

# UVAC Class Descriptions

## ALL LEVELS WELCOME

**Boot Camp**  
A high intensity vull body workout that combines strength training and agility exercises, often inspired by military training

**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 - Intermediate Levels**  
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.

**Pilates Circuit**  
A dynamic and efficient workout where participants rotate through a series of Pilates exercises on different apparatus or equipment.

**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.

**Strength Combo**  
A class that blends strength training with low-intensity cardio exercises. Focuses on improving overall endurance, muscle tone, and mobility through controlled, full-body movements. Ideal for those looking to build strength while keeping the heart rate gently elevated.

**Senior Strength**  
A class that focuses on improving physical strength, flexibility and balance for older adults.

**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.

**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.

**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.

**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.

**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.

**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.

**RISE**  
We're excited to share that Living Beyond Cancer has a new name: RISE (Recovery, Integrity, Strength, and Endurance). While the program name is changing, our mission remains the same—to support cancer survivors with strength, community, and wellness.

## PEP (Parkinson's Exercise Program)

**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.

## TRIBE Team Training®

**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.

**TribeKIDS™** involves exercises that are fundamental to all things that kids need to do as their bodies grow – pull, push, run, jump, throw, climb and lift. Dedicated TribeKIDS™ Coach will motivate and coach our kids every step of the way encouraging them to new levels of fitness, strength and confidence season after season. (ages 6-12)

## 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 Elda, 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).



UPPER VALLEY  
AQUATIC  
CENTER  
uvacswim.org

# CLASS SCHEDULE

## January 2026 AT-A-GLANCE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 <i>New Year's Day</i> Special Hours 11:00 am-6:00 pm Holiday Classes	2	3 <b>Group Fitness Orientation</b> 9:30 am Sign-up at Welcome Desk
4 <b>Connecticut Valley Invitational Swim Meet</b>	5	6	7 <b>Free Healthy &amp; Fit Lecture:</b> Anti-inflammatory Eating 6:00pm	8 <b>Group Fitness Orientation</b> 10:00 am Sign-up at Welcome Desk	9	10
11 <b>+CPR Certification</b>	12  <b>TRIBE Team Training</b> <b>Group Fitness Orientation</b> 10:00 am Sign-up at Welcome Desk	13	14	15	16 <b>Bronze Championship Swim Meet Jan 16 - 18</b>	17 <b>Group Fitness Orientation</b> 9:30 am Sign-up at Welcome Desk
18 <b>Bronze Championship Swim Meet</b>	19	20	21 <b>Java with Joe</b> 9:30 am In the Lobby	22 <b>Group Fitness Orientation</b> 10:00 am Sign-up at Welcome Desk	23 <b>+Lifeguard Certification</b> Jan 23 - Jan 25	24
25 <b>+Lifeguard Certification</b>	26	27 <b>Group Fitness Orientation</b> 5:30 pm Sign-up at Welcome Desk	28	29	30 <b>Silver Championship Swim Meet Jan 30 - Feb 1</b>	31

**FACILITY HOURS:**  
Weekdays 5:00 am – 8:00 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

January 2026

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

Group Exercise Studio – Classes and Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM – 6:15 AM Early Riser Strength Kristin Fauci	6:00 AM – 6:55 AM TribeLIFE™ Coach Erin	5:30 AM – 6:15 AM Early Riser Strength Kristin Fauci	6:00 AM – 6:55 AM TribeLIFE™ Coach Erin	5:30 AM – 6:15 AM Early Riser Strength Kristin Fauci	8:30 AM – 9:25 AM Full-Body Strength Darcy Pooler	
		7:15 AM – 8:10 AM Dance Fusion Alanna Mayer				
8:30 AM – 9:25 AM Ess. Conditioning Erin Buck	8:00 AM – 9:00 AM TribeLIFE™ Coach Erin		8:00 AM – 9:00 AM TribeLIFE™ Coach Erin			
	9:00 AM – 10:00 AM ^PALS for Life Erin Buck	8:30 AM – 9:25 AM Ess. Conditioning Erin Buck	9:00 AM – 10:00 AM ^PALS for Life Erin Buck	8:30 AM – 9:25 AM Ess. Conditioning Erin Buck		
9:30 AM –10:30 AM RISE Erin Buck	9:10 AM – 10:10 AM Power Hour Larry Ruffing			9:30 AM – 10:20 AM TRX Erin Buck	9:30 AM – 10:25 AM Zumba Liza Fredrickson	9:30 AM – 10:25 AM Zumba Jayashree Acharia
10:30 AM – 11:25 AM *Functional Fitness Trng Erin Buck		9:30 AM – 10:25 AM Power Hour Dan Talbot	9:10 AM – 10:10 AM Power Hour Larry Ruffing	10:30 AM – 11:25 AM *Functional Fitness Trng Erin Buck	11:00 AM – 12:30 PM RSB – Stages 1-2 Wyatt Guillette	
11:00 AM – 11:50 AM TRX Garrett Wilson	10:15 AM –10:55 AM TRX Parker Licari	10:30 AM –11:25 AM RISE Erin Buck	10:15 AM –10:55 AM TRX Signe Linville	10:30 AM – 11:25 AM Strength Combo Elda Aner		
12:30 PM – 2:00 PM RSB – Stages 1-2 Parker Licari	11:00 AM – 11:55 AM Low Impact Circuit Parker Licari	11:30 AM – 12:20 PM TRX Alan Hernandez	11:00 AM – 11:55 AM Low Impact Circuit Parker Licari	12:30 PM – 2:00 PM RSB – Stages 3-4 Parker Licari	<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>	
	10:30 AM – 11:25 AM *Functional Fitness Trng Larry Ruffing		10:30 AM – 11:25 AM *Functional Fitness Trng Larry Ruffing			
	12:30 PM – 2:00 PM PWRIMoves Brandon Thibodeau		12:30 PM – 2:00 PM PWRIMoves Brandon Thibodeau			
	3:30 PM – 4:30 PM TribeKIDS™ Coach Melanie		4:30 PM – 5:25 PM Boot Camp Zeke Cammarata	4:30 PM - 5:25 PM TRX Anh Nguyen		
5:30 PM – 6:10 PM Kettlebell Strength Morganne Young	4:30 PM – 5:25 PM Boot Camp Zeke Cammarata	5:00 PM – 5:45 PM TRX Suzanne Lee-Ciambra	5:30 PM – 6:15 PM Cardio Kickboxing Darcy Pooler	5:30 PM – 6:25 PM Circuit Training Brandon Thibodeau		<div>Special Locations</div> <div>^ Fitness Floor</div> <div>* Training Studio</div> <div>+ Outside</div>
6:15 PM – 7:10 PM Circuit Training Alan Hernandez	5:30 PM - 6:25 PM Zumba Jayashree Achaira	6:00 PM – 6:55 PM Circuit Training Alan Hernandez	6:25 PM – 7:40 PM Kettlebell Strength Darcy Pooler			

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.

Group Cycling Studio

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

Cancellations: While we do our very best to avoid class cancellations, our schedule is based on our instructor availability. In the event an instructor is injured, ill, or out of town some classes may be canceled. No Call/No Show Policy for Reservations Unless Welcome Desk is notified of a late arrival, if a member arrives more than 5 min. past start time of reservation, and no other spots are available, reservation will be canceled and the spot will become available.

December 2025

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

Mind Body Studio – Classes and Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:30 AM – 8:15 AM TRX Larry Ruffing		7:30 AM – 8:15 AM TRX Larry Ruffing	8:30 AM – 9:25 AM Mat Pilates Elda Aner	8:30 AM – 9:25 AM Dance Skills Rachel Burcham	8:00 AM – 8:55 AM Slow Sacred Sundays Amy McClure
8:30 AM – 9:25 AM Mat Pilates Elda Aner	9:00 AM – 9:55 AM Yoga Strength & Balance Carole Petrillo	9:00 AM – 10:15 AM Gentle Yoga Connie Ciulla	9:00 AM – 9:55 AM Yoga Strength & Balance Carole Petrillo			10:00 AM – 10:55 AM Alternative Flow Yoga Kathryn Mills
10:00 AM – 10:55 AM ZUMBA Nikki Batra	10:15 AM – 11:10 AM Vinyasa Yoga Sharon Comeau		10:15 AM – 11:10 AM Mat Pilates Elda Aner		10:00 AM – 11:15 AM Slow Flow Yoga Connie Ciulla	
12:00 PM – 12:55 PM Slow Flow Yoga Abby Thomas	11:15 AM – 12:10 PM Senior Strength Sharon Comeau					
4:30 PM – 5:25 PM Slow Flow Yoga Suzanne Lee-Ciambra						
6:00 PM – 7:00 PM Pilates Reformer Sydney Boardman		6:00 PM – 7:00 PM Pilates Reformer Sydney Boardman	5:00 PM – 5:55 PM Zumba Liza Fredrickson	6:00 PM – 7:15 PM Partner Yoga (2nd Fri ONLY) Kathryn Mills	<div>Over 85 FREE Classes included in your membership!</div>	
7:00 PM – 8:00 PM Pilates Reformer Sydney Boardman	6:00 PM – 6:55 PM Alternative Flow Yoga Kathryn Mills	7:00 PM – 8:00 PM Pilates Reformer Sydney Boardman	6:00 PM – 6:55 PM Alternative Flow Yoga Kathryn Mills			

Warm Water and Competition Pools – Aquatic Classes and Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM – 6:30 AM Masters Swim Barbara Hummel +Hanover High School	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 +Hanover High School	7:00 AM – 8:30 AM Masters Swim Barbara Hummel	
6:30 AM – 7:30 AM Masters Swim Barbara Hummel	6:30 AM – 7:30 AM Masters Swim Barbara Hummel	6:30 AM – 7:30 AM Masters Swim Barbara Hummel	6:30 AM – 7:30 AM Masters Swim Barbara Hummel	6:30 AM – 7:30 AM Masters Swim Barbara Hummel	7:15 AM – 8:10 AM HIIT the Water Kathleen Danforth	7:30 AM – 8:45 AM Masters Swim Barbara Hummel
7:30 AM – 8:25 AM Warm Water Essentials Sue Belisle	7:30 AM – 8:25 AM Aqua Gym Kathleen Danforth	7:30 AM – 8:25 AM Warm Water Essentials Sue Belisle	7:30 AM – 8:25 AM Aqua Gym Kathleen Danforth	7:30 AM – 8:25 AM Warm Water Essentials Sue Belisle		
9:00 AM – 10:00 AM Masters Swim Signe Linville	9:00 AM – 10:00 AM Masters Swim Signe Linville		9:00 AM – 10:00 AM Masters Swim Signe Linville	9:00 AM – 9:55 AM DW Variations Sue Belisle		
	11:00 AM – 11:55 AM Water Volleyball Alan Hernandez	10:00 AM – 10:55 AM DW Variations Tomas Langland	10:00 AM – 10:55 AM Water Volleyball Brandon Thibodeau	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	11:15 AM – 12:10 PM Splash HIIT Signe Linville		<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>	
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		
5:15 PM – 6:10 PM H2O to Go Alia Gonzalez		5:15 PM – 6:10 PM H2O to Go Alia Gonzalez	5:30 PM – 6:25 PM Warm Water Essentials Parker Licari			
6:15 PM – 7:15 PM Masters Swim Barbara Hummel	6:15 PM – 7:15 PM Masters Swim Barbara Hummel	6:15 PM – 7:00 PM Adult Advance LTS Fee Based Class	6:15 PM – 7:15 PM Masters Swim Barbara Hummel			

# January 2026

## 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</b> <b>+Hanover High School</b> 0 Lanes Availables	5:30 AM – 6:30 AM <b>Masters Swim - 8 Lanes</b> 0 Lanes Available	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> 0 Lanes Available	5:30 AM – 6:30 AM <b>Masters Swim</b> <b>+Hanover High School</b> 0 Lanes Availables	<b>Available Lanes</b> 6:30 AM – 7:00 AM 3 Shared - 8 Private 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> 0 Lanes Available	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> 0 Lanes Available	6:30 AM – 7:30 AM <b>Masters Swim - 8 Lanes</b> 2 Shared • 1 Private Lanes	7:00 AM – 8:30 AM <b>Masters Swim - 8 Lanes</b> 0 Lanes Available
					8:10 AM – 8:55 AM <b>Group Lessons</b>
9:00 AM – 10:00 AM <b>Masters Swim - 5 Lanes</b> 2 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> 2 Shared Lanes	9:00 AM – 9:55 AM <b>DW Variations</b> 3 Shared • 1 Private Lanes	8:30 AM – 1:00 PM <b>Swim Team</b> 9:00 AM – 11:15 AM 2 Private Lanes 11:15 AM – 12:00 PM 2 Private Lanes 12:00 PM – 12:45 PM 4 Private Lanes 12:45 PM – 1:30 PM 4 Private Lanes
	11:00 AM – 11:55 AM <b>Water Volleyball</b> 2 Shared • 4 Private Lanes	10:00 AM – 10:55 AM <b>DW Variations</b> 3 Shared • 4 Private Lanes	10:00 AM – 10:55 AM <b>Water Volleyball</b> 5 Lanes Available	11:00 AM – 11:55 AM <b>Water Volleyball</b> 2 Shared • 5 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 • 4 Private Lanes		12:00 PM – 12:55 PM <b>DW Variations</b> 3 Shared • 1 Private Lanes	<b>Available Lanes</b> 1:30 PM – 3:45 PM 3 Shared • 8 Private Lanes
					<b>Sunday</b>
2:55 PM – 3:25 PM <b>Hartland-Learn-to-Swim</b> (1/4 - 2/9)					7:30 AM – 8:45 AM <b>Masters Swim - 6 Lanes</b> 1 Private • 2 Shared Lanes
3:45 PM – 4:20 PM <b>Pre-Team</b> 3 Shared • 2 Private Lanes	3:45 PM – 4:30 PM <b>Child Group Lessons</b>	3:45 PM – 4:20 PM <b>Pre-Team</b> 3 Shared • 2 Private Lanes	3:45 PM – 4:30 PM <b>Child Group Lessons</b>	3:45 PM – 4:20 PM <b>Pre-Team</b> 3 Shared • 2 Private Lanes	8:10 AM – 8:55 AM <b>Group Lessons</b>
3:45 PM – 7:15 PM <b>Swim Team</b>  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	3:45 PM – 7:00 PM <b>Swim Team</b>  3:15 PM – 4:00 PM 7 Private Lanes 4:00 PM – 4:30 PM 5 Private Lanes 4:30 PM – 6:00 PM 5 Private Lanes 6:30 PM – 7:15 PM 3 Private Lanes	3:45 PM – 7:30 PM <b>Swim Team</b>  3:15 PM – 4:00 PM 8 Private Lanes 4:00 PM – 4:30 PM 5 Private Lanes 4:30 PM – 5:00 PM 2 Private Lanes 5:00 PM – 5:30 PM 2 Private Lanes 6:45 PM – 7:45 PM 2 Private Lanes	3:45 PM – 7:00 PM <b>Swim Team</b>  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	3:45 PM – 7:30 PM <b>Swim Team</b>  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 – 12:00 PM <b>Swim Team</b>  9:00 AM – 10:30 AM 8 Private Lanes 10:30 AM – 12:00 PM 5 Private Lanes  12:00 PM – 3:45 PM Closing <b>8 Private Lanes</b>
6:15 PM – 7:15 PM <b>Masters Swim - 5 Lanes</b> 3 Private Lanes	6:15 PM – 7:15 PM <b>Masters Swim - 5 Lanes</b>	6:45 PM – 7:30 PM <b>Adult Advanced Lessons</b> 2 Private Lanes	6:15 PM – 7:15 PM <b>Masters Swim - 7 Lanes</b> 1 Private Lane		

### UVAC FACILITY HOURS

Weekdays 5:00 AM – 8:00 PM • Saturdays 6:30 AM – 4:00 PM • Sundays 7:30 AM – 3:00 PM *Pools close 15 minutes*

#### HEALTH AND WEATHER HOTLINE

For weather related news and program cancellations call 802.698.8361

#### SPECIAL NOTES FOR MEMBERS/GUESTS

Reservations are 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 six 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.



# January 2026

## 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
			8:30 AM – 10:30 AM <b>Thursdays in the Splash Park</b>		8:25 AM – 10:05 AM <b>Group Lessons</b> Bench & Shallow End
9:00 AM – 10:05 AM <b>Preschool Lessons</b> Bench	10:15 AM – 11:05 AM <b>Bugbee Senior</b> Deep Half	9:00 AM – 10:05 AM <b>Preschool Lessons</b> Bench & Shallow End		9:00 AM – 10:05 AM <b>Preschool Lessons</b> Bench & Shallow	
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		<b>Sunday</b> 9:00 AM – 10:05 AM <b>Group 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	11:00 AM – 11:55 PM <b>HCRS/Zack's Place</b> Deep Half of Pool	
		2:45 PM – 4:30 PM <b>Hartford-Learn-to-Swim</b> Bench & All Lanes (1/21 & 1/28)	1:30 PM – 2:00 PM <b>Adaptive Adult Group Lessons</b> All Lanes		<b>PLEASE NOTE:</b> Water features for Splash Park are not on during swim lessons or water aerobic classes. <b>PLEASE PLAN ACCORDINGLY.</b> Pools close 15 minutes early
2:55 PM – 4:00 PM <b>Hartland-Learn-to-Swim</b> Shallow Area (1/5 - 2/9)	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		
5:15 PM – 6:10 PM <b>H2O TO GO</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		

### PROGRAM LEGEND

Swim Lessons
Special Programs
Water Aerobics
Swim Team
Masters Swim

### 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 six people at a time with a ten-minute time 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.

## WE'RE HIRING

Please check our website for open positions and complete an application online:  
[uvacswim.org/employment](http://uvacswim.org/employment)

**Questions?  
Contact Kelly**

802-296-2850 ex 121  
or email

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