

Mount Sequoyah Pool Schedule

July

NOTES AND LEGEND

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	1	2	3	4	5	6	Aqua	OPEN Swim - Day passes available.
	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	Dark Aqua	MEMBER ONLY SWIM (No Day Passes)
	Fitness Swim 6:45 - 8 am	Maintenance 8:30 - 9:30 am	Fitness Swim 6:45 - 8 am		Red		Special Event CLOSED to the Public	
	Marlins 8 am - 12:30 pm	Lessons 9:30 am - Noon	Marlins 8 am - 12:30 pm		Blue		Adult ONLY Swim. No Lifeguard on duty. Available for patrons 16 years of age and older. Do not swim alone.	
	Open Swim 12:30 - 5 pm	Open Swim Noon - 4:30 pm	Open Swim 12:30 pm - 5 pm		Gray		Regularly CLOSED to the Public	
	Member Swim (NO Day Passes) 5 - 8 pm	Lessons 4:30 - 8 pm	Member Swim (NO Day Passes) 5 - 8 pm		Orange		Camp Swim: Expect a crowded pool	
	Adult Swim 8 - 10 pm	Adult Swim 8 - 10 pm	Adult Swim 8 - 10 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 - 3 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	Open Swim AND Small Pool Party 3 - 5 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	Lessons 4:30 - 7 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	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 - 1:30 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	Camp Swim 3 pm - 4:30 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 1:30 - 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		
	Marlins 8 am - 12:30 pm	Lessons 9:30 - Noon	Marlins 8 am - 12:30 pm	Lessons 9:30 - Noon	Open Swim 12:30 - 5 pm	Open Swim Noon - 6 pm		
Member Swim (NO Day Passes) 6 - 8 pm	Open Swim 12:30 - 1:30 pm	Open Swim Noon - 3 pm	Open Swim 12:30 - 3 pm	Open Swim Noon - 3 pm	Open Swim 12:30 - 5 pm	Open Swim Noon - 6 pm		
	Camp Swim 1:30 pm - 5 pm	Camp Swim 3 pm - 4:30 m	Camp Swim 3 pm - 5 pm	Camp Swim 3 - 4:30 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	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 7:30 - 10 pm	Adult Swim 9 - 11 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					
	Open Swim 12:30 - 3 pm	Lessons 9:30 - Noon	Open Swim 8 am - 2:30 pm					
Member Swim (NO Day Passes) 6 - 8 pm	Camp Swim 3 pm - 5 pm	Open Swim Noon - 3 pm	Camp Swim 2:30 pm - 5 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	Adult Swim 8 - 10 pm	Lessons 4:30 - 8 pm	Triathlon Training 6:30 - 7:30 pm					
	Adult Swim 8 - 10 pm	Adult Swim 8 - 10 pm	Adult Swim 7:30 - 10 pm					