

January 2026
Warm Water Pool – Classes and Programs

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

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
			8:30 AM – 10:30 AM Thursdays in the Splash Park		8:25 AM – 10:05 AM Group Lessons Bench & Shallow End
9:00 AM – 10:05 AM Preschool Lessons Bench	10:15 AM – 11:05 AM Bugbee Senior Deep Half	9:00 AM – 10:05 AM Preschool Lessons Bench & Shallow End		9:00 AM – 10:05 AM Preschool Lessons Bench & Shallow	
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		Sunday 9:00 AM – 10:05 AM Group Lessons Bench & Shallow End
	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	11:00 AM – 11:55 PM HCRS/Zack's Place Deep Half of Pool	
		2:45 PM – 4:30 PM Hartford-Learn-to-Swim Bench & All Lanes (1/21 & 1/28)	1:30 PM – 2:00 PM Adaptive Adult Group Lessons All Lanes		PLEASE NOTE: Water features for Splash Park are not on during swim lessons or water aerobic classes. PLEASE PLAN ACCORDINGLY. Pools close 15 minutes early
2:55 PM – 4:00 PM Hartland-Learn-to-Swim Shallow Area (1/5 - 2/9)	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		
5:15 PM – 6:10 PM H2O TO GO Deep Half of Pool		6:15 PM – 7:00 PM Adult Beginner Lessons All Lanes	5:30 PM – 6:25 PM Warm Water Essentials 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 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

**Questions?
Contact Kelly
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or email
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