



# Sewickley Valley YMCA LARGE POOL SCHEDULE

01/02/25 - 03/16/24

Schedule subject to change.

■ Adult Lap Swim (14+)    # # of Lap Lane(s)  
■ Youth Lap Swim (8-13)     Open Swim

|       | MON            | TUE                | WED            | THU                | FRI            | SAT             | SUN            |
|-------|----------------|--------------------|----------------|--------------------|----------------|-----------------|----------------|
| 5 AM  | Adult Laps     | Adult Laps         | Adult Laps     | Adult Laps         | Adult Laps     | Closed          | Closed         |
| :15   |                |                    |                |                    |                |                 |                |
| :30   |                |                    |                |                    |                |                 |                |
| :45   |                |                    |                |                    |                |                 |                |
| 6 AM  |                |                    |                |                    |                |                 |                |
| :15   |                |                    |                |                    |                |                 |                |
| :30   |                |                    |                |                    |                |                 |                |
| :45   |                |                    |                |                    |                |                 |                |
| 7 AM  |                |                    |                |                    |                | Adult Laps      |                |
| :15   |                |                    |                |                    |                |                 |                |
| :30   |                |                    |                |                    |                |                 |                |
| :45   |                |                    |                |                    |                |                 |                |
| 8 AM  |                |                    | Lap Swim (3)   |                    |                |                 | Adult Laps     |
| :15   |                |                    | Water Exercise |                    |                |                 |                |
| :30   |                |                    |                |                    |                |                 |                |
| :45   |                |                    |                |                    |                |                 |                |
| 9 AM  |                | Adult Laps (3)     | Adult Laps     | Adult Laps (3)     |                | Swim Lessons    |                |
| :15   |                | Water Exercise     |                | Water Exercise     |                |                 |                |
| :30   |                |                    |                |                    |                |                 |                |
| :45   |                |                    |                |                    |                |                 |                |
| 10 AM | Adult Laps (2) | Adult Laps         |                | Adult Laps         | Adult Laps (2) | Adult Laps      |                |
| :15   | Water Exercise |                    |                |                    | Water Exercise |                 |                |
| :30   |                |                    |                |                    |                |                 |                |
| :45   |                |                    |                |                    |                |                 |                |
| 11 AM | Adult Laps     |                    |                |                    | Adult Laps     | Adult Laps (1)  |                |
| :15   |                |                    |                |                    |                |                 |                |
| :30   |                |                    |                |                    |                |                 |                |
| :45   |                |                    |                |                    |                |                 |                |
| 12 PM |                |                    |                |                    |                | Swim Lesson (1) | Adult Laps (5) |
| :15   |                |                    |                |                    |                |                 |                |
| :30   |                |                    |                |                    |                |                 |                |
| :45   |                |                    |                |                    |                |                 |                |
| 1 PM  | Adult Laps (4) | Youth Laps (2)     | Adult Laps (4) | Youth Laps (2)     | Adult Laps (4) | Youth Laps (2)  | Adult Laps (4) |
| :15   |                |                    |                |                    |                |                 |                |
| :30   |                |                    |                |                    |                |                 |                |
| :45   |                |                    |                |                    |                |                 |                |
| 2 PM  | Adult Laps     | Adult Laps         | Adult Laps     | Adult Laps         | Adult Laps     | Adult Laps (6)  | Adult Laps     |
| :15   |                |                    |                |                    |                |                 |                |
| :30   |                |                    |                |                    |                |                 |                |
| :45   |                |                    |                |                    |                |                 |                |
| 3 PM  |                |                    |                |                    |                | Adult Laps (3)  | Open Swim (3)  |
| :15   |                |                    |                |                    |                |                 |                |
| :30   |                |                    |                |                    |                |                 |                |
| :45   |                |                    |                |                    |                |                 |                |
| 4 PM  | QV Swim Team   | QV Swim Team       | QV Swim Team   | QV Swim Team       | QV Swim Team   | Adult Laps      | Adult Laps     |
| :15   |                |                    |                |                    |                |                 |                |
| :30   |                |                    |                |                    |                |                 |                |
| :45   |                |                    |                |                    |                |                 |                |
| 5 PM  |                | Swim Lessons       |                | Y Swim Team        |                | Closed          | Closed         |
| :15   |                |                    |                |                    |                |                 |                |
| :30   |                |                    |                |                    |                |                 |                |
| :45   |                |                    |                |                    |                |                 |                |
| 6 PM  | Y Swim Team    |                    | Y Swim Team    |                    | Y Swim Team    |                 |                |
| :15   |                |                    |                |                    |                |                 |                |
| :30   |                |                    |                |                    |                |                 |                |
| :45   |                |                    |                | Swim Lessons       | Y Swim Team    |                 |                |
| 7 PM  |                | Y Swim Team        |                |                    |                |                 |                |
| :15   |                |                    |                |                    |                |                 |                |
| :30   |                |                    |                |                    |                |                 |                |
| :45   | Y Masters (3)  | Water Exercise (3) | Y Masters (3)  | Water Exercise (3) | Y Masters (3)  | Open Swim (3)   |                |
| 8 PM  | Adult Laps     | Adult Laps         | Adult Laps     | Adult Laps         | Adult Laps     |                 |                |
| :15   |                |                    |                |                    |                |                 |                |
| :30   |                |                    |                |                    |                |                 |                |
| :45   |                |                    |                |                    |                |                 |                |
| 9 PM  |                |                    |                |                    |                |                 |                |

RESERVE ONLINE :

[WWW.SEWICKLEYMCA.ORG/POOLS](http://WWW.SEWICKLEYMCA.ORG/POOLS)

or call 412-741-9622 ext. 121