



Sewickley Valley YMCA
WARM POOL SCHEDULE
 09/09/24 – 3/23/2025

Schedule subject to change.

Adult Swim
 maximum of 11 swimmers

Closed

Family Swim
 maximum of 5 families

	MON	TUE	WED	THU	FRI	SAT	SUN
5 AM							
:15							
:30							
:45							
6 AM							
:15							
:30							
:45							
7 AM							
:15							
:30							
:45							
8 AM	Water Exercise Twinges	Adult Swim	Water Exercise Twinges	Adult Swim	Water Exercise Twinges		
:15							
:30							
:45							
9 AM	Water Exercise Bionic Baby Boomers	Water Exercise Twinges Plus	Water Exercise Bionic Baby Boomers	Water Exercise Twinges Plus	Water Exercise Bionic Baby Boomers	Swim Lessons	
:15							
:30							
:45							
10 AM	Swim Lessons	Swim Lessons	YMCA Child Care Swim Lessons	Swim Lessons	Child Care Swim Lessons		Adult Swim
:15							
:30							
:45							
11 AM	Water Exercise Twinges	Water Exercise Aqua Balance	Water Exercise Twinges	Water Exercise Aqua Balance			Family Swim
:15							
:30							
:45							
12 PM	Water Exercise Aqua Balance	Adult Swim	Water Exercise Aqua Balance	Adult Swim	Adult Swim		
:15							
:30							
:45							
1 PM	Family Swim	Water Exercise Twinges Plus	Family Swim	Swim Lessons	Water Exercise Twinges Plus	Family Swim	
:15							
:30							
:45							
2 PM	Adult Swim	Water Exercise Twinges	Adult Swim	Swim Lessons	Water Exercise Twinges	Adult Swim	
:15							
:30							
:45							
3 PM		Adult Swim	Adult Swim	Adult Swim	Family Swim		
:15							
:30							
:45							
4 PM	Family Swim	Swim Lessons	Family Swim	Swim Lessons	Family Swim		
:15							
:30							
:45							
5 PM	Adaptive Swim Lessons		Swim Lessons				
:15							
:30							
:45							
6 PM	Adult Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons			
:15							
:30							
:45							
7 PM	Adult Swim	Family Swim	Water Exercise Twinges Plus	Adult Swim	Family Swim	Water Exercise Twinges Plus	
:15							
:30							
:45							
8 PM							