Sewickley Valley YMCA

LARGE POOL SCHEDULE

Schedule subject to change

8/31/26 – 10/2/26

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

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

RESERVE ONLINE : WWW.SEWICKLEYYMCA.ORG/POOLS or call 412-741-9622 ext. 121