



Sewickley Valley YMCA
LARGE POOL SCHEDULE

09/03/24 - 09/27/24

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	Adult Laps (3)	Open Swim (3)	Adult Laps (3)	Open Swim (3)	Adult Laps (3)	Open Swim (3)	Adult Laps
:15							
:30							
:45							
5 PM	Y Swim Team	Swim Lessons	Y Swim Team	Swim Lessons	Y Swim Team	Closed	Closed
:15							
:30							
:45							
6 PM	Swim Lesson (2)	Y Masters (1)	Y Masters (3)	Adult Laps	Y Masters (3)	Adult Laps	Y Masters (3)
:15							
:30							
:45							
7 PM	Adult Laps (3)	Water Exercise	Adult Lessons (3)	Adult Laps (3)	Adult Laps (3)	Water Exercise	Adult Laps (3)
:15							
:30							
:45							
8 PM	Adult Laps	Adult Laps	Adult Laps	Adult Laps	Adult Laps (4)	Youth Laps (2)	
:15							
:30							
:45							
9 PM							