

Mount Sequoyah Pool Schedule

July

NOTES AND LEGEND

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Fitness Swim 6 - 8 am	Fitness Swim 6 am - 8:30 am	Fitness Swim 6 am - 8 am	Open Swim Noon - 6 pm	Beginner Fitness Swim Class 7 - 8 am	Private Lessons 8 am - Noon
	Marlins 8 am - 12:30 pm	Maintenance 8:30 - 9:30 am	Marlins 8 am - 12:30 pm		Open Swim Noon - 6 pm	
	Open Swim 12:30 - 5 pm	Lessons 9:30 am - Noon	Open Swim 12:30 pm - 5 pm			Member Swim (NO Day Passes) 6 - 8 pm
		Open Swim Noon - 4:30 pm				
	Member Swim (NO Day Passes) 5 - 8 pm	Lessons 4:30 - 8 pm	Member Swim (NO Day Passes) 5 - 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 8 - 10 pm	Adult Swim 9 - 11 pm
7	8	9	10	11	12	13
Open Swim Noon - 6 pm	Fitness Swim 6 - 8 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
	Marlins 8 am - 12:30 pm	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	Open Swim 12:30 - 5 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
Adult Swim 8 - 10 pm		Open Swim Noon - 4:30 pm		Lessons 4:30 - 7 pm	Open Swim 1:30 - 6 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 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	Fitness Swim 6 - 8 am	Fitness Swim 6 am - 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
	Marlins 8 am - 12:30 pm	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	Open Swim 12:30 - 3 pm	Lessons 9:30 - Noon	Open Swim 12:30 - 3 pm	Lessons 9:30 - Noon	Open Swim 12:30 - 2:30 pm	Open Swim Noon - 6 pm
		Open Swim Noon - 3 pm		Camp Swim 3 pm - 5 pm		
Adult Swim 8 - 10 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	Fitness Swim 6 - 8 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
	Marlins 8 am - 12:30 pm	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	Open Swim 12:30 - 3 pm	Lessons 9:30 - Noon	Open Swim 12:30 - 3 pm	Lessons 9:30 - Noon	Open Swim 12:30 - 2:30 pm	Open Swim Noon - 6 pm
		Open Swim Noon - 3 pm		Camp Swim 3 pm - 5 pm		
Adult Swim 8 - 10 pm	Camp Swim 3 pm - 5 pm	Camp Swim 3 pm - 4:30 m	Open Swim 5 - 6:30 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	Lessons 4:30 - 7 pm	Member Swim (NO Day Passes) 5 - 9 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	
28	29	30	31			
Open Swim Noon - 6 pm	Fitness Swim 6 - 8 am	Fitness Swim 6 am - 8:30 am	Fitness Swim 6 am - 8 am			
	Marlins 8 am - 12:30 pm	Maintenance 8:30 - 9:30 am	Open Swim 8 am - 2:30 pm			
Member Swim (NO Day Passes) 6 - 8 pm	Open Swim 12:30 - 3 pm	Lessons 9:30 - Noon	Camp Swim 2:30 pm - 5 pm			
		Camp Swim 3 pm - 5 pm	Open Swim Noon - 3 pm		Open Swim 5 pm - 6:30 pm	
Adult Swim 8 - 10 pm	Member Swim (NO Day Passes) 5 - 8 pm	Camp Swim 3 pm - 4:30 m	Triathlon Training 6:30 - 7:30 pm			
	Adult Swim 8 - 10 pm	Lessons 4:30 - 8 pm	Adult Swim 7:30 - 10 pm			
		Adult Swim 8 - 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