

Mount Sequoyah Pool Schedule

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		31-Jul	1	2	3	4
		Fitness Swim 6 am - 9:30 am	Fitness Swim 6 am - 8 am	Fitness Swim 6:00 am - 9:30 am	Open Swim Noon - 3 pm	Triathlon Training 7 - 8 am
		Lessons 9:30 am - 11:30 am	Open Swim 8 am - 2:30 pm	Lessons 9:30 am - 11:30 am		Fitness Swim and AquaHawg Tryouts 8 am - 10:30 am
		Open Swim 11:30 am - 2:30 pm		Open Swim 11:30 am - 2:30 pm		Lessons 10:30 am - Noon
		Camp Sequequoyah Swim 2:30 - 4:30 pm	Camp Squoyah Swim 2:30 - 5 pm	Camp Sequoyah Swim 2:30 - 4:30 pm	Camp Sequoyah 3 - 5 pm	Open Swim Noon - 2 pm
		Lessons 4:30 - 7 pm	Open Swim 5 pm - 6:30 pm	Lessons 4:30 - 7 pm		
		Open Swim 7 pm - 8 pm	Triathlon Training 6:30 pm - 7:30 pm	Open Swim 7 pm - 8 pm	Open Swim 5 pm - 9 pm	Pool Party 2 - 4 pm
5	6	7	8	9	10	11
Open Swim Noon - 2 pm	Open Swim Noon - 2:30 pm	NO Fitness Swim	NO fitness Swim	NO Fitness Swim	Open Swim Noon - 9 pm	Triathlon Training 7 - 8 am
	Camp Squoyah Swim 2:30 - 5 pm	Open Swim 9 am - 2:30 pm	Open Swim 9 am - 2:30 pm	Open Swim 9 am - 2:30 pm		Open Swim 8 am - 3 pm
Pool Party 4 - 6 pm		Camp Sequoyah Swim 2:30 - 4:30 pm	Camp Squoyah Swim 2:30 - 5 pm	Camp Squoyah Swim 2:30 - 5 pm		Pool Party 3 - 5 pm
	Open Swim 5 - 9 pm	Swim Lessons 4:30 - 7 pm	Open Swim 5 pm - 6:30 pm		Pool Party 6 - 8 pm	
Open Swim 4 pm - 9 pm		Open Swim 7 - 8:30 pm	Triathlon Training 6:30 pm - 7:30 pm	Open Swim 5 - 8:30 pm	Open Swim 8 - 9 pm	Open Swim 5 - 9 pm
		Open Swim 7:30 - 8:30 pm				
12	13	14	15	16	17	18
Open Swim Noon - 5 pm	Open Swim 4 - 8:30 pm	Fitness Swim 6 am - 9 am	Fitness Swim 6 am - 9 am	Fitness Swim 6 am - 9 am	Open Swim 4 pm - 9 pm	Triathlon Training 7 - 8 am
		Pool Closed	Pool Closed	Pool Closed		Open Swm 8 am - 6:30 pm
			Open Swim 4 - 6:30 pm			
Pool Party 5 - 8 pm		Open Swim 4 pm - 8:30 pm	Triathlon Training 6:30 pm - 7:30 pm	Open Swim 6:30 pm - 8:30 pm		Pool Party 6:30 pm - 8:30 pm
Open Swim 8 - 9 pm			Open Swim 7:30 - 8:30 pm			Open Swim 8:30 - 9 pm
19	20	21	22	23	24	25
	Open Swim 4 - 8:30 pm	Fitness Swim 6 am - 9 am	Fitness Swim 6 am - 9 am	Fitness Swim 6 am - 9 am	Open Swim 4 pm - 9 pm	Triathlon Training 7 - 8 am
Open Swim Noon - 9 pm		Pool Closed	Pool Closed	Pool Closed		Open Swim 8 am - 9 pm
		Marlin Swim Team 4:30 - 6:30 pm	Open Swm 4 - 6:30 pm	Marlin Swim Team 4:30 - 6:30 pm		
		Open Swm 6:30 pm - 8:30 pm	Triathlon Training 6:30 pm - 7:30 pm	Open Swim 6:30 pm - 8:30 pm		
			Open Swm 7:30 - 8:30 pm			
26	27	28	29	30	31	
Open Swim Noon - 1 pm	Open Swim 4 - 8:30 pm	Fitness Swim 6 am - 9 am	Fitness Swim 6 am - 9 am	Fitness Swim 6 am - 9 am		
		Pool Closed	Pool Closed	Pool Closed	Open Swim 4 pm - 9 pm	
Marlin Swim Team 1 - 3 pm		Marlin Swim Team 4:30 - 6:30 pm	Open Swim 4 - 6:30 pm	Marlin Swim Team 4:30 - 6:30 pm		
Small Pool Party 3 - 7 pm		Open Swim 6:30 pm - 8:30 pm	Triathlon Training 6:30 pm - 7:30 pm	Open Swim 6:30 pm - 8:30 pm		
Open Swim 7 pm - 9 pm			Open Swm 7:30 - 8:30 pm			

	NOT Open to the public OR Members					
	Open to the Public and Members					
	Open to the Public but may be more					
	Open to the Public and Members (For Lap					