

Mount Sequoyah Pool Schedule

July						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Open Swim Noon - 6 pm Staff Swim 6 - 8 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
	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 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 - 6 pm Staff Swim 6 - 8 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 - Noon	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 Noon - 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 Open Swim 7 pm - 8 pm	Marlin Swim Meet 4:30 pm - 8 pm	Lessons 4:30 - 7 pm Open Swim 7 pm - 8 pm	Open Swim 1 pm - 9 pm	Open Swim Noon - 9 pm
15	16	17	18	19	20	21
Open Swim Noon - 6 pm Staff Swim 6 - 8 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 - Noon	Marlins 8 am - noon	Triathlon Training 7 - 8 am Fitness 8 am - 10:30 am
	Open Swim Noon - 2:30 pm	Open Swim Noon - 2:30 pm	Open Swim Noon - 2:30 pm	Open Swim Noon - 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 Sequoyah 2:30 - 4:30 pm	Open Swim Noon - 9 pm
	Open Swim 5 pm - 8 pm	Lessons 4:30 - 7 pm Family Swim 7 pm - 8 pm	Open Swim 5 pm - 6:30 pm Triathlon Training 6:30 - 7:30 pm	Lessons 4:30 - 7 pm Open Swim 7 pm - 8 pm	Open Swim 4:30 - 9 pm	
22	23	24	25	26	27	28
Open Swim Noon - 6 pm Staff Swim 6 - 8 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 - Noon	Marlins 8 am - noon	Triathlon Training 7 - 8 am Fitness 8 am - 10:30 am
	Open Swim Noon - 2:30 pm	Open Swim Noon - 3 pm Camp Sequoyah 3 - 4:30 pm	Open Swim Noon - 3 pm Camp Sequoyah 3 - 4:30 pm	Open Swim Noon - 4:30 pm	Open Swim Noon - 3 pm Camp Sequoyah 3 - 5 pm	Lessons 10:30 am - Noon
	Camp Sequoyah Swim 3 - 5:00 pm	Lessons 4:30 - 7 pm	Open Swim 5 pm - 6:30 pm	Lessons 4:30 - 7 pm	Open Swim 5 pm - 9 pm	Open Swim Noon - 9 pm
	Open Swim 5 pm - 8 pm	Open Swim 7 pm - 8 pm	Triathlon Training 6:30 - 7:30 pm			
29	30	31				
Open Swim Noon - 6 pm Staff Swim 6 - 8 pm	Marlins 8 am - noon	Fitness Swim 6 am - 9:30 am Lessons 9:30 am - Noon				
	Open Swim Noon - 2:30 pm	Open Swim Noon - 2:30 pm				
	Camp Swim 2:30 - 5 pm	Camp Sequequoyah Swim 2:30 - 4:30 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)