

Mount Sequoyah Pool Schedule

July

NOTES AND LEGEND

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1	2	3	4	5	6	
Masters Swim Class 6 am - 6:45 am Fitness Swim 6:45 - 8 am Marlins 8 am - 12:30 pm Open Swim 12:30 - 5 pm Member Swim (NO Day Passes) 5 - 8 pm Adult Swim 8 - 10 pm	Masters Swim Class 6 am - 6:45 am	Fitness Swim 6 am - 8:30 am	Masters Swim Class 6 am - 6:45 am	Open Swim Noon - 6 pm	Beginner Fitness Swim Class 7 - 8 am	Private Lessons 8 am - Noon	
	Fitness Swim 6:45 - 8 am	Maintenance 8:30 - 9:30 am	Fitness Swim 6:45 - 8 am		Open Swim Noon - 6 pm		
	Marlins 8 am - 12:30 pm	Lessons 9:30 am - Noon	Marlins 8 am - 12:30 pm			Open Swim Noon - 6 pm	
	Open Swim 12:30 - 5 pm	Open Swim Noon - 4:30 pm	Open Swim 12:30 pm - 5 pm	Member Swim (NO Day Passes) 6 - 8 pm			Member Swim (NO Day Passes) 6 - 9 pm
	Member Swim (NO Day Passes) 5 - 8 pm	Lessons 4:30 - 8 pm	Member Swim (NO Day Passes) 5 - 8 pm				
	Adult Swim 8 - 10 pm	Adult Swim 8 - 10 pm	Adult Swim 8 - 10 pm	Adult Swim 8 - 10 pm	Adult Swim 8 - 10 pm	Adult Swim 9 - 11 pm	
7	8	9	10	11	12	13	
Open Swim Noon - 6 pm	Masters Swim Class 6 am - 6:45 am	Fitness Swim 6 - 8:30 am	Fitness Swim 6 am - 8 am	Fitness Swim 6 am - 8:30 am	Beginner Fitness Swim Class 7 - 8 am	Triathlon Training 7 - 8 am	
	Fitness Swim 6:45 - 8 am	Maintenance 8:30 - 9:30 am	Marlins 8 am - 12:30 pm	Maintenance 8:30 - 9:30 am	Marlins 8 am - 12:30 pm	Private Lessons 8 am - Noon	
Member Swim (NO Day Passes) 6 - 8 pm	Marlins 8 am - 12:30 pm	Lessons 9:30 - Noon	Open Swim 12:30 - 6:30 pm	Lessons 9:30 - Noon	Small Camp Swim 12:30 - 1:30 pm	Open Swim Noon - 6 pm	
	Open Swim 12:30 - 5 pm	Open Swim Noon - 4:30 pm		Open Swim Noon - 4:30 pm	Open Swim 1:30 - 6 pm		
Adult Swim 8 - 10 pm	Member Swim (NO Day Passes) 5 - 8 pm	Lessons 4:30 - 8 pm	Triathlon Training 6:30 - 7:30 pm	Member Swim (NO Day Passes) 7 - 9 pm	Member Swim (NO Day Passes) 6 - 9 pm	Member Swim (NO Day Passes) 6 - 9 pm	
	Adult Swim 8 - 10 pm	Adult Swim 8 - 10 pm	Adult Swim 7:30 - 10 pm	Adult Swim 9 - 11 pm	Adult Swim 9 - 11 pm		
14	15	16	17	18	19	20	
Open Swim Noon - 6 pm	Masters Swim Class 6 am - 6:45 am	Fitness Swim 6 am - 8:30 am	Masters Swim Class 6 am - 6:45 am	Fitness Swim 6 am - 8:30 am	Beginner Fitness Swim Class 7 - 8 am	Triathlon Training 7 - 8 am	
	Fitness Swim 6:45 - 8 am	Maintenance 8:30 - 9:30 am	Fitness Swim 6:45 - 8 am	Maintenance 8:30 - 9:30 am	Marlins 8 am - 12:30 pm	Private Lessons 8 am - Noon	
	Marlins 8 am - 12:30 pm	Lessons 9:30 - Noon	Marlins 8 am - 12:30 pm	Lessons 9:30 - Noon	Open Swim 12:30 - 2:30 pm	Open Swim Noon - 6 pm	
Open Swim 12:30 - 3 pm	Open Swm Noon - 3 pm	Open Swim 12:30 - 3 pm	Open Swim Noon - 3 pm				
Member Swim (NO Day Passes) 6 - 8 pm	Camp Swim 3 pm - 5 pm	Camp Swim 3 pm - 4:30 m	Member Swim (NO Day Passes) 5 pm - 6:30 pm	Lessons 4:30 - 7 pm	Camp Swim 2:30 - 4:30 pm		
	Open Swim 5 - 8 pm	Lessons 4:30 - 8 pm	Triathlon Training 6:30 - 7:30 pm	Member Swim (NO Day Passes) 7 - 9 pm AND Small Camp Swim	Swim Meet 4:30 - 8 pm	Member Swim (NO Day Passes) 6 - 9 pm	
Adult Swim 8 - 10 pm	Adult Swim 8 - 10 pm	Adult Swim 8 - 10 pm	Adult Swim 7:30 - 10 pm	Adult Swim 9 - 11 pm	Adult Swim 9 - 11 pm		
21	22	23	24	25	26	27	
Open Swim Noon - 6 pm	Masters Swim Class 6 am - 6:45 am	Fitness Swim 6 - 8:30 am	Masters Swim Class 6 am - 6:45 am	Fitness Swim 6 am - 8:30 am	Beginner Fitness Swim Class 7 - 8 am	Triathlon Training 7 - 8 am	
	Fitness Swim 6:45 - 8 am	Maintenance 8:30 - 9:30 am	Fitness Swim 6:45 - 8 am	Maintenance 8:30 - 9:30 am	Marlins 8 am - 12:30 pm	Private Lessons 8 am - Noon	
Member Swim (NO Day Passes) 6 - 8 pm	Marlins 8 am - 12:30 pm	Lessons 9:30 - Noon	Marlins 8 am - 12:30 pm	Lessons 9:30 - Noon	Open Swim 12:30 - 2:30 pm	Open Swim Noon - 6 pm	
	Open Swim 12:30 - 3 pm	Open Swim Noon - 3 pm	Open Swim 12:30 - 3 pm	Open Swim Noon - 3 pm			
	Camp Swim 3 pm - 5 pm	Camp Swim 3 pm - 4:30 m	Camp Swim 3 pm - 5 pm	Camp Swim 3 - 4:30 pm	Camp Swim 2:30 - 5 pm		
Member Swim (NO Day Passes) 5 - 8 pm	Lessons 4:30 - 8 pm	Triathlon Training 6:30 - 7:30 pm	Member Swim (NO Day Passes) 5 - 6:30 pm	Lessons 4:30 - 7 pm	Member Swim (NO Day Passes) 5 - 9 pm	Member Swim (NO Day Passes) 6 - 9 pm	
	Member Swim (NO Day Passes) 5 - 8 pm	Triathlon Training 6:30 - 7:30 pm	Member Swim (NO Day Passes) 7 - 9 pm AND Small Camp Swim				
Adult Swim 8 - 10 pm	Adult Swim 8 - 10 pm	Adult Swim 8 - 10 pm	Adult Swim 7:30 - 10 pm	Adult Swim 9 - 11 pm	Adult Swim 9 - 11 pm		
28	29	30	31				
Open Swim Noon - 6 pm	Masters Swim Class 6 am - 6:45 am	Fitness Swim 6 am - 8:30 am	Masters Swim Class 6 am - 6:45 am				
	Fitness Swim 6:45 - 8 am	Maintenance 8:30 - 9:30 am	Fitness Swim 6:45 - 8 am				
Member Swim (NO Day Passes) 6 - 8 pm	Open Swim 12:30 - 3 pm	Lessons 9:30 - Noon	Open Swim 8 am - 2:30 pm				
	Camp Swim 3 pm - 5 pm	Open Swim Noon - 3 pm	Camp Swim 2:30 pm - 5 pm				
Adult Swim 8 - 10 pm	Member Swim (NO Day Passes) 5 - 8 pm	Camp Swim 3 pm - 4:30 m	Open Swim 5 pm - 6:30 pm				
	Adult Swim 8 - 10 pm	Lessons 4:30 - 8 pm	Triathlon Training 6:30 - 7:30 pm				
		Adult Swim 8 - 10 pm	Adult Swim 7:30 - 10 pm				

Aqua	OPEN Swim - Day passes available.
Dark Aqua	MEMBER ONLY SWIM (No Day Passes)
Red	Special Event CLOSED to the Public
Blue	Adult ONLY Swim. No Lifeguard on duty. Available for patrons 16 years of age and older. Do not swim alone.
Gray	Regularly CLOSED to the Public
Orange	Camp Swim: Expect a crowded pool