

# September 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	7:15 AM – 8:10 AM <b>HIIT the Water</b> Deep Half of Pool
					8:25 AM – 10:05 AM <b>Group Lessons</b> Bench & Shallow End
	10:15 AM – 11:05 AM <b>Bugbee Senior</b> - Deep Half 9:45 AM – 10:15 AM <b>Preschool Lesson</b> - Bench	9:45 AM – 10:15 AM <b>Preschool Lessons</b> Bench & Shallow End			9:00 AM – 10:05 AM <b>Preschool Lessons</b> Bench & Shallow End
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	<b>Sunday</b> 9:00 AM – 10:05 AM <b>Preschool Lessons</b> Bench & Shallow End
	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		9:00 AM – 10:05 AM <b>Group Lessons</b> Bench & Shallow End
2:55 PM – 3:25 PM <b>Hartland-Learn-to-Swim</b> Shallow area		2:55 PM – 3:25 PM <b>Hartland-Learn-to-Swim</b> Shallow area		2:55 PM – 3:25 PM <b>Hartland-Learn-to-Swim</b> Shallow area	<b>PLEASE NOTE:</b> <b>Water features for</b> <b>Splash Park are</b> <b>not on during swim</b> <b>lessons or water</b> <b>aerobic classes.</b> <b>PLEASE</b> <b>PLAN</b> <b>ACCORDINGLY.</b> <b>Pools close</b> <b>15 minutes early</b>
5:15 PM – 6:10 PM <b>H2O TO GO</b> Deep Half of Pool	3:25 PM – 5:05 PM <b>Child Group Lessons</b> Bench & all lanes	5:15 PM – 6:10 PM <b>H2O TO GO</b> Deep Half of Pool	3:25 PM – 5:05 PM <b>Child Group Lessons</b> Bench & all lanes		
	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> All Lanes	5:30 PM – 6:25 PM <b>Warm Water Essentials</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.

### **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.**

### **PROGRAM LEGEND**

Swim Lessons

Special Programs

Water Aerobics

Swim Team

Masters Swim



## **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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