

May 2025

Warm Water 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
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	7:30 AM – 8:15 AM HIIT the Water Deep Half of Pool
9:00 AM – 10:05 AM Preschool Bench & Shallow area (Starting April 21)		9:00 AM – 10:05 AM Preschool & Parent & Me Bench & Shallow area	9:00 AM – 10:05 AM Parent & Me Shallow area	9:00 AM – 10:05 AM Preschool Bench & Shallow area	8:25 AM – 10:05 AM Child Group Lessons Bench & 3 Lanes Deep End
	10:15 AM – 11:05 AM Bugbee Senior Deep Half of Pool				
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	11:00 AM – 11:55 PM HCRS/Zack's Place Deep Half of Pool	Sunday 9:00 AM – 10:05 AM Child Group Lessons Bench & 3 Lanes, Deep 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		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
3:00 PM – 4:00 PM Hartland Learn-to-Swim Bench & all lanes	3:25 PM – 5:05 PM Child Group Lessons Bench & all lanes		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		5:15 PM – 6:10 PM H2O TO GO Deep Half of Pool			
	5:30 PM – 6:25 PM Aqua Gym Deep Half of Pool	6:15 PM – 7:00 PM Adult Beginner Lessons 3 Lanes	5:30 PM – 6:25 PM Aqua Gym 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 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

Questions: Kelly

802-296-2850 ex 121

or email

kmousley@uvacswim.org