

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 AquaSPA Deep Half of Pool	7:30 AM – 8:25 AM Warm Water Essentials Deep Half of Pool	7:30 AM – 8:25 AM AquaSPA Deep Half of Pool	7:30 AM – 8:25 AM Warm Water Essentials Deep Half of Pool	7:15 AM - 8:10AM H2O to Go Alia Gonzalez
 8:30 AM – 9:45 AM Splash Camp Lesson	 8:30 AM – 9:45 AM Splash Camp Lesson	 8:30 AM – 9:45 AM Splash Camp Lesson	 8:30 AM – 9:45 AM Splash Camp Lesson	 8:30 AM – 9:45 AM Splash Camp Lesson	
9:45 AM – 10:15 AM Child Group Lessons Bench & Shallow End	9:45 AM – 10:15 AM Child Group Lessons Bench & Shallow End	9:45 AM – 10:15 AM Child Group Lessons Bench & Shallow End	9:45 AM – 10:15 AM Child Group Lessons Bench & Shallow End		
	10:15 AM – 11:05 AM Bugbee Senior 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	
	11:15 AM – 12:10 PM Splash HIIT Deep Half of Pool		12:15 PM – 1:10 PM Splash HIIT Deep Half of Pool		
	12:15 PM – 1:10 PM Splash HIIT Deep Half of Pool				
1:00 PM – 3:00 PM One Planet Group Visit	1:00 PM – 3:00 PM One Planet Group Visit	1:00 PM – 3:00 PM One Planet Group Visit	1:00 PM – 3:00 PM One Planet Group Visit	1:00 PM – 3:00 PM One Planet Group Visit	
 2:00 PM – 3:00 PM Splash Camp Free Swim	 2:00 PM – 3:00 PM Splash Camp Free Swim	 2:00 PM – 3:00 PM Splash Camp Free Swim	 2:00 PM – 3:00 PM Splash Camp Free Swim	 2:00 PM – 3:00 PM Splash Camp Free Swim	
	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	5:30 PM – 6:25 PM Warm Water Essentials Deep Half of Pool	6:15 PM – 7:00 PM Adult Group Lessons All Lanes	5:30 PM – 6:25 PM Warm Water Essentials Deep Half of Pool		

PLEASE NOTE:
Water features for
Splash Park are
TURNED OFF
during Swim Lessons
and Water Aerobic
Classes.

Pools Close
15 minutes early.

**PLEASE PLAN
ACCORDINGLY.**

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 early.



*****PLEASE NOTE THESE SPECIAL HOURS*****

Saturday, July 4: Independence Day Holiday Hours 6:30 AM-1:00 PM

PROGRAM LEGEND

Swim Lessons

Special Programs

Water Aerobics

SPECIAL NOTES FOR MEMBERS/GUESTS

Reservations needed 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.

