Sewickley Valley YMCA

WARM POOL SCHEDULE

9/8/26 – 12/31/26 | 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 :15 :30 :45	Closed	Closed	Closed	Closed	Closed	Closed	Closed
6 AM :15 :30 :45							
7 AM :15 :30 :45							
8 AM :15 :30 :45	Water Exercise Twinges	Adult Swim	Water Exercise Twinges	Adult Swim	Water Exercise Twinges		
9 AM :15 :30 :45	Water Exercise Bionic Baby Boomers	Water Exercise Twinges Plus	Water Exercise Bionic Baby Boomers	Water Exercise Twinges Plus	Stretch & Strength		
10 AM :15 :30 :45	Swim Lessons	Swim Lessons	YMCA Child Care Swim Lessons	Swim Lessons	YMCA Child Care Swim	Swim Lessons	Adult Swim
11 AM :15 :30 :45	Water Exercise Twinges	Water Exercise Aqua Balance	Water Exercise Twinges	Water Exercise Aqua Balance			Family Swim
12 PM :15 :30 :45	Water Exercise Aqua Balance	Adult Swim	Water Exercise Aqua Balance	Adult Swim	Adult Swim	Adaptive Swim Lessons	
1 PM :15 :30 :45	Family Swim	Water Exercise Twinges Plus	Family Swim / Swim Lessons	Water Exercise Twinges Plus	Family Swim	Family Swim	
2 PM :15 :30 :45	Adult Swim	Water Exercise Twinges	Adult Swim / Swim Lessons	Water Exercise Twinges	Adult Swim		
3 PM :15 :30 :45		Adult Swim	Adult Swim	Adult Swim	Family Swim	Adult Swim	
4 PM :15 :30 :45	Family Swim	Family Swim	Family Swim	Family Swim		Closed	
5 PM :15 :30 :45	Adaptive Swim Lessons		Swim Lessons				
6 PM :15 :30 :45	Adult Swim Lessons	Swim Lessons	Adaptive Swim Lessons	Swim Lessons			
7 PM :15 :30 :45	Adult Swim / Family Swim	Water Exercise Twinges Plus	Adult Swim / Family Swim	Water Exercise Twinges Plus	Closed		
8 PM :15 :30 :45	Closed	Closed	Closed	Closed			

RESERVE ONLINE: www.sewickleyymca.org/pools or call 412-741-9622 ext. 121