

Cypress Indoor Pool Schedule

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

July 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 12:00p-12:55p	Gentle Aqua 12:00p-12:55p	Gentle Aqua 12:00p-12:55p				
Family Swim 10:00a-8:30p	Family Swim 10:00a-8:30p	Family Swim 10:00a-8:30p	Family Swim 10:00a-8:30p	Family Swim 10:00a-8:30p	Family Swim 12:00p-8:30p	Family Swim 12:00p-8:30p
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	
Adult Stroke & Conditioning 7:00p-8:00p		Adult Stroke & Conditioning 7:00p-8:00p				
Indoor Lap Pool						
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	
Masters Swim 6:30p-7:30p Lanes 1 - 4		Masters Swim 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.

July 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Outdoor Recreation Pool <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.

Outdoor Family Lap Pool <i>Lanes available for lap swimming anytime programming is not scheduled.</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		
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.

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	
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.

Poolside Café						
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
Poolside Bar						
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