

September 2025

Competition Pool – Classes and Programs

SPECIAL NOTE: Schedule Subject to change. See our website UVACswim.org for the most up to dates schedule.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM – 6:30 AM Masters Swim - 6 Lanes 3 Shared • 1 Private Lanes	5:30 AM – 6:30 AM Masters Swim - 8 Lanes 3 Shared Lanes	5:30 AM – 6:30 AM Masters Swim - 6 Lanes 3 Shared - 1 Private Lane	5:30 AM – 6:30 AM Masters Swim - 8 Lanes 2 Shared • 1 Private Lane	5:30 AM – 6:30 AM Masters Swim - 6 Lanes 3 Shared • 1 Private Lanes	7:00 AM – 8:30 AM Masters Swim - 8 Lanes 0 Lanes Available
6:30 AM – 7:30 AM Masters Swim - 8 Lanes 2 Shared 1 Private Lanes	6:30 AM – 7:30 AM Masters Swim - 8 Lanes 3 Shared Lanes	6:30 AM – 7:30 AM Masters Swim - 8 Lanes 2 Shared • 1 Private Lanes	6:30 AM – 7:30 AM Masters Swim - 8 Lanes 2 Shared • 1 Private Lanes	6:30 AM – 7:30 AM Masters Swim - 8 Lanes 2 Shared • 1 Private Lanes	Available Lanes 6:30 AM – 7:00 AM 3 Shared - 8 Private Lanes
					8:30 AM – 1:00 PM Swim Team 9:00 AM – 11:15 AM 2 Private Lanes 11:15 AM – 12:00 PM 3 Private Lanes 12:00 PM – 12:45 PM 5 Private Lanes 12:45 PM – 1:30 PM 7 Private Lanes
9:00 AM – 10:00 AM Masters Swim - 5 Lanes 2 Shared • 3 Private Lanes	9:00 AM – 10:00 AM Masters Swim - 9 Lanes 2 Shared Lanes		9:00 AM – 10:00 AM Masters Swim - 9 Lanes 2 Shared Lanes	9:00 AM – 9:55 AM DW Variations 3 Shared • 1 Private Lanes	
					Available Lanes 1:30 PM – 3:45 PM 3 Shared • 8 Private Lanes
	11:00 AM – 11:55AM Water Volleyball 2 Shared • 4 Private Lanes	10:00 AM – 10:55 AM DW Variations 3 Shared • 4 Private Lanes	10:00 AM – 10:55 AM Water Volleyball 5 Lanes Available	11:00 AM – 11:55AM Water Volleyball 2 Shared • 5 Private Lanes	
11:45 AM – 12:40 PM Mahi in Water 3 Shared • 4 Private Lanes		11:45 AM – 12:15 PM Mahi in Water 3 Shared • 4 Private Lanes		12:00 PM – 12:55 PM DW Variations 3 Shared • 1 Private Lanes	Sunday
2:55 PM – 3:25 PM Hartland-Learn-to-Swim Shallow area					7:30 AM – 8:45AM Masters Swim - 6 Lanes 1 Private • 2 Shared Lanes
3:45 PM – 4:20 PM Pre-Team 3 Shared • 2 Private Lanes	3:45 PM – 4:30 PM Child Group Lessons	3:45 PM – 4:20 PM Pre-Team 3 Shared • 2 Private Lanes	3:45 PM – 4:30 PM Child Group Lessons	3:45 PM – 4:20 PM Pre-Team 3 Shared • 2 Private Lanes	8:10 AM – 8:55 AM Group Lessons
3:45 PM – 7:15 PM Swim Team	3:45 PM – 7:00 PM Swim Team	3:45 PM – 7:30 PM Swim Team	3:45 PM – 7:00 PM Swim Team	3:45 PM – 7:30 PM Swim Team	9:00 AM – 12:00 PM Swim Team
3:15 PM – 4:00 7 Private Lanes 4:00 PM – 4:30 PM 5 Private Lanes 4:30 PM – 5:30 PM 2 Private Lanes 6:45 PM – 7:15 PM 3 Private Lanes 7:15 PM – 7:45 PM 3 Shared • 8 Private Lanes	3:15 PM – 4:00 PM 7 Private Lanes 4:00 PM – 4:30 PM 2 Private Lanes 4:30 PM – 6:00 PM 5 Private Lanes	3:15 PM – 4:00 PM 5 Private Lanes 4:30 PM – 5:30 PM 5 Private Lanes 6:45 PM – 7:45 2 Private Lanes	3:15 PM – 4:00 PM 8 Private Lanes 4:00 PM – 4:30 PM 2 Private Lanes 4:30 PM – 5:30 PM 5 Private Lanes 5:30 PM – 7:15 PM 1 Private Lane	3:15 PM – 4:00 PM 1 Shared • 7 Private Lanes 4:00 PM – 4:30 PM 3 Private Lanes 4:30 PM – 5:30 PM 2 Private Lanes 6:15 PM – 7:00 PM 1 Private Lane 7:00 PM – 7:45 PM 4 Private Lanes	9:00 AM – 10:30 AM 8 Private Lanes 10:30 AM – 12:00 PM 5 Private Lanes
		6:45 PM – 7:30 PM Adult Advanced Lessons 2 Private Lanes			12:00 PM – 3:45 PM Closing 8 Private Lanes
6:45 PM – 7:45 PM Masters Swim - 5 Lanes 3 Private Lanes	6:15 PM – 7:15 PM Masters Swim - 5 Lanes		6:15 PM – 7:15 PM Masters Swim - 7 Lanes 1 Private Lane		

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 are taken for lap swimming, and group fitness classes. Visit our website 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.