

Mount Sequoyah Pool Schedule

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Open Swim Noon - 1 pm	Marlins 8 am - noon	Fitness Swim 6 am - 9:30 am Lessons 9:30 am - Noon	Open Swim Noon - 8 pm	Fitness Swim 6 am - 9:30 am Lessons 9:30 am - Noon	Marlins 8 am - noon	Fitness 8 am - 10:30 am
Pool Party 1 - 3 pm	Open Swim Noon - 8 pm	Open Swim Noon - 4:30 pm Lessons 4:30 - 7 pm		Open Swim Noon - 4:30 pm Lessons 4:30 pm - 7 pm	Open Swim Noon - 9 pm	Lessons 10:30 am - Noon
Open Swim 3 - 9 pm		Open Swim 7 pm - 8 pm		Open Swim 7 pm - 8 pm		Open Swim Noon - 9 pm
8	9	10	11	12	13	14
Open Swim Noon - 9 pm	Marlins 8 am - noon	Fitness Swim 6 am - 9:30 am Lessons 9:30 am - Noon	Fitness Swim 6 am - 8 am Marlins 8 am - Noon	Fitness Swim 6 am - 9:30 am Lessons 9:30 am - 11:30 am	Marlins 8 am - noon	Triathlon Training 7 - 8 am Fitness 8 am - 10:30 am
	Open Swim Noon - 6:30 pm	Open Swim Noon - 4:30 pm	Open Swim Noon - 4:30 pm	Open Swim 11:30 am - 4:30 pm	Camp Sequoyah Tennis Noon - 1 pm	Lessons 10:30 am - Noon
	Triathlon Training 6:30 pm - 7:30 pm	Lessons 4:30 - 7 pm	Marlin Swim Meet 4:30 pm - 8 pm	Lessons 4:30 - 7 pm	Open Swim 1 pm - 9 pm	Open Swim Noon - 3:30 pm Pool Party 3:30 - 5:30 pm
	Open Swim 7:30 pm - 8 pm	Open Swim 7 pm - 8 pm	Pool Party 8 - 10 pm	Open Swim 7 pm - 8 pm		Open Swim 5:30 - 9 pm
15	16	17	18	19	20	21
Open Swim Noon - 2 pm	Marlins 8 am - noon	Fitness Swim 6 am - 9:30 am Lessons 9:30 am - 11:30 am	Fitness Swim 6 am - 8 am Marlins 8 am - noon	Fitness Swim 6 am - 9:30 am Lessons 9:30 am - 11:30 am	Marlins 8 am - noon	Triathlon Training 7 - 8 am Fitness 8 am - 10:30 am
	Open Swim Noon - 2:30 pm	Open Swim 11:30 am - 2:30 pm	Open Swim Noon - 2:30 pm	Open Swim 11:30 am - 2:30 pm	Open Swim Noon - 2:30 pm	Lessons 10:30 am - Noon
	Camp Sequoyah Swim 2:30 - 5:00 pm	Camp Sequoyah Swim 2:30 - 4:30 pm	Camp Sequoyah Swim 2:30 - 5 pm	Camp Sequoyah Swim 2:30 - 4:30 pm	Camp Sequoah 2:30 - 4:30 pm	Open Swim Noon - 9 pm
Pool Party 2 - 4 pm	Lessons 4:30 - 7 pm	Open Swim 5 pm - 6:30 pm	Lessons 4:30 - 7 pm	Open Swim 4:30 - 5 pm Pool Party 5 - 8 pm		
Open Swim 4 - 9 pm	Open Swim 5 pm - 8 pm	Family Swim 7 pm - 8 pm	Triathlon Training 6:30 - 7:30 pm	Open Swim 7 pm - 9:30 pm (small group will be swimming at this time as well)	Open Swim 8 - 10 pm (small group will be swimming at this time as well)	
22	23	24	25	26	27	28
Open Swim Noon - 9 pm	Marlins 8 am - noon	Fitness Swim 6 am - 9:30 am Lessons 9:30 am - 11:30 am	Fitness Swim 6 am - 8 am Marlins 8 am - noon	Fitness Swim 6 am - 9:30 am Lessons 9:30 - 11:30 am	Marlins 8 am - noon	Triathlon Training 7 - 8 am Fitness 8 am - 10:30 am
	Open Swim Noon - 8 pm	Open Swim 11:30 am - 4:30 pm Lessons 4:30 - 7 pm	Open Swim Noon - 6:30 pm	Open Swim 11:30 am - 4:30 pm Lessons 4:30 - 7 pm	Open Swim Noon - 9 pm	Lessons 10:30 am - Noon
		Open Swim 7 pm - 8 pm	Triathlon Training 6:30 - 7:30 pm	Open Swim 7 pm - 8 pm		Open Swim Noon - 2 pm Pool Party 2 - 4 pm
						Open Swim 4 pm - 9 pm
29	30	31				
Open Swim Noon - 5 pm	Marlins 8 am - noon	Fitness Swim 6 am - 9:30 am Lessons 9:30 am - 11:30 am				
	Open Swim Noon - 2:30 pm	Open Swim 11:30 am - 2:30 pm				
Pool Party 5 - 8 pm	Camp Swim 2:30 - 5 pm	Camp Sequequoyah Swim 2:30 - 4:30 pm				
Open Swim 8 - 9 pm	Open Swim 5 pm - 8 pm	Lessons 4:30 - 7 pm Open Swim 7 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)