

# Cypress Indoor Pool Schedule

All Pools and Whirlpools  
close 30 minutes prior to club  
closing.

## August 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Indoor Recreation Pool</b>						
<i>Pool available for Open Swim anytime programming is not scheduled.</i>						
<b>Gentle Aqua</b> 12:00p-12:55p	<b>Gentle Aqua</b> 12:00p-12:55p	<b>Gentle Aqua</b> 12:00p-12:55p				
<b>Family Swim</b> 10:00a-8:30p	<b>Family Swim</b> 10:00a-8:30p	<b>Family Swim</b> 10:00a-8:30p	<b>Family Swim</b> 10:00a-8:30p	<b>Family Swim</b> 10:00a-8:30p	<b>Family Swim</b> 12:00p-8:30p	<b>Family Swim</b> 12:00p-8:30p
<b>Swim Lessons</b> 5:00p-7:00p	<b>Swim Lessons</b> 5:00p-6:30p	<b>Swim Lessons</b> 5:00p-7:00p	<b>Swim Lessons</b> 5:00p-6:30p		<b>Swim Lessons</b> 9:00a-12:30p	
<b>Adult Stroke &amp; Conditioning</b> 7:00p-8:00p		<b>Adult Stroke &amp; Conditioning</b> 7:00p-8:00p				
<b>Indoor Lap Pool</b>						
<b>Swim Team</b> 5:00p-6:15p Lanes 1 - 3	<b>Swim Team</b> 5:00p-6:15p Lanes 1 - 3	<b>Swim Team</b> 5:00p-6:15p Lanes 1 - 3	<b>Swim Team</b> 5:00p-6:15p Lanes 1 - 3	<b>Swim Team</b> 5:00p-6:15p Lanes 1 - 3		
<b>Stroke School</b> 5:00p-6:45p Lane 1	<b>Stroke School</b> 4:45p-6:15p Lane 1	<b>Stroke School</b> 5:00p-6:45p Lane 1	<b>Stroke School</b> 4:45p-6:15p Lane 1		<b>Stroke School</b> 9:00a-12:45p Lane 1	
<b>Masters Swim</b> 6:30p-7:30p Lanes 1 - 4		<b>Masters Swim</b> 6:30p-7:30p Lanes 1 - 4				

Lane 5 is closest to the locker rooms.

# Cypress Outdoor Pool Schedule

All Pools and Whirlpools  
close 30 minutes prior to club  
closing.

## August 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Outdoor Recreation Pool</b> <i>Pool available anytime programming is not scheduled, from sunrise to sunset.</i>						
Family Swim 10:00a - 8:00p	Family Swim 10:00a - 8:00p	Family Swim 10:00a - 8:00p	Family Swim 10:00a - 8:00p	Family Swim 10:00a - 8:00p	Family Swim 10:00a - 8:00p	Family Swim 10:00a - 8:00p

If the temperature is below 65 degrees, Family Swim will be closed.

<b>Outdoor Family Lap Pool</b> <i>Lanes available for lap swimming anytime programming is not scheduled.</i>						
<b>8/5 ONLY</b> Performance Swim Camp 8:00a-12:00p	<b>8/6 ONLY</b> Performance Swim Camp 8:00a-12:00p	<b>8/7 ONLY</b> Performance Swim Camp 8:00a-12:00p	<b>8/8 ONLY</b> Performance Swim Camp 8:00a-12:00p	<b>8/9 ONLY</b> Performance Swim Camp 8:00a-12:00p		
Aqua Athletics 8:10a-9:00a			Aqua Athletics 8:10a-9:00a	Aqua Athletics 8:10a-9:00a		
Aqua Athletics 9:00a-9:55a	Aqua Athletics 9:00a-9:55a	Aqua Zumba 9:00a-9:55a	Aqua Athletics 9:00a-9:55a	Aqua Athletics 9:00a-9:55a		
Swim Team 4:00p-8:00p	Swim Team 4:00p-8:00p	Swim Team 4:00p-8:00p	Swim Team 4:00p-8:00p	Swim Team 4:00p-8:00p	Swim Team 8:00a-10:00a	

Lap swim lanes located in the deep end, lane 5 is closes to the grass.

<b>Outdoor Adult Lap Pool</b> <i>Lanes available for lap swimming anytime programming is not scheduled.</i>						
Masters Swim 5:30a-6:30a Lanes 1 - 4	Masters Swim 5:30a-6:30a Lanes 1 - 4	Masters Swim 5:30a-6:30a Lanes 1 - 4	Masters Swim 5:30a-6:30a Lanes 1 - 4	Masters Swim 5:30a-6:30a Lanes 1 - 4	Aqua Athletics 8:00a-8:55a	
Aqua Athletics 6:30p-7:25p Lanes 1 - 3	Aqua Athletics 6:30p-7:25p Lanes 1 - 3	Aqua Athletics 6:30p-7:25p Lanes 1 - 2	Aqua Zumba 6:30p-7:25p Lanes 1 - 3		Aqua Athletics 9:00a-9:55a	
	Aqua Athletics 7:30p-8:25p Lanes 1 - 3	Aqua Athletics 7:30p-8:25p Lanes 1 - 3				

Lane 5 is closest to the whirlpool.

<b>Poolside Café</b>						
11:00a-8:00p	11:00a-8:00p	11:00a-8:00p	11:00a-8:00p	11:00a-8:00p	11:00a-7:00p	11:00a-7:00p
<b>Poolside Bar</b>						
12:00p-8:00p	12:00p-8:00p	12:00p-8:00p	12:00p-8:00p	12:00p-8:00p	12:00p-7:00p	12:00p-7:00p