

Cypress Indoor Pool Schedule

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

December 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Indoor Recreation Pool						
<i>Pool available for Open Swim anytime programming is not scheduled.</i>						
Gentle Aqua 12:00pm - 12:55pm	Gentle Aqua 12:00pm - 12:55pm	Gentle Aqua 12:00pm - 12:55pm				
Family Swim 4:00pm - 7:00pm	Family Swim 4:00pm - 7:00pm	Family Swim 4:00pm - 7:00pm	Family Swim 4:00pm - 7:00pm	Family Swim 4:00pm - 7:00pm	Family Swim 11:00am - 7:30pm	Family Swim 11:00am - 7:30pm
Swim Lessons 5:00pm - 7:00pm	Swim Lessons 5:00pm - 6:30pm	Swim Lessons 5:00pm - 7:00pm	Swim Lessons 5:00pm - 6:30pm		Swim Lessons 9:00am - 12:30pm	
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			
Adult Stroke & Conditioning 7:00pm - 8:00pm		Adult Stroke & Conditioning 7:00pm - 8:00pm				
ONLY 12/24 Family Swim 9:00am - 1:30pm	ONLY 12/25 CLOSED	ONLY 12/31 Family Swim 11:00am - 7:30pm	ONLY 1/1 Family Swim 11:00am - 7:30pm			
ONLY 12/24 Indoor Rec 5:00am - 1:30pm		ONLY 12/31 Indoor Rec 4:00am - 7:30pm	ONLY 1/1 Indoor Rec 4:00am - 9:30pm			
Indoor Lap Pool						
Swim Team 5:00pm - 6:45pm Lanes 1 - 3	Swim Team 5:00pm - 6:45pm Lanes 1 - 3	Swim Team 5:00pm - 6:45pm Lanes 1 - 3	Swim Team 5:00pm - 6:45pm Lanes 1 - 3	Swim Team 5:00pm - 6:45pm Lanes 1 - 3		
Stroke School 5:00pm - 6:45pm Lane 1	Stroke School 4:45pm - 6:15pm Lane 1	Stroke School 5:00pm - 6:45pm Lane 1	Stroke School 4:45pm - 6:15pm Lane 1		Stroke School 9:00am - 12:45pm Lane 1	
Masters Swim 6:30pm - 7:30pm Lanes 1 - 4		Masters Swim 6:30pm - 7:30pm Lanes 1 - 4				
ONLY 12/24 Indoor Lap 5:00am - 1:30pm	ONLY 12/25 CLOSED	ONLY 12/31 Indoor Lap 4:00am - 7:30pm	ONLY 1/1 Indoor Lap 4:00am - 9:30pm			

Lane 5 is closest to the locker rooms.

