

November 2020 Indoor Lap Pool Schedule The Woodlands

Updated 11/1/2020

Monday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
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7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					
10:00 PM					

Tuesday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
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7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					
10:00 PM					

Wednesday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
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6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					
10:00 PM					

Thursday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
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6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					
10:00 PM					

Friday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
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3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					

Saturday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					

Sunday					
Time	Indoor Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					

Pool Guidelines
Kickboard and pull buoys are not provided. You are welcome to bring your own.
Pool schedules and availability are subject to change.
Swimmers who are incontinent or not fully toilet trained must wear VillaSport-approved swim diapers with a tight-fitting protective covering, available at the Club Shop.

Session Descriptions
Lap Swim-Indoors: During lap swim, there are no lifeguards on duty. Two Lap Swimmers per lane are permitted. Swimmers must take breaks on opposite ends of the pool.

November 2020 Indoor Recreation Pool Schedule The Woodlands

Updated 11/1/2020

Monday	
Time	Rec Area
5:00 AM	
5:30 AM	
6:00 AM	
6:30 AM	
7:00 AM	
7:30 AM	
8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM	
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	
12:30 PM	
1:00 PM	
1:30 PM	
2:00 PM	Open Swim
2:30 PM	
3:00 PM	
3:30 PM	
4:00 PM	
4:30 PM	
5:00 PM	
5:30 PM	
6:00 PM	
6:30 PM	
7:00 PM	
7:30 PM	
8:00 PM	
8:30 PM	
9:00 PM	
9:30 PM	
10:00 PM	

Tuesday	
Time	Rec Area
5:00 AM	
5:30 AM	
6:00 AM	
6:30 AM	
7:00 AM	
7:30 AM	
8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM	
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	
12:30 PM	
1:00 PM	
1:30 PM	
2:00 PM	Open Swim
2:30 PM	
3:00 PM	
3:30 PM	
4:00 PM	
4:30 PM	
5:00 PM	
5:30 PM	
6:00 PM	
6:30 PM	
7:00 PM	
7:30 PM	
8:00 PM	
8:30 PM	
9:00 PM	
9:30 PM	
10:00 PM	

Wednesday	
Time	Rec Area
5:00 AM	
5:30 AM	
6:00 AM	
6:30 AM	
7:00 AM	
7:30 AM	
8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM	
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	
12:30 PM	
1:00 PM	
1:30 PM	
2:00 PM	Open Swim
2:30 PM	
3:00 PM	
3:30 PM	
4:00 PM	
4:30 PM	
5:00 PM	
5:30 PM	
6:00 PM	
6:30 PM	
7:00 PM	
7:30 PM	
8:00 PM	
8:30 PM	
9:00 PM	
9:30 PM	
10:00 PM	

Thursday	
Time	Rec Area
5:00 AM	
5:30 AM	
6:00 AM	
6:30 AM	
7:00 AM	
7:30 AM	
8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM	
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	
12:30 PM	
1:00 PM	
1:30 PM	
2:00 PM	Open Swim
2:30 PM	
3:00 PM	
3:30 PM	
4:00 PM	
4:30 PM	
5:00 PM	
5:30 PM	
6:00 PM	
6:30 PM	
7:00 PM	
7:30 PM	
8:00 PM	
8:30 PM	
9:00 PM	
9:30 PM	
10:00 PM	

Friday	
Time	Rec Area
5:00 AM	
5:30 AM	
6:00 AM	
6:30 AM	
7:00 AM	
7:30 AM	
8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM	
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	
12:30 PM	
1:00 PM	
1:30 PM	Open Swim
2:00 PM	
2:30 PM	
3:00 PM	
3:30 PM	
4:00 PM	
4:30 PM	
5:00 PM	
5:30 PM	
6:00 PM	
6:30 PM	

Saturday	
Time	Rec Area
7:30 AM	
8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM	Open Swim
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	
12:30 PM	
1:00 PM	
1:30 PM	
2:00 PM	Family Swim
2:30 PM	
3:00 PM	
3:30 PM	
4:00 PM	
4:30 PM	
5:00 PM	

Sunday	
Time	Rec Area
8:00 AM	
8:30 AM	
9:00 AM	
9:30 AM	
10:00 AM	Open Swim
10:30 AM	
11:00 AM	
11:30 AM	
12:00 PM	
12:30 PM	
1:00 PM	
1:30 PM	
2:00 PM	
2:30 PM	Family Swim
3:00 PM	
3:30 PM	
4:00 PM	
4:30 PM	
5:00 PM	

Pool Guidelines
Pool schedules and availability are subject to change.
Swimmers who are incontinent or not fully toilet trained must wear VillaSport-approved swim diapers with a tight-fitting protective covering, available at the Club Shop.
Swim lessons may be conducted in a portion of the pool.

Session Descriptions
Open Swim- Indoor Rec Pool: During Open Swim, there are no lifeguards are on duty. Slides are not available. Help us keep your children safe! Children under 13 must be directly supervised by an adult and non-swimmers must be within arm's reach of an adult.
Family Swim - Indoor Rec Pool: During Family Swim, there are lifeguards on duty. Slides are available. Help us keep your children safe! Children under 13 must be directly supervised by an adult and non-swimmers must be within arm's reach of an adult.

Monday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM		Lap Swim			
1:30 PM		Lap Swim			
2:00 PM		Lap Swim			
2:30 PM		Lap Swim			
3:00 PM		Lap Swim			
3:30 PM		Lap Swim			
4:00 PM		Lap Swim			
4:30 PM		Lap Swim			
5:00 PM		Lap Swim			
5:30 PM		Lap Swim			
6:00 PM		Lap Swim			
6:30 PM		Lap Swim			
7:00 PM		Lap Swim			
7:30 PM		Lap Swim			
8:00 PM		Lap Swim			
8:30 PM		Lap Swim			
9:00 PM		Lap Swim			
9:30 PM		Lap Swim			
10:00 PM		Lap Swim			

Tuesday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM		Lap Swim			
1:30 PM		Lap Swim			
2:00 PM		Lap Swim			
2:30 PM		Lap Swim			
3:00 PM		Lap Swim			
3:30 PM		Lap Swim			
4:00 PM		Lap Swim			
4:30 PM		Lap Swim			
5:00 PM		Lap Swim			
5:30 PM		Lap Swim			
6:00 PM		Lap Swim			
6:30 PM		Lap Swim			
7:00 PM		Lap Swim			
7:30 PM		Lap Swim			
8:00 PM		Lap Swim			
8:30 PM		Lap Swim			
9:00 PM		Lap Swim			
9:30 PM		Lap Swim			
10:00 PM		Lap Swim			

Wednesday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM		Lap Swim			
1:30 PM		Lap Swim			
2:00 PM		Lap Swim			
2:30 PM		Lap Swim			
3:00 PM		Lap Swim			
3:30 PM		Lap Swim			
4:00 PM		Lap Swim			
4:30 PM		Lap Swim			
5:00 PM		Lap Swim			
5:30 PM		Lap Swim			
6:00 PM		Lap Swim			
6:30 PM		Lap Swim			
7:00 PM		Lap Swim			
7:30 PM		Lap Swim			
8:00 PM		Lap Swim			
8:30 PM		Lap Swim			
9:00 PM		Lap Swim			
9:30 PM		Lap Swim			
10:00 PM		Lap Swim			

Thursday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
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10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM		Lap Swim			
1:30 PM		Lap Swim			
2:00 PM		Lap Swim			
2:30 PM		Lap Swim			
3:00 PM		Lap Swim			
3:30 PM		Lap Swim			
4:00 PM		Lap Swim			
4:30 PM		Lap Swim			
5:00 PM		Lap Swim			
5:30 PM		Lap Swim			
6:00 PM		Lap Swim			
6:30 PM		Lap Swim			
7:00 PM		Lap Swim			
7:30 PM		Lap Swim			
8:00 PM		Lap Swim			
8:30 PM		Lap Swim			
9:00 PM		Lap Swim			
9:30 PM		Lap Swim			
10:00 PM		Lap Swim			

Friday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
5:00 AM					
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM		Lap Swim			
12:00 PM		Lap Swim			
12:30 PM		Lap Swim			
1:00 PM		Lap Swim			
1:30 PM		Lap Swim			
2:00 PM		Lap Swim			
2:30 PM		Lap Swim			
3:00 PM		Lap Swim			
3:30 PM		Lap Swim			
4:00 PM		Lap Swim			
4:30 PM		Lap Swim			
5:00 PM		Lap Swim			
5:30 PM		Lap Swim			
6:00 PM		Lap Swim			
6:30 PM		Lap Swim			

Saturday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM		Lap Swim			
12:30 PM		Lap Swim			
1:00 PM		Lap Swim			
1:30 PM		Lap Swim			
2:00 PM		Lap Swim			
2:30 PM		Lap Swim			
3:00 PM		Lap Swim			
3:30 PM		Lap Swim			
4:00 PM		Lap Swim			
4:30 PM		Lap Swim			
5:00 PM		Lap Swim			

Sunday					
Time	Outdoor Adult Lap Pool				
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM		Lap Swim			
1:30 PM		Lap Swim			
2:00 PM		Lap Swim			
2:30 PM		Lap Swim			
3:00 PM		Lap Swim			
3:30 PM		Lap Swim			
4:00 PM		Lap Swim			
4:30 PM		Lap Swim			
5:00 PM		Lap Swim			

Pool Guidelines
Kickboard and pull buoys are not provided. You are welcome to bring your own.
Pool schedules and availability are subject to change.
Swimmers who are incontinent or not fully toilet trained must wear VillaSport-approved swim diapers with a tight-fitting protective covering, available at the Club Shop.
Outdoor pools are subject to close for inclement weather or if the ambient air temperature drops below 65°. Indoor pools will remain open for your enjoyment.
The adult pool area is designated for ages 18+.
Session Descriptions
Lap Swim - Outdoors: During lap swim, there are no lifeguards on duty. Two Lap Swimmers per lane are permitted. Swimmers must take breaks on opposite ends of the pool.

Monday					
Time	Outdoor Rec Pool				Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	
5:00 AM	Lap Swim				
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM	Aqua Athletics (RSVP Required)				Open Swim
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM	Swim Team				
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM	Lap Swim				
8:30 PM					
9:00 PM					
9:30 PM					
10:00 PM					

Tuesday					
Time	Outdoor Rec Pool				Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	
5:00 AM	Lap Swim				
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM	Aqua Athletics (RSVP Required)				Open Swim
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM	Swim Team				
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM	Lap Swim				
8:30 PM					
9:00 PM					
9:30 PM					
10:00 PM					

Wednesday					
Time	Outdoor Rec Pool				Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	
5:00 AM	Lap Swim				
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM	Aqua Athletics (RSVP Required)				Open Swim
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM	Swim Team				
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM	Lap Swim				
8:30 PM					
9:00 PM					
9:30 PM					
10:00 PM					

Thursday					
Time	Outdoor Rec Pool				Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	
5:00 AM	Lap Swim				
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM	Aqua Athletics (RSVP Required)				Open Swim
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM	Swim Team				
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM	Lap Swim				
8:30 PM					
9:00 PM					
9:30 PM					
10:00 PM					

Friday					
Time	Outdoor Rec Pool				Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	
5:00 AM	Lap Swim				
5:30 AM					
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM	Aqua Athletics (RSVP Required)				Open Swim
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM	Swim Team				
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					

Saturday					
Time	Outdoor Rec Pool				Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	
7:30 AM	Swim Team				
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM	Aqua Athletics (RSVP)				Open Swim
10:30 AM					
11:00 AM	Lap Swim				Open Swim
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					

Sunday					
Time	Outdoor Rec Pool				Rec Area
	Lane 1	Lane 2	Lane 3	Lane 4	
8:00 AM	Lap Swim				Open Swim
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					

Pool Guidelines
Kickboard and pull buoys are not provided. You are welcome to bring your own.
Pool schedules and availability are subject to change.
Swimmers who are incontinent or not fully toilet trained must wear VillaSport-approved swim diapers with a tight-fitting protective covering, available at the Club Shop.
Private lessons have priority in lap lanes.
Outdoor pools are subject to close for inclement weather or if the ambient air temperature drops below 65°. Indoor pools will remain open for your enjoyment.

Session Descriptions
Open Swim- Outdoor Rec Pool: During Open Swim, there are no lifeguards on duty. Slides are not available. Help us keep your children safe! Children under 13 must be directly supervised by an adult and non-swimmers must be within arm's reach of an adult.
Lap Swim-Outdoors: During lap swim, there are no lifeguards on duty. Two Lap Swimmers per lane are permitted. Swimmers must take breaks on opposite ends of the pool.
Aqua Athletics: Experience the vigor of the water, using it as its own resistance. A gentle yet fun low-impact workout to increase your strength, range of motion and cardio fitness.