

WELCOME TO THE SEWICKLEY VALLEY YMCA

Our membership benefits go far beyond a place to exercise. The Y is where neighbors help neighbors and friendships blossom to help you grow into your best self. Your membership is a commitment and investment in your health and well-being. Through the wide variety of programs we teach, special events we dream up, and amenities offered, we work to provide a sense of belonging to empower you. Learn more about maximizing your membership at the Sewickley Valley YMCA with member-exclusive programs, group sports and opportunities to exercise in a community-focused environment.

OUR MISSION

To build a healthy spirit, mind and body based on Christian principles and to improve the quality of life for children, individuals and families in the Ambridge Area, Cornell, Moon Area, and Quaker Valley school districts.

OPEN TO ALL

Services shall be provided without regard to race, religious creed, color, disability, ancestry, national origin, age or sex. Services shall be made accessible to individuals with disabilities through the most practical and economically feasible methods available. The Sewickley Valley YMCA will make every effort to accommodate Non-English speaking individuals.

HOURS OF OPERATION

Monday – Friday, 5 a.m. – 9 p.m.

Saturday, 6:45 a.m. – 5 p.m.

Sunday, 8 a.m. – 5 p.m.

Please note that all members must exit the building at closing time.

ONLINE ACCOUNT MANAGEMENT AND REGISTRATION

Manage your account information and billing methods online. As a member you may reserve time in the pool or a group exercise class, racquetball court or more online. For assistance managing your YMCA online account, contact 412-741-9622 ext. 121.

NATIONWIDE ACCESS

Nationwide Membership enables Sewickley Valley YMCA members to visit any participating YMCA in the United States. We offer this to help you reach your health and wellness goals wherever you live, work, or travel. Please check with the Y you plan to visit to confirm it participates in Nationwide Membership.

GUEST POLICY

Members are encouraged to bring guests. A guest may only use a guest pass three times in a calendar year. After that, YMCA use is conditional upon joining the Y. All guests must sign in with the Membership office and provide a photo ID each visit. The member must be present with the guest and the member is responsible for the guest's behavior. Guests may access the wellness area, weight room, track, and wet area. At this time, any additional amenity in the facility is on a reservation basis and a membership is required.

REFER. RECEIVE. REPEAT.

Refer a friend and get a free month of membership and your friend will receive their sixth month of membership free. Working out with a friend is a great way to stay motivated and maintain your workout routine.

HEALTH & WELLNESS

STATE-OF-THE-WELLNESS CENTER

Our wellness center includes exercise machines, stretching areas, free weights, and an indoor track. Plus, we're expanding and will be adding functional fitness group exercise space in 2024. Don't forget – you can work out worry-free by taking advantage of the free babysitting in our kid zone, six days a week.

BASKETBALL

When courts are open and available, members may play half-court basketball in the Large and CV gyms. Reserved time for Adult Pickup Basketball is available. Please check the schedules for the most up-to-date Pickup Basketball schedule.

GROUP EXERCISE

The Y offers group exercise classes indoors, outdoors and virtually! All classes are free and require advance registration. Reservations open at 7 p.m., 72 hours in advance.

Please cancel your reservation if you cannot attend a previously reserved class. To cancel your reservation, please click on the link at the bottom of your confirmation email, and if you need to cancel less than one hour before the class begins, contact the front desk by calling 412-741-9622, ext. 121.

Equipment for group exercise classes is provided, except exercise mats.

PICKLEBALL

The Y supports open and inclusive pickleball. Three outdoor seasonal courts and three indoor courts are available to everyone at all skill levels, from novice to expert. Reservations are required for open play and small group play. Reservations open for registration at 7 p.m., 72 hours in advance.

Using our "paddle-up" skill system, players will play at their self-assessed skill level the majority of the time. This enables proper playing ability alignment. Players will also have the option to play up or down to fill a court as needed.

The outdoor Pickleball courts are available exclusively to members for playing pickleball between 8 a.m. and dusk. All activities other than pickleball are prohibited. Court availability is based on Y programming.

PLATFORM TENNIS

Four courts are available daily from 5:15 a.m. – 9 p.m., with court lighting for night play. Courts may be reserved five days in advance by visiting the Y's Front Desk, calling 412-741-9622, or online at www.sewickleymca.org.

RACQUETBALL

Two courts are open for single and double play. Players may not gather in the stretch space. They are permitted to set up chairs in the Large Gym around the court's perimeter. Reservations are required; if courts aren't claimed at 15 minutes, they can be forfeited. Members must bring balls and racquets.

TENNIS

One outdoor seasonal court is available for members. Reservations are required. If courts aren't claimed at 15 minutes, they can be forfeited. Members must bring their tennis balls and racquets.

*Members may make a reservation by calling the Registration Desk at 412-741-9622 or online at www.sewickleymca.org.

AQUATICS, WARM WATER POOL

ADULT SWIM

- Reservations for adult swim are required and may be made up to two weeks in advance.
- During the adult swim, a maximum of twelve adults will be permitted in the pool at one time. Reservations are required.

FAMILY SWIM

- Reservations for family swim are required for and may be made up to four days in advance, opening at 7 a.m. A maximum of five families may swim during each one-hour reservation.
- A parent or guardian must accompany kids in the water.

AQUATICS, LARGE POOL

LAP SWIM (AGES 14 AND UP)

- Reservations for lap swim are required for members and may be made up to four days in advance, opening at 6 p.m.
- Lap swim reservations are for 60 minutes and are limited to two people per lane; please expect to share a lane.

OPEN SWIM

- Reservations for open swim are required and may be made up to four days in advance, opening at 6 p.m.
- Half of the large pool will be available. A parent must accompany children under the age of 8 in the water and must be within arm's reach of their child.
- Children 8 and over do not require a parent to be present in the water and must take a swim test before he/she may swim into the deep end.

YOUTH LAP SWIM (AGES 6-13)

- Reservations for youth lap swim are required and may be made up to four days in advance, opening at 6 p.m.
- Youth ages 6-7 may also reserve a lap lane, but a parent must be in the water with the child during the reservation.
- Lap swim reservations are for 60 minutes and are limited to two people per lane; please expect that you may have to share.

SWIM LESSONS

- Our YMCA-trained and certified instructors cover swimming skills, stroke technique, and water safety in a friendly and encouraging environment. Whether in a private or group lesson, all ages can learn with our six-stage program. Participants should bring a towel to the lesson.

WATER EXERCISE REGISTRATION

- Registration will open one month before the start of the Water Exercise class and you can now register for two sessions at one time. To ensure that all members have the opportunity to enjoy the Y's free water exercise
- classes, adult members may register for only one free water exercise class per session.

WET AREA

- This area is for individuals ages 18 and over. The Wet Area opens a half-hour after the building opens and closes a half-hour before the building closes. Scented oils are prohibited.

SENIOR CENTRAL

Senior Central at the Sewickley Valley YMCA is a vital hub for older adults that offers tools and support necessary for older individuals to age with dignity, comfort, and sustained social connection.

Whether you are looking for information, services, or assistance, older adults and their caregivers can conveniently explore the various online resources curated by Senior Central. Through its commitment to fostering a supportive environment, Senior Central exemplifies the Valley Care Endowment and the Sewickley Valley YMCA's dedication to enhancing the well-being of the senior population.

Schedule time for personalized assistance by calling 412-741-9622 ext. 135 or by searching our online directory. A YMCA membership is not required, and Senior Central is free of charge.

A partnership with the Valley Care Endowment supports Senior Central.

SENIOR SOCIALS

Senior social programs prioritize social interaction, ensuring that participants can engage in various events, outings, and gatherings, that promote friendships and a supportive community atmosphere. Through these programs, the YMCA continues its commitment to creating spaces where seniors can thrive, share experiences, and enjoy a fulfilling and enriching phase of life. All programs are free and open to the community.

YOUTH & TEEN

FUN FOR THE WHOLE FAMILY

We offer programs like Tang Soo Do, parent and child swim lessons, kids gym, and special family fun events to help your family grow closer and more confident.

SAVINGS ON SWIM LESSONS, DAY CAMP & MORE

Receive up to 50% off when you sign up for fee-based classes, including swim lessons, youth sports, day camp, child care and more!

FACILITY GUIDELINES

CHILDREN AGED OF 7 & UNDER must always be under the direct supervision of a parent/guardian unless enrolled in a staff-supervised program or activity.

CHILDREN, AGES 8-13 must always be under the direct supervision of a parent/guardian unless enrolled in a staff-supervised program or activity during the following days and times: Monday - Friday, 5 - 11 a.m., Saturday, 6:45 - 9 a.m. and Sunday, 8 - 5 p.m.

TEENS, AGES 14 & OVER may use the Sewickley Valley YMCA during all regularly scheduled hours and participate in group exercise.

HEALTH & WELLNESS CARDIOVASCULAR EQUIPMENT

Youths ages 10-13 may use age-appropriate cardiovascular equipment without the supervision of a parent. We strongly recommend attending a safety/proper use orientation.

STRENGTH TRAINING

Teens 14 and over are permitted to use the free weights and selectorized weight equipment.

PROGRAM CANCELLATION

The Y reserves the right to cancel a program that does not have the minimum enrollment.

PROGRAM REFUND POLICY

Refunds will be issued if the participant provides notice at least five business days before the program's start date. All refund requests must be made directly through the director of the program. Refunds will be completed in the manner by which the payment was made.

PRORATED CLASSES

Class fees will not be prorated for late registrations. Late registrations are accepted in most programs but will require payment of the full class fee. Late registration for swim lessons is not recommended.

THIRD-PARTY SERVICES

Non-YMCA staff are prohibited from conducting personal/group training, swim instruction, sports-specific training and all other instruction of others at the Sewickley Valley YMCA. Those leading and participating in the non-YMCA training will be asked to leave the property immediately and prohibited from using the facility.



MAXIMIZE YOUR MEMBERSHIP

Membership benefits at a glance

SEWICKLEY VALLEY YMCA