



Sewickley Valley YMCA

WARM POOL SCHEDULE

9/2/25 - 12/31/25 | Schedule subject to change

Adult Swim (14+) maximum of 11 swimmers
 Family Swim maximum of 5 families
 Closed

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5 AM							
6 AM	Closed	Closed	Closed	Closed	Closed	Closed	
7 AM						Closed	Closed
8 AM	Water Exercise Twinges	Adult Swim	Water Exercise Twinges	Adult Swim	Water Exercise Twinges		
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		
10 AM	Swim Lessons	Swim Lessons	YMCA Child Care Swim Lessons	Swim Lessons	YMCA Child Care Swim	Swim Lessons	Adult Swim
11 AM	Water Exercise Twinges	Water Exercise Aqua Balance	Water Exercise Twinges	Water Exercise Aqua Balance			
12 PM	Water Exercise Aqua Balance	Adult Swim	Water Exercise Aqua Balance	Adult Swim	Adult Swim	Adaptive Swim Lessons	
1 PM	Family Swim	Water Exercise Twinges Plus	Family Swim	Swim Lessons	Water Exercise Twinges Plus	Family Swim	Family Swim
2 PM	Adult Swim	Water Exercise Twinges	Adult Swim	Swim Lessons	Water Exercise Twinges	Adult Swim	Family Swim
3 PM	Adult Swim	Adult Swim	Adult Swim	Adult Swim		Adult Swim	
4 PM	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim		
5 PM	Adaptive Swim Lessons		Swim Lessons				
6 PM	Adult Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		Closed	Closed
7 PM	Adult Swim	Family Swim	Water Exercise Twinges Plus	Adult Swim	Family Swim	Water Exercise Twinges Plus	
8 PM	Closed	Closed	Closed	Closed	Closed		

RESERVE ONLINE :

WWW.SEWICKLEYMCA.ORG/POOLS

or call 412-741-9622 ext. 121