

# MARCH 2025

## Warm Water Pool – Classes and Programs

SPECIAL NOTE: Schedule Subject to change. See our website [UVACswim.org](http://UVACswim.org) for the most up to dates schedule.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 AM – 8:25 AM <b>Warm Water Essentials</b> Deep Half of Pool	7:30 AM – 8:25 AM <b>Aqua Gym</b> Deep Half of Pool	7:30 AM – 8:25 AM <b>Warm Water Essentials</b> Deep Half of Pool	7:30 AM – 8:25 AM <b>Aqua Gym</b> Deep Half of Pool	7:30 AM – 8:25 AM <b>Warm Water Essentials</b> Deep Half of Pool	7:30 AM – 8:15 AM <b>HIIT the Water</b> Deep Half of Pool
		9:00 AM – 10:05 AM <b>Preschool &amp; Parent &amp; Me</b> Bench & Shallow area	9:00 AM – 10:05 AM <b>Parent &amp; Me</b> Shallow area	9:00 AM – 10:05 AM <b>Preschool</b> Bench & Shallow area	8:25 AM – 10:05 AM <b>Child Group Lessons</b> Bench & 3 Lanes Deep End
	10:15 AM – 11:05 AM <b>Bugbee Senior</b> Deep Half of Pool				
11:30 AM – 12:25 PM <b>Splash HIIT</b> Deep Half of Pool	11:15 AM – 12:10 PM <b>Splash HIIT</b> Deep Half of Pool		11:15 AM – 12:10 PM <b>Splash HIIT</b> Deep Half of Pool	11:00 AM – 11:55 PM <b>HCRS/Zack's Place</b> Deep Half of Pool	Sunday
	12:15 PM – 1:10 PM <b>Splash HIIT</b> Deep Half of Pool	12:15 PM – 12:45 PM <b>Mahi in Water</b> Deep Half of Pool	12:15 PM – 1:10 PM <b>Splash HIIT</b> Deep Half of Pool		<b>PLEASE NOTE:</b>  <b>Water features for Splash Park are not on during swim lessons or water aerobic classes.</b>  <b>PLEASE PLAN ACCORDINGLY.</b>  <b>Pools close 15 minutes early</b>
	3:25 PM – 5:05 PM <b>Child Group Lessons</b> Bench & 3 Lanes	2:45 PM – 4:00 PM <b>Hartford Learn to Swim</b> Shallow & Deep End Dothan Brook 3/5 – 4/2	3:25 PM – 5:05 PM <b>Child Group Lessons</b> Bench & 3 Lanes		
5:15 PM – 6:10 PM <b>H2O TO GO</b> Deep Half of Pool		5:15 PM – 6:10 PM <b>H2O TO GO</b> Deep Half of Pool			
	5:30 PM – 6:25 PM <b>Aqua Gym</b> Deep Half of Pool	6:15 PM – 7:00 PM <b>Adult Beginner Lessons</b> 3 Lanes	5:30 PM – 6:25 PM <b>Aqua Gym</b> Deep Half of Pool		

### SPECIAL NOTES FOR MEMBERS/GUESTS

Reservations will be taken for lap swimming, lanes and group fitness classes. Visit our website [UVACswim.org](http://UVACswim.org) for reservations and a guide of how to reserve a spot.

Sauna is open for three people at a time with a ten-minute limit.

### PROGRAM LEGEND

Swim Lessons
Special Programs
Water Aerobics
Swim Team
Masters Swim



### PLEASE NOTE:

Non-swimming children, or children 7 years of age and under, or any child in a flotation device must be accompanied in the water by a parent, guardian, or chaperon (18 or older) within arms-length at all times, with the exception of programs.

## WE'RE HIRING

Please check our website for open positions and complete an application online:

[uvacswim.org/employment](http://uvacswim.org/employment)

**Questions:** Kelly  
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or email  
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