

Cypress Indoor Pool Schedule

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

November 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 4:00p-7:00p	Family Swim 4:00p-7:00p	Family Swim 4:00p-7:00p	Family Swim 4:00p-7:00p	Family Swim 4:00p-7:00p	Family Swim 11:00a-7:30p	Family Swim 11:00a-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	
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 7:00p-8:00p		Adult Stroke & Conditioning 7:00p-8:00p				
Indoor Lap Pool						
Swim Team 5:00p-6:45p Lanes 1 - 3	Swim Team 5:00p-6:45p Lanes 1 - 3	Swim Team 5:00p-6:45p Lanes 1 - 3	Swim Team 5:00p-6:45p Lanes 1 - 3	Swim Team 5:00p-6:45p 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.

