

# Indoor Pools Schedule

## The Woodlands

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

### July 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Indoor Recreation Pool</b>			Pool available for Open Swim anytime programming is not scheduled.			
<b>Aqua Zumba</b> 11:00a-11:45a			<b>Aqua Zumba</b> 11:00a-11:45a		<b>Swim Lessons</b> 9:00a-12:00p	
<b>Family Swim</b> 12:00p-3:00p	<b>Family Swim</b> 12:00p-3:00p	<b>Family Swim</b> 12:00p-3:00p	<b>Family Swim</b> 12:00p-3:00p	<b>Family Swim</b> 12:00p-8:00p	<b>Family Swim</b> 12:00p-8:00p	<b>Family Swim</b> 12:00p-8:00p
<b>Swim Lessons</b> 4:30p-6:00p	<b>Swim Lessons</b> 4:30p-6:00p	<b>Swim Lessons</b> 4:30p-6:00p	<b>Swim Lessons</b> 4:30p-6:00p			
<b>Family Swim</b> 6:00p-8:00p	<b>Family Swim</b> 6:00p-8:00p	<b>Family Swim</b> 6:00p-8:00p	<b>Family Swim</b> 6:00p-8:00p			
<b>Indoor Lap Pool</b>			Lanes Available for lap swimming anytime programming is not scheduled.			
<b>Stroke and Cond.</b> 10:00a-11:00a Lanes 1 - 3		<b>Stroke and Cond.</b> 10:00a-11:00a Lanes 1 - 3			<b>Swim Lessons</b> 9:00a-12:00a Lanes 1 & 2	
<b>Swim Lessons</b> 4:30p-6:00p Lanes 1 & 2	<b>Swim Lessons</b> 4:30p-6:00p Lanes 1 & 2	<b>Swim Lessons</b> 4:30p-6:00p Lanes 1 & 2	<b>Swim Lessons</b> 4:30p-6:00p Lanes 1 & 2			
<b>Swim Team</b> 5:15p-8:00p Lanes 1-4	<b>Swim Team</b> 5:15p-6:30p Lanes 1-4	<b>Swim Team</b> 5:15p-8:00p Lanes 1-4	<b>Swim Team</b> 5:15p-6:30p Lanes 1-4	<b>Swim Team</b> 5:15p-8:00p Lanes 1-4		

Lane 5 is closest to the locker rooms.

# Outdoor Pools Schedule The Woodlands

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

## July 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Outdoor Recreation Pool</b> Pool available for Open Swim anytime programming is not scheduled, from sunrise to sunset.						
<b>Aqua Barre</b> 9:00a-10:00a	<b>Aqua Athletics</b> 9:00a-10:00a	<b>Aqua Barre</b> 9:00a-10:00a	<b>Aqua Athletics</b> 9:00a-10:00a	<b>Aqua Athletics</b> 9:00a-10:00a	<b>Aqua Athletics</b> 9:00a-10:00a	
<b>Family Swim</b> 10:00a-8:00p	<b>Family Swim</b> 10:00a-8:00p	<b>Family Swim</b> 10:00a-8:00p	<b>Family Swim</b> 10:00a-8:00p	<b>Family Swim</b> 10:00a-8:00p	<b>Family Swim</b> 10:00a-8:00p	<b>Family Swim</b> 10:00a-8:00p
<b>Swim Team</b> Deep Water Lane 5:30p-6:45p	<b>Swim Team</b> Deep Water Lane 5:30p-6:45p	<b>Swim Team</b> Deep Water Lane 5:30p-6:45p	<b>Swim Team</b> Deep Water Lane 5:30p-6:45p			
<b>Aqua Athletics</b> 6:30p-7:30p	<b>Aqua Pilates</b> 6:30p-7:30p	<b>Aqua Athletics</b> 6:30p-7:30p				

Lap swim lanes located in the deep end.

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

<b>Outdoor Family Lap Pool</b> Lanes available for lap swimming anytime programming is not scheduled.						
<b>Swim Team</b> 7:00a-9:00a All Lanes		<b>Swim Team</b> 7:00a-9:00a All Lanes		<b>Swim Team</b> 7:00a-9:00a All Lanes	<b>Swim Team</b> 8:00a-9:45a All Lanes	
<b>Swim Team</b> 4:15p-5:15p All Lanes	<b>Swim Team</b> 4:15p-5:15p All Lanes	<b>Swim Team</b> 4:15p-5:15p All Lanes	<b>Swim Team</b> 4:15p-5:15p All Lanes			
<b>Swim Team</b> 5:15p-8:00p All Lanes	<b>Swim Team</b> 5:15p-6:30p Lanes 1&2	<b>Swim Team</b> 5:15p-8:00p All Lanes	<b>Swim Team</b> 5:15p-6:30p Lanes 1&2			
	<b>Swim Team</b> 6:30p-8:00p All Lanes		<b>Swim Team</b> 6:30p-8:00p All Lanes			
<b>7/22</b> <b>Performance</b> <b>Swim Camp</b> 8:00a-12:00p	<b>7/23</b> <b>Performance</b> <b>Swim Camp</b> 8:00a-12:00p	<b>7/24</b> <b>Performance</b> <b>Swim Camp</b> 8:00a-12:00p	<b>7/25</b> <b>Performance Swim</b> <b>Camp</b> 8:00a-12:00p	<b>7/26</b> <b>Performance Swim</b> <b>Camp</b> 8:00a-12:00p		
<b>7/22</b> <b>Junior Lifeguard</b> <b>Camp</b> 8:00a-12:00p	<b>7/23</b> <b>Junior Lifeguard</b> <b>Camp</b> 8:00a-12:00p	<b>7/24</b> <b>Junior Lifeguard</b> <b>Camp</b> 8:00a-12:00p	<b>7/25</b> <b>Junior Lifeguard</b> <b>Camp</b> 8:00a-12:00p	<b>7/26</b> <b>Junior Lifeguard</b> <b>Camp</b> 8:00a-12:00p		

Lane 4 is closest to the grass.

<b>Outdoor Adult Lap Pool</b> Lanes available for lap swimming anytime programming is not scheduled.						
<b>Master Swim</b> 6:00a-7:00a Lanes 1 - 4	<b>Master Swim</b> 6:00a-7:00a Lanes 1 - 4	<b>Master Swim</b> 6:00a-7:00a Lanes 1 - 4		<b>Master Swim</b> 6:00a-7:00a Lanes 1 - 4		
	<b>Master Swim</b> 12:00p-1:00p Lanes 1 - 4		<b>Master Swim</b> 12:00p-1:00p Lanes 1 - 4	<b>Master Swim</b> 12:00p-1:00p Lanes 1 - 4		

Lane 5 is closest to the whirlpool.

<b>Poolside Café</b>						
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
<b>Poolside Bar</b>						
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