



Sewickley Valley YMCA

# LARGE POOL SCHEDULE

Schedule subject to change

3/16/26-6/7/26

■ Adult Lap Swim (14+)
 ■ Youth Lap Swim (8-13)
 ■ Open Swim

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5 AM							
:15							
:30							
:45							
6 AM						Closed	Closed
:15							
:30			Adult Laps				
:45		Adult Laps		Adult Laps			
7 AM	Adult Laps	Adult Laps		Adult Laps	Adult Laps		
:15							
:30							
:45						Adult Laps	
8 AM			Adult Laps 3 Lanes			Adult Laps	
:15			Water Exercise				
:30							
:45							
9 AM		Adult Laps 3 Lanes		Adult Laps 3 Lanes			
:15		Water Exercise		Water Exercise			
:30							
:45							
10 AM	Adult Laps 2 Lanes				Adult Laps 2 Lanes	Adult Laps	Adult Laps
:15	Water Exercise				Water Exercise	Swim Lessons	
:30							
:45			Adult Laps				
11 AM	Adult Laps	Adult Laps	Adult Laps	Adult Laps	Adult Laps	1 Lane	5 Lanes
:15							
:30							
:45							
12 PM						Swim Lessons 1 Lane	Adult Laps 5 Lanes
:15							
:30							
:45							
1 PM	Adult Laps 4 Lanes	Adult Laps 4 Lanes	Adult Laps 4 Lanes	Adult Laps 4 Lanes	Adult Laps 4 Lanes	Adult Laps 4 Lanes	Adult Laps 4 Lanes
:15	Youth Laps 2 Lanes	Youth Laps 2 Lanes	Youth Laps 2 Lanes	Youth Laps 2 Lanes	Youth Laps 2 Lanes	Youth Laps 2 Lanes	Youth Laps 2 Lanes
:30							
:45							
2 PM	Adult Laps	Adult Laps	Adult Laps	Adult Laps	Adult Laps	Adult Laps 6 Lanes	Adult Laps
:15							
:30							
:45							
3 PM						Adult Laps 3 Lanes	Adult Laps 3 Lanes
:15						Open Swim 3 Lanes	Open Swim 3 Lanes
:30							
:45							
4 PM	Adult Laps 4 Lanes	Adult Laps 3 Lanes	Adult Laps 4 Lanes	Adult Laps 3 Lanes	Adult Laps 4 Lanes	Adult Laps 6 Lanes	Adult Laps 6 Lanes
:15	Youth Laps 2 Lanes	Open Swim	Youth Laps 2 Lanes	Open Swim	Youth Laps 2 Lanes		
:30							
:45							
5 PM	Y Swim Team		Y Swim Team		Y Swim Team		
:15		Swim Lessons					
:30				Adult Laps 3 Lanes	Swim Lessons 3 Lanes		
:45							
6 PM	Y Masters 4 Lanes		Y Masters 4 Lanes		Y Masters 4 Lanes		
:15	Adult Laps 2 Lanes		Adult Laps 2 Lanes		Adult Laps 2 Lanes		
:30							
:45							
7 PM	Adult Laps 2 Lanes				Adult Laps 2 Lanes		
:15	Water Exercise 4 Lanes	Y Swim Team			Open Swim 3 Lanes		
:30							
:45							
8 PM	Adult Laps	Adult Laps	Adult Laps	Adult Laps	Adult Laps 4 Lanes		
:15					Youth Laps 2 Lanes		
:30							
:45							

RESERVE ONLINE :

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

or call 412-741-9622 ext. 121