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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.
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.

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

Thursday					
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					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
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9:30 PM					

Friday					
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					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
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7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					

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

Sunday					
Time	Outdoor Rec Pool				Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	
7:00 AM	Lap Swim				
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				Open 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	Lap Swim				Family Swim
5:30 PM					
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM					
8:00 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 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.