

Cypress Indoor Pool Schedule



January 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Indoor Recreation Pool						
<i>Pool available for adult recreation anytime programming is not scheduled.</i>						
Family Swim 12:00p-7:30p	Family Swim 12:00p-7:30p	Family Swim 12:00p-7:30p	Family Swim 12:00p-7:30p	Family Swim 12:00p-7:30p	Family Swim 12:00p-7:30p	Family Swim 12:00p-7:30p
Swim Lessons 5:00p-7:00p	Swim Lessons 5:00p-6:30p	Swim Lessons 5:00p-7:00p	Swim Lessons 5:00p-6:30p		Swim Lessons 9:00a-12:30p	
12/31 Only Family Swim 10:00a - 6:30p	1/1 Only Family Swim 10:00a-7:30p	1/2 Only Family Swim 10:00a-7:30p	1/3 Only Family Swim 10:00a-7:30p	1/4 Only Family Swim 10:00a-7:30p		
Adult Stroke & Conditioning 7:00p-8:00p		Adult Stroke & Conditioning 7:00p-8:00p				
Indoor Lap Pool						
<i>Lanes 4 & 5 will be always available for lap swimming anytime programs are in progress.</i>						
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		
Gentle Aqua 12:00p-12:55p	Gentle Aqua 12:00p-12:55p	Gentle Aqua 12:00p-12:55p				
Swim Team 5:00p-6:15p Lanes 1 - 3	Swim Team 5:00p-6:15p Lanes 1 - 3	Swim Team 5:00p-6:15p Lanes 1 - 3	Swim Team 5:00p-6:15p Lanes 1 - 3	Swim Team 5:00p-6:15p Lanes 1 - 3		
Stroke School 5:00p-6:45p Lane 1	Stroke School 4:45p-6:15p Lane 1	Stroke School 5:00p-6:45p Lane 1	Stroke School 4:45p-6:15p Lane 1		Stroke School 9:00a-12:45p Lane 1	
Aqua Athletics 6:30p-7:25p	Aqua Athletics 6:30p-7:25p	Aqua Athletics 6:30p-7:25p	Aqua Athletics 6:30p-7:25p			
	Aqua Athletics 7:30p-8:25p					

Lane 5 is closest to the locker rooms.

Cypress Outdoor Pool Schedule



January 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Outdoor Recreation Pool						
Closed for the Season						

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

Outdoor Family Lap Pool						<i>Lanes available for lap swimming anytime programming is not scheduled.</i>
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	
	1/1 Only Performance Swim Camp 8:00a - 12:00p	1/2 Only Performance Swim Camp 8:00a - 12:00p	1/3 Only Performance Swim Camp 8:00a - 12:00p	1/4 Only Performance Swim Camp 8:00a - 12:00p		

Lap swim lanes located in the deep end, lane 4 is closes to the grass.

Outdoor Adult Lap Pool						<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	
Masters Swim 6:30p-7:30p Lanes 1 - 4		Masters Swim 6:30p-7:30p Lanes 1 - 4			Aqua Athletics 9:00a-9:55a	

Lane 5 is closest to the whirlpool.

Poolside Café						
Closed for the Season						
Poolside Bar						
Closed for the Season						