

WARM WATER POOL SCHEDULE SEPTEMBER 6 - DECEMBER 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 - 9 a.m. WATER EXERCISE TWINGES	8 - 9 a.m. ADULT SWIM	8 - 9 a.m. WATER EXERCISE TWINGES	8 - 9 a.m. ADULT SWIM	8 - 9 a.m. WATER EXERCISE TWINGES		
9 - 10 a.m. WATER EXERCISE BIONIC BABY BOOMER	9 - 10 a.m. WATER EXERCISE TWINGES +	9 - 10 a.m. WATER EXERCISE BIONIC BABY BOOMER	9 - 10 a.m. WATER EXERCISE TWINGES +	9 - 10 a.m. WATER EXERCISE BIONIC BABY BOOMER		
10 - 11 a.m. SWIM LESSONS				10-11 a.m. ADULT SWIM		
11 - 12 p.m. WATER EXERCISE TWINGES	11 - 12 p.m. WATER EXERCISE AQUA BALANCE	11 - 12 p.m. WATER EXERCISE TWINGES	11 - 12 p.m. WATER EXERCISE AQUA BALANCE	11 - 12 p.m. FAMILY SWIM		
12 - 1 p.m. WATER EXERCISE AQUA BALANCE	12 - 1 p.m. ADULT SWIM	12 - 1 p.m. WATER EXERCISE AQUA BALANCE	12 - 1 p.m. ADULT SWIM			
1 - 2 p.m. FAMILY SWIM	1 - 2 p.m. WATER EXERCISE TWINGES +	1 - 2 p.m. FAMILY SWIM	1 - 2 p.m. WATER EXERCISE TWINGES +	1 - 7 p.m. FAMILY SWIM		
2 - 3 p.m. ADULT SWIM	2 - 3 p.m. WATER EXERCISE TWINGES	2 - 3 p.m. ADULT SWIM	2 - 3 p.m. WATER EXERCISE TWINGES			
3 - 4 p.m. ADULT SWIM						
4 - 5 p.m. FAMILY SWIM SWIM LESSONS SHARE THE POOL	4 - 6 p.m. FAMILY SWIM	4 - 5 p.m. FAMILY SWIM SWIM LESSONS SHARE THE POOL	4 - 6 p.m. FAMILY SWIM			
5 - 6 p.m. ADAPTED SWIM LESSONS		5 - 6 p.m. FAMILY SWIM				
6 - 7 p.m. ADULT SWIM LESSONS	6 - 7 p.m. SWIM LESSONS					
7:15-8 p.m. ADULT SWIM	7:15 - 8 p.m. WATER EXERCISE TWINGES +	7:15-8 p.m. ADULT SWIM	7:15 - 8 p.m. WATER EXERCISE TWINGES +			

ADULT SWIM
FAMILY SWIM

Adult only and a maximum of 11 people may use the Warm Water Pool at one time.
Family units Reservation required, Maximum 4-5 families.

All activities in the warm water pool require a reservation or a registration. The schedule is subject to change. Please visit us online at sewickleymca.org or our new mobile app to reserve your spot and check for the latest space availability.