



Sewickley Valley YMCA  
**LARGE POOL SCHEDULE**  
 11/15/24 - 12/31/24

Schedule subject to change.

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

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

RESERVE ONLINE :

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

or call 412-741-9622 ext. 121