

Indoor Pools Schedule

The Woodlands



January 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Indoor Recreation Pool						
Pool available for adult recreation anytime programming is not scheduled.						
Aqua Zumba 11:00a-11:45a			Aqua Zumba 11:00a-11:45a		01/12 Only Endless Summer 11:30a-2:00p	
Family Swim 12:00p-4:00p	Family Swim 12:00p-4:00p	Family Swim 12:00p-4:00p	Family Swim 12:00p-4:00p	Family Swim 12:00p-7:30p	Family Swim 12:00p-7:30p	Family Swim 12:00p-7:30p
Swim Lessons 4:30p-6:00p	Swim Lessons 4:30p-6:00p	Swim Lessons 4:30p-6:00p	Swim Lessons 4:30p-6:00p			
Aqua Athletics 6:30p-7:30p	Family Swim 6:00p-7:30p	Aqua Athletics 6:30p-7:30p	Family Swim 6:00p-7:30p			
Indoor Lap Pool						
Lanes Available for lap swimming anytime programming is not scheduled.						
Stroke and Cond. 10:00a-11:00a Lanes 1 - 3		Stroke and Cond. 10:00a-11:00a Lanes 1 - 3			Swim Lessons 9:00a-12:00a Lanes 1 & 2	
Swim Lessons 4:30p-6:00p Lanes 1 & 2	Swim Lessons 4:30p-6:00p Lanes 1 & 2	Swim Lessons 4:30p-6:00p Lanes 1 & 2	Swim Lessons 4:30p-6:00p Lanes 1 & 2		01/12 Only Endless Summer 11:30a-2:00p Lanes 1-5	
	Aqua Pilates 6:30p-7:30p Lane 5					
Swim Team 5:30p-6:45p Lanes 1 & 2	Swim Team 5:30p-6:45p Lanes 1 & 2	Swim Team 5:30p-6:45p Lanes 1 & 2	Swim Team 5:30p-6:45p Lanes 1 & 2			

Lane 5 is closest to the locker rooms.

Outdoor Pools Schedule The Woodlands



January 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Outdoor Recreation Pool						
Lanes available for lap swimming anytime programming is not scheduled.						
Aqua Athletics 9:00a-10:00a	Aqua Athletics 9:00a-10:00a	Aqua Barre 9:00a-10:00a	Aqua Athletics 9:00a-10:00a	Aqua Athletics 9:00a-10:00a	Aqua Athletics 9:00a-10:00a	
Swim Team Deep Water Lane 5:30p-6:45p	Swim Team Deep Water Lane 5:30p-6:45p	Swim Team Deep Water Lane 5:30p-6:45p	Swim Team Deep Water Lane 5:30p-6:45p			

Lap swim lanes located in the deep end.

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

Outdoor Family Lap Pool						
Lanes available for lap swimming anytime programming is not scheduled.						
Swim Team 4:15p-8:00p All Lanes	Swim Team 4:15p-8:00p All Lanes	Swim Team 4:15p-8:00p All Lanes	Swim Team 4:15p-8:00p All Lanes		Swim Team 8:00a-9:45a All Lanes	

Lane 4 is closest to the grass.

Outdoor Adult Lap Pool						
Lanes available for lap swimming anytime programming is not scheduled.						
Master Swim 5:30a-6:30a Lanes 1 - 4	Master Swim 5:30a-6:30a Lanes 1 - 4	Master Swim 5:30a-6:30a Lanes 1 - 4	Master Swim 5:30a-6:30a Lanes 1 - 4	Master Swim 5:30a-6:30a Lanes 1 - 4		
	Master Swim 12:00p-1:00p Lanes 1 - 4		Master Swim 12:00p-1:00p Lanes 1 - 4	Master Swim 12:00p-1:00p Lanes 1 - 4		

Lane 5 is closest to the whirlpool.

Poolside Café

Closed for the Season