

Mount Sequoyah Pool Schedule

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Fitness Swim 6 am - 8 am	Fitness Swim 6:00 am - 9:30 am	Open Swim Noon - 3 pm	Triathlon Training 7 - 8 am
			Marlin Swim Team 8 am - Noon	Lessons 9:30 am - Noon		Fitness Swim and AquaHawg Tryouts 8 am - 10:30 am
				Open Swim Noon - 2:30 pm		Lessons 10:30 am - Noon
			Open Swim Noon - 2:30 pm	Camp Sequoyah Swim 2:30 - 4:30 pm	Camp Sequoyah 3 - 5 pm	Open Swim Noon - 2 pm
			Camp Squoyah Swim 2:30 - 5 pm	Lessons 4:30 - 7 pm		
			Open Swim 5 pm - 6:30 pm			Pool Party 2 - 4 pm
			Triathlon Training 6:30 pm - 7:30 pm	Open Swim 7 pm - 8 pm	Open Swim 5 pm - 9 pm	Open Swim 4 - 9 pm
5	6	7	8	9	10	11
Open Swim Noon - 2 pm	Open Swim Noon - 2:30 pm	Fitness Swim 6 am - 8 am	Fitness Swim 6 am - 8 am	Fitness Swim 6 am - 8 am		Triathlon Training 7 - 8 am
	Camp Squoyah Swim 2:30 - 5 pm	Open Swim Noon - 2:30 pm	Open Swim Noon - 2:30 pm	Open Swim Noon - 2:30 pm		Fitness Swim 8 - 10:30 am
Pool Party 2 - 4 pm (Tentative)		Camp Squoyah Swim 2:30 - 5 pm	Camp Squoyah Swim 2:30 - 5 pm	Camp Squoyah Swim 2:30 - 5 pm	Open Swim Noon - 9 pm	Marlins 10:30 - 11:30 am
Open Swim 4 pm - 9 pm	Open Swim 5 - 8 pm		Open Swim 5 pm - 6:30 pm			Open Swim 11:30 - 3 pm
		Open Swim 5 - 8 pm	Triathlon Training 6:30 pm - 7:30 pm	Open Swim 5 - 8 pm		Pool Party 3 - 5 pm
12	13	14	15	16	17	18
Open Swim Noon - 5 pm		Fitness Swim 6 am - 8 am	Fitness Swim 6 am - 8 am	Fitness Swim 6 am - 8 am		Triathlon Training 7 - 8 am
		Marlin Swim Team 4:30 - 6:30 pm	Open Swim 4 - 6:30 pm	Marlin Swim Team 4:30 - 6:30 pm	Open Swim 4 pm - 9 pm	Fitness Swim 8 - 10:30 am
Pool Party 5 - 8 pm	Open Swim 4 pm - 8 pm					Marlins 10:30 - 11:30 am
Open Swim 8 - 9 pm		Open Swim 6:30 pm - 8 pm	Triathlon Training 6:30 pm - 7:30 pm	Open Swim 6:30 pm - 8 pm		Open Swm 11:30 am - 6:30 pm
						Pool Party 6:30 pm - 8:30 pm
19	20	21	22	23	24	25
Open Swim Noon - 9 pm	Open Swim 4 pm - 8 pm	Fitness Swim 6 am - 8 am	Fitness Swim 6 am - 8 am	Fitness Swim 6 am - 8 am		Triathlon Training 7 - 8 am
		Marlin Swim Team 4:30 - 6:30 pm	Open Swim 4 - 6:30 pm	Marlin Swim Team 4:30 - 6:30 pm	Open Swim 4 pm - 9 pm	Fitness Swim 8 - 10:30 am
		Open Swim 6:30 pm - 8 pm	Triathlon Training 6:30 pm - 7:30 pm	Open Swim 6:30 pm - 8 pm		Marlins 10:30 - 11:30 am
						Open Swim 11:30 am - 9 pm
26	27	28	29	30	31	
Open Swim Noon - 3 pm		Fitness Swim 6 am - 8 am	Fitness Swim 6 am - 8 am	Fitness Swim 6 am - 8 am		
Small Pool Party 3 - 7 pm	Open Swim 4 pm - 8 pm	Marlin Swim Team 4:30 - 6:30 pm	Open Swim 6:30 pm - 8 pm	Marlin Swim Team 4:30 - 6:30 pm	Open Swim 4 pm - 9 pm	
Open Swim 7 pm - 9 pm		Open Swim 6:30 pm - 8 pm		Open Swim 6:30 pm - 8 pm		

NOT Open to the public OR Members
Open to the Public and Members
Open to the Public but may be more crowded than usual
Open to the Public and Members (For Lap or Fitness Swimming)