

Cypress Indoor Pool Schedule



March 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Indoor Recreation Pool						
<i>Pool available for adult recreation anytime programming is not scheduled.</i>						
3/11 Only Swim Lessons 9:00a-10:30a	3/12 Only Swim Lessons 9:00a-10:30a	3/13 Only Swim Lessons 9:00a-10:30a	3/14 Only Swim Lessons 9:00a-10:30a			
Family Swim 12:00p-7:30p	Aqua Zumba 10:00a-11:00a	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
Starting 3/11 Family Swim 3:00p-7:00p	Family Swim 12:00p-7:30p	Starting 3/13 Family Swim 3:00p-7:00p	Starting 3/14 Family Swim 3:00p-7:00p	Starting 3/15 Family Swim 3:00p-7:00p		
Swim Lessons 5:00p-7:00p	Starting 3/12 Family Swim 3:00p-7:00p	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	Swim Lessons 5:00p-6:30p	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		
3/11 Only Swim Lessons 9:00a-10:30a	3/12 Only Swim Lessons 9:00a-10:30a	3/13 Only Swim Lessons 9:00a-10:30a	3/14 Only Swim Lessons 9:00a-10:30a			
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.

