



Sewickley Valley YMCA LARGE POOL SCHEDULE

03/17/25 - 05/23/25

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 Water Exercise (3)				Adult Laps
:15							
:30							
:45							
9 AM		Adult Laps Water Exercise (3)	Adult Laps	Adult Laps Water Exercise (3)		Swim Lessons	
:15							
:30							
:45							
10 AM	Adult Laps Water Exercise (2)	Adult Laps		Adult Laps	Adult Laps Water Exercise (2)	Adult Laps	
:15							
:30							
:45							
11 AM	Adult Laps				Adult Laps	(1)	
:15							
:30							
:45							
12 PM						Swim Lesson (1)	Adult Laps (5)
:15							
:30							
:45							
1 PM	Adult Laps Youth Laps (4) (2)	Adult Laps Youth Laps (4) (2)	Adult Laps Youth Laps (4) (2)	Adult Laps Youth Laps (4) (2)	Adult Laps Youth Laps (4) (2)	Adult Laps Youth Laps (4) (2)	Adult Laps Youth Laps (4) (2)
: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 Youth Laps (4) (2)	Adult Laps Open Swim (3) (3)	Adult Laps Youth Laps (4) (2)	Adult Laps Open Swim (3) (3)	Adult Laps Youth Laps (4) (2)	Adult Laps Open Swim (3) (3)	Adult Laps Open Swim (3) (3)
:15							
:30							
:45							
4 PM	(4) (2)	(3) (3)	(4) (2)	(3) (3)	(4) (2)	Adult Laps	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	Y Masters (3)	Adult Laps	Y Masters (3)	Adult Laps	Adult Laps Y Masters (3) (3)		
:15							
:30							
:45							
7 PM	Water Exercise (3)	Adult Laps (3)	Swim Lessons (2)	Water Exercise (3)	Youth Laps (2) (4)	Adult Laps Open Swim (3) (3)	
:15							
:30							
:45							
8 PM	Adult Laps	Adult Laps	Adult Laps	Adult Laps	Adult Laps (3)	Youth Laps (3)	
:15							
:30							
:45							
9 PM							

RESERVE ONLINE :

WWW.SEWICKLEYMCA.ORG/POOLS

or call 412-741-9622 ext. 121