

# UVAC Class Descriptions

ALL LEVELS WELCOME

Boot Camp

A powerful and challenging workout to improve cardiovascular endurance, muscular and core strength using a wide variety of moves. You will use an assortment of equipment such as steps, bosu balls, body bars and weights.

Boxing Circuit

Learn basic boxing skills while getting a well-rounded workout. This class is designed for all skill levels, and is a great entry-level boxing and cardio class.

Boxing Skills

Learn the proper boxing footwork and fundamentals, effective punching techniques, defensive body movements, and strategic positioning.

Cardio Kickboxing

Cardio-focused with conditioning intervals, encompassing movements from multiple martial arts including karate, Muay Thai and Taekwondo.

Circuit Training

55 minutes of full body resistance training using balls, weights, body bars, bands and intense circuits for a total body workout in a group setting.

Dance Fusion

This class is nonstop dancing blending Zumba routines and original choreography with a focus on movement and musicality. Get ready to have more fun than you ever thought in this full-body, get-your-groove-on, workout. Dance Fusion is perfect for anyone wanting to take their Zumba moves to the next level.

Dance Skills

Strengthen and stretch your body while learning foundational dance skills such as turns, kicks, and leaps. Suitable for all skill levels, from complete beginners to advanced dancers!

Early Riser Strength

A strength class that works the whole body. Use free weights, bands, balls, as well as body weight exercises. Participate in non-stop strength building exercises that will increase muscular endurance and get you ready to embrace your day!

Essential Conditioning

A whole body workout designed to target all main muscle groups to improve overall strength and mobility. This course uses a circuit structure that includes agility, Resistance, and a variety of equipment.

Full-Body Strength

High reps, low weights is the name of the game. In this class, we will target all the major muscle groups and work to fatigue, challenging your muscular endurance while increasing strength. All levels welcome!

Kettlebell Strength

A resistance training-based group class focused on improving and maintaining strength and muscle development using primarily kettlebells for a wide variety of movements, but other implements such as dumbbells and resistance bands will be utilized for variety and a well-rounded program.

Low-Impact Circuit Training

A total body conditioning class that incorporated weights, bands, TRX, and balls through various circuits. The class is high intensity, but low impact on the joints, making it great for all ages and abilities.

POUND Unplugged

Is a 30-minute workout designed to combine high-intensity movement with mindfulness and meditation, promoting both physical and mental well-being. It features 20 minutes of drumming with Ripstix followed by 10 minutes of restorative stretches, breathwork, and meditation.

Power Hour

A challenging small group-based circuit style class with timed work and rest periods. You'll be performing various strength and conditioning exercises at a fast pace using dumbbells, kettle balls, TRX, and your own body weight.

TRX

A unique strength building exercise using straps and your own body weight to build cardiovascular health, stamina, core stability and improve posture and balance. This training style WILL provide every tool you need to reach your goals. Fourteen spots available per class.

Trails & Tires

A fun outdoor offering combining running/walking on the trails, flipping tires and body weight exercises. All levels are welcome. Class will be held indoors during inclement weather.

Zumba

Focuses on Latin movements with added cardiovascular drills. An hour long class that gets your body moving to the beat and working up a sweat! Each instructor adds their own style.

Group Cycling

A high-energy, fat-burning, indoor cycling workout. No matter what your fitness level, you'll burn calories and have fun! Great music, camaraderie and visualization in a complete mind/body exercise program for unparalleled fitness results. You can burn an average of 500 calories in a 40-minute class!

Aqua Gym

Aqua Gym is designed with different blocks of exercises focusing on strength, cardio and speed and agility. Designed for all fitness levels.

Deep Water Variations

A deep pool, low-impact workout with a high impact on your cardiovascular system. Wear a flotation belt for support in the deep water or rely on your own ability to float as you perform deep water aerobic routines.

Deep Water Volleyball

A fun full body, deep water workout designed to improve strength and cardiovascular fitness using a safe yet challenging mix of water walking/running and volleyball.

Warm Water Essentials

Come join Sue learning the art of water tabata. Toning your muscles, straightening your alignment, working on core, balance, and strength all while having fun.

H2O To Go

This class is low stress on the joints and very beneficial for the body. Various movements are performed while using noodles and water weights to increase resistance and difficulty. The entire class takes place in the warm water pool. All levels welcome!

Mahi in Water

Pilates mat and reformer exercises adapted to water. Learn the moves of Mahi Pilates easier without the fear of falling and less pain due to high range of motion in the water. Proper alignment, core support, and spine mobility are the main focus of the exercises.

Splash HIIT

A high intensity aqua class with exercises to increase strength and cardiovascular fitness. Being in the water makes all exercises have a low impact on the joints of the body and still receive all the benefits as if they were to be done on land.

HIIT the Water

Combining HIIT and ladder drills, burn calories and get stronger in this water workout that can be enjoyed in both deep water and shallow water.

Alternative Flow Yoga

Alternative yoga incorporates traditional yoga focused on postures and breathing, but has a Westernized twist. It adds something unique to the mix that will have an added benefit to the body, mind or both.

Yoga Strength and Balance

Strength and Balance are the key attributes for the physical and mental health of our body. The sequences will lead you through the wonderful practice in yoga to develop these qualities. Yoga props will be used to accommodate all participants.

Gentle Yoga

Includes carefully orchestrated movements, controlled pressure, well-measured stretches, and range of motion exercises. Encourages a highly individualized approach to practice with on-going moment-to-moment adjustments. For those who want a softer, slow-paced, and relaxing practice.

Beginner Slow Flow Yoga

Discover the world of yoga at your own pace with Beginner's Slow Flow Yoga class. This gentle introduction focuses on basic poses, mindfulness, breath work, and relaxation. Chairs available. (not req.)

Mat Pilates

Develop core strength, flexibility, balance, and stamina while you lengthen and strengthen your muscles with this highly effective low- impact workout!

Slow Flow Yoga

A slow paced class designed to rejuvenate and heal the body. Focus is on alignment, strength and flexibility.

Vinyasa Yoga

Movements are synchronized with the breath while practicing traditional asana (poses) and sequences.

LAND BASED CLASSES CYCLING  
AQUATIC CLASSES MIND BODY CLASSES  
PAID PROGRAMS

Breast Cancer Survivorship

PALS for Life

A FREE safe and effective research-based exercise program Small Group Training Program for Breast Cancer Survivors following the University of Pennsylvania PAL (Physical Activity and Lymphedema Study) protocol. PALS for Life welcomes anyone who has been affected by breast cancer. A doctor referral and consultation with a physical therapist is required to participate.

PALS for Life Bridge Program

Affordably priced small group training for those who have completed the PALS protocol and want to do additional training. This program is based upon the Strength and Courage Project.

Living Beyond Cancer

Affordably priced group supported training for cancer survivors. There is mounting evidence that exercise and rehabilitative interventions improve outcomes for cancer survivors. Open to those living with breast cancer and beyond.

PEP

Pedaling for Parkinson's™

Peddling at UVAC is part of the Parkinson's Exercise Program! Join a Parkinson's certified instructor to improve your endurance, strengthen your legs, and reduce Parkinson's symptoms. The Pedaling for Parkinson's™ program is based on research indicating that consistent exercise on a bicycle can reduce symptoms of Parkinson's.

PWR!Moves

Learn bodyweight exercises that focus on: Core work, multi-joint and multi-muscular movement to improve flexibility and range of movement. Great functional training for life's activities for individuals with Parkinson's Disease!

Rock Steady Boxing (RSB)

RSB is a health and wellness program for people with Parkinson's Disease. It's based on a foundation of non-contact boxing, and it's very effective for improving many PD symptoms. RSB focuses on stretching, strengthening, balance, executive functioning, and fine motor skills.

TribeLIFE™ is a dynamic program engineered to empower you with functional fitness, ensuring you're prepared for any curve ball life may hurl your way. In a world marked by unpredictability and ever-changing demands, TribeLIFE™ serves as your steadfast companion, ready to fortify your physical and mental well-being.

Pilates Essential Reformer

The essentials of Pilates with the Reformer machine. Sculpt long, lean muscles and challenge your core for a noticeable difference in your posture. Taught by Jenny, Maryam and Sydney.

Functional Fitness Training

This small group training offering consists of a variety of exercises that challenge balance, core, strength, endurance, and cardio. Sessions may involve using equipment including kettlebells, dumbbells, battle ropes, medicine balls, stability balls, barbells, squat racks, and cardio equipment.

Masters Swim

Improve your fitness and stroke technique with inspired coaching, camaraderie and a convenient work-out schedule in a fun and challenging environment. Designed to help you reach YOUR swimming goals. (18 yrs and up).

UVAC Boxing

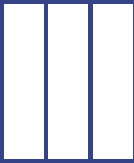
This is a progressive boxing class where we start with the basics and progress to more challenging and advanced boxing techniques in the later weeks. All levels welcome.

Slow & Sacred Sundays

A slower-paced class that aligns with the natural rhythm of the morning, featuring deep stretches, longer holds, and mindful breathwork. Perfect for setting intentions and cultivating a sense of stability, balance, and readiness for the week ahead.

Partner Yoga

This is a practice where two people connect through yoga poses, building trust, communication, and physical connection through shared movement and support.



UPPER VALLEY  
AQUATIC  
CENTER  
uvacswim.org

## Class Schedule

### August 2025 AT-A-GLANCE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<div><b>Vermont Swim Association</b> <b>STATE CHAMPIONSHIP</b> <b>AT UVAC</b> SATURDAY, AUGUST 2 &amp; SUNDAY, AUGUST 3 <b>WARM WATER POOL CLOSED DURING SWIM MEET</b></div>			1	2 <div><b>Group Fitness Orientation</b> <b>10:00am</b> <small>Sign-up at Welcome Desk</small></div>
3 <div></div> <div><b>Splash Camp</b> June 9 thru August 20</div>	4	5 <div><b>Group Fitness Orientation</b> <b>10:00am</b> <small>Sign-up at Welcome Desk</small></div>	6	7	8	9 <div></div> <div><b>Babysitting Certification</b> Sat &amp; Sun</div>
10	11	12	13	14	15	16 <div><b>Group Fitness Orientation</b> <b>9:30am</b> <small>Sign-up at Welcome Desk</small></div>
17 <div></div> <div><b>CPR/AED/First Aid</b></div>	18	19 <div><b>Group Fitness Orientation</b> <b>10:00am</b> <small>Sign-up at Welcome Desk</small></div>	20 <div><b>Java with Joe</b> <b>9:30am</b> <b>Lobby</b></div>	21	22	23
24 <div><b>GF Orientation Noon</b> <small>Sign-up at Welcome Desk</small></div> <div>31</div>	25 <div></div>	26 <div><b>August 25 – 29</b> <b>Tribe FREE Trial Week</b> <b>Tribe Kids &amp; Tribe Life</b></div>	27	28	29	30

Facility Hours:

Weekdays 5:00 am – 7:30 pm

Saturday 6:30 am – 4:00 pm

Sunday 7:30 am – 3:00 pm

Pools close 15 minutes early

WEATHER HOTLINE

802.698.8361

802.296.2850

UVACswim.org

*\*All classes are free to members unless noted otherwise. See Legend.\**

## **Group Exercise Studio – Classes and Programs**

## Group Exercise Studio – Classes and Programs

All classes are 55 minutes unless otherwise noted. Age Limits: Youth 12 and 13 years of age may use the fitness center or attend group exercise classes when accompanied by a parent/guardian after an orientation. Young adults 14 and 15 do not need a parent/guardian to participate.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30 AM – 6:25 AM <b>Cycling</b> Melanie Viegner	8:15 AM – 9:10 AM <b>Cycling</b> Parker Licari	5:30 AM – 6:25 AM <b>Cycling</b> Melanie Viegner			
8:15 AM – 9:10 AM <b>Cycling</b> Parker Licari	8:15 AM – 9:10 AM <b>Cycling</b> Melissa Gove	11:30 AM –12:30 PM <b>Pedaling for Parkinson's</b> Melanie Viegner	8:15 AM – 9:10 AM <b>Cycling</b> Melissa Gove	8:15 AM – 9:10 AM <b>Cycling</b> Adrianne Pelton	8:15 AM – 9:10 AM <b>Cycling</b> Week 1 Anh Nguyen Week 2 Liza Fredrickson Week 3 Anh Nguyen Week 4 Amy Thacker Week 5 Anh Nguyen	9:00 AM – 9:55 AM <b>Cycling</b> Sowmya Srinivas
6:00 PM – 6:55PM <b>Cycling</b> Anh Nguyen		6:00 PM – 6:55PM <b>Cycling</b> Suzanne Lee-Ciambra	5:00 PM – 5:55 PM <b>Cycling</b> Amy Thacker			

*\*All classes are free to members unless noted otherwise.\**

## Mind Body Studio – Classes and Programs

## Mind Body Studio – Classes and Programs



**Over 85  
FREE Classes  
included  
in your  
membership!**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM – 6:30 AM Masters Swim Barbara Hummel	5:30 AM – 6:30 AM Masters Swim Barbara Hummel	5:30 AM – 6:30 AM Masters Swim Barbara Hummel	5:30 AM – 6:30 AM Masters Swim Barbara Hummel	5:30 AM – 6:30 AM Masters Swim Barbara Hummel	6:30 AM – 8:30 AM Masters Swim Barbara Hummel	
6:30 AM – 7:30 AM Masters Swim Barbara Hummel	7:30 AM – 8:25 AM Aqua Gym Kathleen Danforth	6:30 AM – 7:30 AM Masters Swim Barbara Hummel	7:30 AM – 8:25 AM Aqua Gym Kathleen Danforth	7:30 AM – 8:25 AM Warm Water Essentials Sue Belisle	7:15 AM – 8:10 AM HIIT the Water Kathleen Danforth	7:30 AM – 8:25 AM Masters Swim Barbara Hummel
7:30 AM – 8:25AM Warm Water Essentials Sue Belisle		7:30 AM – 8:25 AM Warm Water Essentials Sue Belisle	9:00 AM – 10:00 AM Masters Swim Signe Linville			9:45 AM – 10:45 AM Masters Swim Barbara Hummel
9:00 AM – 10:00 AM Masters Swim Signe Linville	9:00 AM – 10:00 AM Masters Swim Signe Linville		10:00 AM – 10:55 AM Water Volleyball Brandon Thibodeau	9:00 AM – 9:55 AM DW Variations Sue Belisle		
	11:00 AM – 11:55 AM Water Volleyball Alan Hernandez	10:00 AM – 10:55AM DW Variations Tomas Langland		11:00 AM – 11:55 AM Water Volleyball Alan Hernandez		
11:30 AM – 12:25 PM Splash HIIT Signe Linville	11:15 AM – 12:10 PM Splash HIIT Signe Linville	11:45 AM – 12:40 PM Mahi in Water Maryam Paydarfar	11:15AM – 12:10 PM Splash HIIT Signe Linville			
11:45 AM – 12:40 PM Mahi in Water Maryam Paydarfar	12:15 PM – 1:10 PM Splash HIIT Signe Linville		12:15 PM – 1:10 PM Splash HIIT Signe Linville	12:00 PM – 12:55 PM DW Variations Tomas Langland	<div>PROGRAM LEGEND</div> <div>Land Classes and Programs</div> <div>Fee Based Classes</div> <div>Group Cycling</div> <div>Mind Body Classes and Programs</div> <div>Warm Water Classes and Programs</div> <div>Competition Pool Classes and Programs</div>	
5:15 PM – 6:10 PM H2O to Go Melissa Gove	5:30 PM – 6:25 PM Aqua Gym Kathleen Danforth	5:15 PM – 6:10 PM H2O to Go Melissa Gove	5:30 PM – 6:25 PM Aqua Gym Kathleen Danforth			
	6:05 PM – 7:05 PM Masters Swim Barbara Hummel	6:15 PM – 7:00 PM Adult Advance LTS Fee Based Class	6:05 PM – 7:05 PM Masters Swim Barbara Hummel			
6:05 PM – 7:05 PM Masters Swim Barbara Hummel						

## August 2025

### Competition 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
5:30 AM – 6:30 AM <b>Masters Swim - 6 Lanes</b> 3 Shared Lanes	5:30 AM – 6:30 AM <b>Masters Swim - 8 Lanes</b> 3 Shared Lanes	5:30 AM – 6:30 AM <b>Masters Swim - 6 Lanes</b> 3 Shared - 1 Private Lane	5:30 AM – 6:30 AM <b>Masters Swim - 8 Lanes</b> 2 Shared • 1 Private Lane	5:30 AM – 6:30 AM <b>Masters Swim - 6 Lanes</b> 2 Shared Lanes	7:00 AM – 8:30 AM <b>Masters Swim - 8 Lanes</b> 0 Lanes Available
6:30 AM – 7:30 AM <b>Masters Swim - 8 Lanes</b> 2 Shared Lanes	6:30 AM – 7:30 AM <b>Masters Swim - 8 Lanes</b> 3 Shared Lanes	6:30 AM – 7:30 AM <b>Masters Swim - 8 Lanes</b> 2 Shared Lanes	6:30 AM – 7:30 AM <b>Masters Swim - 8 Lanes</b> 2 Shared • 1 Private Lanes	6:30 AM – 7:30 AM <b>Masters Swim - 8 Lanes</b> 2 Shared Lanes	<b>Available Lanes</b> 6:30 AM – 7:15 AM 2 Shared - 1 Private Lane
 <b>Splash Camp Lessons 8:30AM-9:00AM</b> <b>Monday – Thursday until August 20</b>					
9:00 AM – 10:00 AM <b>Masters Swim - 5 Lanes</b> 3 Shared • 3 Private Lanes	9:00 AM – 10:00 AM <b>Masters Swim - 9 Lanes</b> 2 Shared Lanes		9:00 AM – 10:00 AM <b>Masters Swim - 9 Lanes</b> 1 Shared Lanes	9:00 AM – 9:55 AM <b>DW Variations</b> 3 Shared • 1 Private Lanes	8:30 AM – 10:30 AM <b>Swim Team</b> 0 Lane Available
					10:30 AM – 11:15 PM <b>Swim Team</b>
	11:00 AM – 11:55 AM <b>Water Volleyball</b> 3 Shared • 3 Private Lanes	10:00 AM – 10:55 AM <b>DW Variations</b> 2 Shared • 1 Private Lane	10:00 AM – 10:55 AM <b>Water Volleyball</b> 5 Lanes Available	11:00 AM – 11:55 AM <b>Water Volleyball</b> 3 Shared • 2 Private Lanes	<b>Available Lanes</b> 12:15 PM – 3:45 PM 3 Shared • 8 Private Lanes
11:45 AM – 12:40 PM <b>Mahi in Water</b> 3 Shared • 4 Private Lanes		11:45 AM – 12:15 PM <b>Mahi in Water</b> 3 Shared • 3 Private Lanes		12:00 PM – 12:55 PM <b>DW Variations</b> 3 Shared • 1 Private Lanes	
 <b>Splash Camp Camper Free Swim</b> <b>1:30PM-2:00PM • Monday – Friday • until August 20</b>					<b>Sunday</b>
					7:30 AM – 8:45 AM <b>Masters Swim - 6 Lanes</b> 1 Private • 2 Shared Lanes
	3:45 PM – 4:30 PM <b>Child Group Lessons</b>	4:00 PM – 4:30 PM <b>Swim Team</b> 0 Lane Available	3:45 PM – 4:30 PM <b>Child Group Lessons</b>		
4:00 PM – 4:30 PM <b>Swim Team</b> 0 Lane Available		4:30 PM – 6:00 PM <b>Swim Team</b> 0 Lane Available			9:00 AM – Closing 3 Shared • 8 Private Lanes
4:30 PM – 6:00 PM <b>Swim Team</b> 0 Lane Available	4:00 PM – 6:00 PM <b>Swim Team</b> 0 Lane Available	6:00 PM – 6:30 PM <b>Swim Team</b> 0 Lane Available	4:00 PM – 6:00 PM <b>Swim Team</b> 0 Lane Available	4:30 PM – 6:00 PM <b>Swim Team</b> 0 Shared Lane Available	
		6:15 PM – 7:00 PM <b>Adult Advanced Lessons</b> 0 Lane Available		6:00 PM – 6:30 PM <b>Swim Team</b> 0 Shared Lanes	
6:05 PM – 7:05 PM <b>Masters Swim - 5 Lanes</b> 3 Shared Lanes	6:05 PM – 7:05 PM <b>Masters Swim - 8 Lanes</b> 2 Shared • 1 Private Lanes	6:45 PM – 7:15 PM <b>Available Lanes</b> 3 Shared • 5 Private Lanes	6:05 PM – 7:05 PM <b>Masters Swim - 8 Lanes</b> 1 Shared • 1 Shared Lanes		

### UVAC FACILITY HOURS

Weekdays 5:00 AM – 7:30 PM

Saturdays 6:30 AM – 4:00 PM • Sundays 7:30 AM – 3:00 PM

### HEALTH AND WEATHER HOTLINE

For health, safety and weather related news and program cancellations.

**802.698.8361**

### SPECIAL NOTES FOR MEMBERS/GUESTS

Reservations will be taken for lap swimming, 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.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 AM – 8:25 AM Warm Water Essentials Deep Half of Pool	7:30 AM – 8:25 AM Aqua Gym Deep Half of Pool	7:30 AM – 8:25 AM Warm Water Essentials Deep Half of Pool	7:30 AM – 8:25 AM Aqua Gym Deep Half of Pool	7:30 AM – 8:25 AM Warm Water Essentials Deep Half of Pool	7:15 AM – 8:10 AM HIIT the Water Deep Half of Pool
<div></div> <div>Splash Camp Lessons 8:30AM-9:30AM Monday – Thursday • until August 20</div>				<div><div>Splash Camp</div></div> <div>Camper Free Swim 8:30AM – 9:30AM</div>	
9:45 AM – 10:15 AM Preschool Lessons Bench & Shallow End	10:15 AM – 11:05 AM Bugbee Senior - Deep Half 9:45 AM – 10:15 AM Preschool Lesson - Bench	9:45 AM – 10:15 AM Preschool Lessons Bench & Shallow End	9:45 AM – 10:15 AM Preschool Lessons Bench & Shallow End		
11:30 AM – 12:25 PM Splash HIIT Deep Half of Pool	11:15 AM – 12:10 PM Splash HIIT Deep Half of Pool		11:15 AM – 12:10 PM Splash HIIT Deep Half of Pool	11:00 AM – 11:55 PM HCRS/Zack's Place Deep Half of Pool	Sunday
	12:15 PM – 1:10 PM Splash HIIT Deep Half of Pool	12:15 PM – 12:45 PM Mahi in Water Deep Half of Pool	12:15 PM – 1:10 PM Splash HIIT Deep Half of Pool		<div>PLEASE NOTE:</div> <div>Water features for Splash Park are not on during swim lessons or water aerobic classes.</div> <div>PLEASE PLAN ACCORDINGLY.</div> <div>Pools close 15 minutes early</div>
<div><div></div><div>Splash CampCamper Free Swim 2:00PM–3:00PM • Monday – Friday • Until August 20</div></div>					
5:15 PM – 6:10 PM H2O TO GO Deep Half of Pool	3:25 PM – 5:05 PM Child Group Lessons Bench & all lanes	5:15 PM – 6:10 PM H2O TO GO Deep Half of Pool	3:25 PM – 5:05 PM Child Group Lessons Bench & all lanes		
	5:30 PM – 6:25 PM Aqua Gym Deep Half of Pool	6:15 PM – 7:00 PM Adult Beginner Lessons All Lanes	5:30 PM – 6:25 PM Aqua Gym Deep Half of Pool		

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**WE'RE HIRING**

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

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

**Questions:** Kelly

802-296-2850 ex 121

or email

[kmousley@uvacswim.org](mailto:kmousley@uvacswim.org)