

# UVAC Class Descriptions

**ALL LEVELS WELCOME**

## Aqua Boot Camp

A low-impact, high-intensity, total body workout. It combines cardio, strength, and functional movement training using water resistance and equipment such as dumbbells and noodles. The class is a fun way to burn fat, improve endurance, and build muscle while being gentle on joints. All levels.

## Boot Camp

A high intensity full 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.

## 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. 14 spots per class.

## TRX Dance Fusion

The perfect blend of strength training using your own body weight for resistance & heart-pounding dance cardio. Alternating blocks of suspension training & original choreography combine to help build strength, balance, flexibility, core stability, and coordination to challenge your brain & body. Have more fun than you ever thought possible in this full-body, get-your-groove-on, workout! All levels.

## 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!

## AquaSPA

This is not your regular SPA. In this class it means Speed, Power, and Agility! Bring your energy to this power-packed aqua class fused with plyometric movements and toning elements for your upper body, lower body, and core. All 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.

## 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.

## 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.

## Mat Pilates

Develop core strength, flexibility, balance, and stamina while you lengthen and strengthen your muscles with this highly effective low-impact workout!

## Partner Yoga

This is a practice where two people connect through yoga poses, building trust, communication, and physical connection through shared movement and support.

## 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.

## Sound Experience

Experience a restorative 90-minute sound experience designed to soothe the mind, body & spirit. Join us on Sundays from 1:00-2:30 p.m. for a journey of relaxation and renewal.

**LAND BASED CLASSES** **CYCLING**  
**AQUATIC CLASSES** **MIND BODY CLASSES**  
**PAID PROGRAMS**

## Stretch, Strength & Balance

Improving movement, stability, and flexibility through dynamic stretching, bodyweight/light resistance training, and balance drills, using mindful breathing. Reduce injury risk and enhance daily activity, leaving you feeling aligned, open, and strong. All levels.

## Vinyasa Yoga

Movements are synchronized with the breath while practicing traditional asana (poses) and sequences.

## 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.

## 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 Parkinson's Disease 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

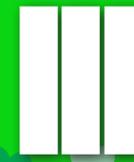
The essentials of Pilates with the Reformer machine. Sculpt long, lean muscles and challenge your core for a noticeable difference in your posture. Taught by Sydney & Maryam.

### 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

## March 2026 AT-A-GLANCE

| SUNDAY  | MONDAY | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  |
|---|--------|---|---|--|--|---|
| 1<br><b>14 &amp; Under Pentathlon Swim Meet</b><br><b>+CPR Certification</b>        | 2      | 3   | 4   | 5  | 6  | 7<br><b>Group Fitness Orientation</b><br>9:30 am Sign-up at Welcome Desk  |
| 8   | 9      | 10  | 11<br><b>Free Healthy &amp; Fit Lecture: Running Injury</b><br>Free 6:00 pm | 12<br><b>Group Fitness Orientation</b><br>10:00 am Sign-up at Welcome Desk | 13<br><b>NHSA State Championship Swim Meet March 13 &amp; 14</b> | 14  |
| <b>TRIBE Team Training FREE Trial Week</b>  |        |   |   |  |  |   |
| 15  | 16     | 17<br><b>Group Fitness Orientation</b><br>5:30 pm Sign-up at Welcome Desk | 18<br><b>Wake With Wendy</b><br>(Java w. Joe)<br>9:30 am In the Lobby       | 19   | 20<br><b>+Lifeguard Certification</b><br>March 20-22             | 21<br><b>Group Fitness Orientation</b><br>9:30 am Sign-up at Welcome Desk |
| <b>Warm Water Pool &amp; Splash Park Closed for Maintenance March 16 - April 19</b> |        |   |   |  |  |   |
| 22<br><b>+Lifeguard Certification</b>   | 23     | 24  | 25  | 26<br><b>Group Fitness Orientation</b><br>10:00 am Sign-up at Welcome Desk | 27   | 28  |
| <b>Family Locker Room Closed for Flooring Installation March 23 - April 15</b>      |        |   |   |  |  |   |
| <b>Warm Water Pool &amp; Splash Park Closed for Maintenance March 16 - April 19</b> |        |   |   |  |  |   |
| 29<br><b>+CPR Certification</b>   | 30     | 31  |   |  |  |   |
| <b>Family Locker Room Closed for Flooring Installation March 23 - April 15</b>      |        |   |   |  |  |   |
| <b>Warm Water Pool &amp; Splash Park Closed for Maintenance March 16 - April 19</b> |        |   |   |  |  |   |

**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**

## March 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<br><b>Early Riser Strength</b><br>Kristin Fauci                    | 6:00 AM – 6:55 AM<br><b>TribeLIFE™</b><br>Coach Erin                    | 5:30 AM – 6:15 AM<br><b>Early Riser Strength</b><br>Kristin Fauci                    | 6:00 AM – 6:55 AM<br><b>TribeLIFE™</b><br>Coach Erin                    | 5:30 AM – 6:15 AM<br><b>Early Riser Strength</b><br>Kristin Fauci   | 8:30 AM – 9:25 AM<br><b>Full-Body Strength</b><br>Darcy Pooler |        |
|  | 7:00 AM – 7:55 AM<br><b>Functional Fitness Trng</b><br>Erin Buck        | 7:15 AM – 8:10 AM<br><b>Dance Fusion</b><br>Alanna Mayer                             | 7:00 AM – 7:55 AM<br><b>Functional Fitness Trng</b><br>Erin Buck        |   |  |        |
| 8:30 AM – 9:25 AM<br><b>Ess. Conditioning</b><br>Erin Buck                           | 8:00 AM – 9:00 AM<br><b>TribeLIFE™</b><br>Coach Erin                    |  | 8:00 AM – 9:00 AM<br><b>TribeLIFE™</b><br>Coach Erin                    |   |  |        |
| 9:30 AM – 10:30 AM<br><b>RISE</b><br>Erin Buck                                       | 9:00 AM – 10:00 AM<br><b>^PALS for Life</b><br>Erin Buck                | 8:30 AM – 9:25 AM<br><b>Ess. Conditioning</b><br>Erin Buck                           | 9:00 AM – 10:00 AM<br><b>^PALS for Life</b><br>Erin Buck                | 8:30 AM – 9:25 AM<br><b>Ess. Conditioning</b><br>Erin Buck          |  |        |
| 10:30 AM – 11:25 AM<br><b>*Functional Fitness Trng</b><br>Erin Buck                  | 9:10 AM – 10:10 AM<br><b>Power Hour</b><br>Larry Ruffing                | 9:30 AM – 10:25 AM<br><b>Power Hour</b><br>Dan Talbot                                | 9:10 AM – 10:10 AM<br><b>Power Hour</b><br>Larry Ruffing                | 9:30 AM – 10:20 AM<br><b>TRX</b><br>Tracy Mayer                     | 9:30 AM – 10:25 AM<br><b>ZUMBA</b><br>Liza Fredrickson         |        |
| 11:00 AM – 12:00 PM<br><b>*Functional Fitness Trng</b><br>Garrett Wilson starts 3/16 |   | 10:30 AM – 11:25 AM<br><b>RISE</b><br>Erin Buck                                      | 10:15 AM – 10:55 AM<br><b>TRX</b><br>Coryne Legare                      | 10:30 AM – 11:25 AM<br><b>*Functional Fitness Trng</b><br>Erin Buck |  |        |
| 11:00 AM – 11:55 AM<br><b>TRX</b><br>Garrett Wilson<br>Tracy Mayer starts 3/9        | 10:15 AM – 10:55 AM<br><b>TRX</b><br>Coryne Legare                      | 11:00 AM – 12:00 PM<br><b>*Functional Fitness Trng</b><br>Garrett Wilson starts 3/16 | 11:00 AM – 11:55 AM<br><b>Low Impact Circuit</b><br>Parker Licari       |   |  |        |
| 12:30 PM – 2:00 PM<br><b>RSB – Stages 1-2</b><br>Parker Licari                       | 11:00 AM – 11:55 AM<br><b>Low Impact Circuit</b><br>Parker Licari       | 11:30 AM – 12:20 PM<br><b>TRX</b><br>Alan Hernandez                                  | 10:30 AM – 11:25 AM<br><b>*Functional Fitness Trng</b><br>Larry Ruffing | 12:30 PM – 2:00 PM<br><b>RSB – Stages 3-4</b><br>Parker Licari      |  |        |
| 2:00 PM – 3:30 PM<br><b>RSB – Stages 1-2</b><br>Parker Licari                        | 10:30 AM – 11:25 AM<br><b>*Functional Fitness Trng</b><br>Larry Ruffing |  | 12:30 PM – 2:00 PM<br><b>PWR!Moves</b><br>Brandon Thibodeau             | 2:00 PM – 3:30 PM<br><b>RSB – Stages 1-2</b><br>Parker Licari       |  |        |
|  | 12:30 PM – 2:00 PM<br><b>PWR!Moves</b><br>Brandon Thibodeau             |  | 3:30 PM – 4:30 PM<br><b>TribeKIDS™</b><br>Coach Melanie                 |   |  |        |
|  | 3:30 PM – 4:30 PM<br><b>TribeKIDS™</b><br>Coach Melanie                 |  | 4:30 PM – 5:25 PM<br><b>Boot Camp</b><br>Zeke Cammarata                 | 4:30 PM – 5:25 PM<br><b>TRX</b><br>Anh Nguyen                       |  |        |
| 5:30 PM – 6:10 PM<br><b>Kettlebell Strength</b><br>Morganne Young                    | 4:30 PM – 5:25 PM<br><b>Boot Camp</b><br>Zeke Cammarata                 | 5:00 PM – 5:45 PM<br><b>TRX</b><br>Suzanne Lee-Ciambra                               | 5:30 PM – 6:00 PM<br><b>Cardio Kickboxing</b><br>Darcy Pooler           | 5:30 PM – 6:25 PM<br><b>Circuit Training</b><br>Morganne Young      |  |        |
| 6:15 PM – 7:10 PM<br><b>Circuit Training</b><br>Alan Hernandez                       | 5:30 PM – 6:25 PM<br><b>TRX Dance Fusion</b><br>Alana & Tracy Mayer     | 6:00 PM – 6:55 PM<br><b>Circuit Training</b><br>Alan Hernandez                       | 6:15 PM – 7:10 PM<br><b>Kettlebell Strength</b><br>Darcy Pooler         |   |  |        |

#### PROGRAM LEGEND

|                                       |
|---------------------------------------|
| Land Classes and Programs             |
| Fee Based Classes                     |
| Group Cycling                         |
| Mind Body Classes and Programs        |
| Warm Water Classes and Programs       |
| Competition Pool Classes and Programs |

#### Special Locations

^ Fitness Floor  
\* Training Studio  
+ Outside

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<br><b>Cycling</b><br>Melanie Viegener | 8:15 AM – 9:10 AM<br><b>Cycling</b><br>Parker Licari                       | 5:30 AM – 6:25 AM<br><b>Cycling</b><br>Melanie Viegener |  |   |  |
| 8:15 AM – 9:10 AM<br><b>Cycling</b><br>Parker Licari | 8:15 AM – 9:10 AM<br><b>Cycling</b><br>Zeke Cammarata   | 11:30 AM – 12:30 PM<br><b>Pedaling for Parkinson's</b><br>Melanie Viegener | 8:15 AM – 9:10 AM<br><b>Cycling</b><br>Zeke Cammarata   | 8:15 AM – 9:10 AM<br><b>Cycling</b><br>Adrienne Pelton | 8:15 AM – 9:10 AM<br><b>Cycling</b><br>Wk 1: Anh Nguyen<br>Wk 2: Liza Fredrickson<br>Wk 3: Amy Thacker<br>Wk 4: Amy Thacker | 9:00 AM – 9:55 AM<br><b>Cycling</b><br>Sowmya Srinivas |
| 6:00 PM – 6:55 PM<br><b>Cycling</b><br>Anh Nguyen    | 5:00 PM – 5:55 PM<br><b>Cycling</b><br>Amy Thacker      | 6:00 PM – 6:55 PM<br><b>Cycling</b><br>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.

## March 2026

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

### Mind Body Studio – Classes and Programs

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday  | Sunday  |
|---|--|---|--|---|---|---|
|   | 7:30 AM – 8:15 AM<br><b>TRX</b><br>Larry Ruffing                           |   | 7:30 AM – 8:15 AM<br><b>TRX</b><br>Larry Ruffing                           | 8:30 AM – 9:25 AM<br><b>Mat Pilates</b><br>Elda Aner                      | 8:30 AM – 9:25 AM<br><b>Dance</b><br>Rachel Burcham<br>Wk 1: Line Dancing<br>Wk 2: Jazz Dance<br>Wk 3: Musical Theater<br>Wk 4: Popular Dance | 8:00 AM – 8:55 AM<br><b>Slow Sacred Sundays</b><br>Amy McClure                                    |
| 8:30 AM – 9:25 AM<br><b>Mat Pilates</b><br>Elda Aner              | 9:00 AM – 9:55 AM<br><b>Yoga Strength &amp; Balance</b><br>Carole Petrillo | 9:00 AM – 10:15 AM<br><b>Gentle Yoga</b><br>Connie Ciulla       | 9:00 AM – 9:55 AM<br><b>Yoga Strength &amp; Balance</b><br>Carole Petrillo | 9:30 AM – 10:25 AM<br><b>Stretch, Strength &amp; Balance</b><br>Elda Aner |   | 10:00 AM – 10:55 AM<br><b>Alternative Flow Yoga</b><br>Kathryn Mills                              |
| 10:00 AM – 10:55 AM<br><b>ZUMBA</b><br>Nikki Batra                | 10:15 AM – 11:10 AM<br><b>Vinyasa Yoga</b><br>Sharon Comeau                | 10:30 AM – 11:25 AM<br><b>ZUMBA</b><br>Jolin Salazar-Kish       | 10:15 AM – 11:10 AM<br><b>Mat Pilates</b><br>Elda Aner                     |   | 10:00 AM – 11:15 AM<br><b>Slow Flow Yoga</b><br>Connie Ciulla   |   |
| 12:00 PM – 12:55 PM<br><b>Slow Flow Yoga</b><br>Abby Thomas       | 11:15 AM – 12:10 PM<br><b>Senior Strength</b><br>Sharon Comeau             |   |  |   |   | <b>March 1, 8, 15 &amp; 22</b><br>1:00 PM – 2:30 PM<br><b>NEW Sound Experience</b><br>Tobin Asher |
| 4:30 PM – 5:25 PM<br><b>Slow Flow Yoga</b><br>Suzanne Lee-Ciambra |  |   |  |   |   |   |
| 6:00 PM – 7:00 PM<br><b>Pilates Reformer</b><br>Sydney Boardman   |  | 6:00 PM – 7:00 PM<br><b>Pilates Reformer</b><br>Sydney Boardman | 5:00 PM – 5:55 PM<br><b>Zumba</b><br>Liza Fredrickson                      | 6:00 PM – 7:15 PM<br><b>Partner Yoga (2nd Fri ONLY)</b><br>Kathryn Mills  |   |   |
| 7:00 PM – 8:00 PM<br><b>Pilates Reformer</b><br>Sydney Boardman   | 6:00 PM – 6:55 PM<br><b>Alternative Flow Yoga</b><br>Kathryn Mills         | 7:00 PM – 8:00 PM<br><b>Pilates Reformer</b><br>Sydney Boardman | 6:00 PM – 6:55 PM<br><b>Alternative Flow Yoga</b><br>Kathryn Mills         |   |   |   |



### Competition Pool - Aquatic Classes and Programs

Schedules are subject to change. Please refer to UVAC app for most up-to-date info.

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday   | Sunday   |
|---|---|---|--|---|--|--|
| 5:30 AM – 6:30 AM<br><b>Masters Swim</b><br>Barbara Hummel      | 5:30 AM – 6:30 AM<br><b>Masters Swim</b><br>Barbara Hummel          | 5:30 AM – 6:30 AM<br><b>Masters Swim</b><br>Barbara Hummel            | 5:30 AM – 6:30 AM<br><b>Masters Swim</b><br>Barbara Hummel             | 5:30 AM – 6:30 AM<br><b>Masters Swim</b><br>Barbara Hummel            | 7:00 AM – 8:30 AM<br><b>Masters Swim</b><br>Barbara Hummel |  |
| 6:30 AM – 7:30 AM<br><b>Masters Swim</b><br>Barbara Hummel      | 6:30 AM – 7:30 AM<br><b>Masters Swim</b><br>Barbara Hummel          | 6:30 AM – 7:30 AM<br><b>Masters Swim</b><br>Barbara Hummel            | 6:30 AM – 7:30 AM<br><b>Masters Swim</b><br>Barbara Hummel             | 6:30 AM – 7:30 AM<br><b>Masters Swim</b><br>Barbara Hummel            |  | 7:30 AM – 8:45 AM<br><b>Masters Swim</b><br>Barbara Hummel |
| 7:30 AM – 8:25 AM<br><b>Aqua Bootcamp</b><br>Tracy Mayer        | 7:30 AM – 8:25 AM<br><b>AquaSPA</b><br>Alanna Mayer                 | 7:30 AM – 8:25 AM<br><b>Warm Water Essentials</b><br>Sue Belisle      | 7:30 AM – 8:25 AM<br><b>AquaSPA</b><br>Alanna Mayer                    | 7:30 AM – 8:25 AM<br><b>Aqua Bootcamp</b><br>Tracy Mayer              |  |  |
| 9:00 AM – 10:00 AM<br><b>Masters Swim</b><br>Signe Linville     | 9:00 AM – 10:00 AM<br><b>Masters Swim</b><br>Signe Linville         |   | 9:00 AM – 10:00 AM<br><b>Masters Swim</b><br>Signe Linville            | 9:00 AM – 9:55 AM<br><b>DW Variations</b><br>Tomas Langland           |  |  |
|   |   | 10:00 AM – 10:55 AM<br><b>Deep Water Variations</b><br>Tomas Langland | 10:00 AM – 10:55 AM<br><b>DW Water Volleyball</b><br>Brandon Thibodeau |   |  |  |
| 11:30 AM – 12:25 PM<br><b>Splash HIIT</b><br>Signe Linville     | 11:00 AM – 11:55 AM<br><b>DW Water Volleyball</b><br>Alan Hernandez |   |  | 11:00 AM – 11:55 AM<br><b>DW Water Volleyball</b><br>Alan Hernandez   |  |  |
| 11:45 AM – 12:40 PM<br><b>Mahi in Water</b><br>Maryam Paydarfar | 11:15 AM – 12:00 PM<br><b>Splash HIIT</b><br>Signe Linville         | 11:45 AM – 12:15 PM<br><b>Mahi in Water</b><br>Maryam Paydarfar       | 11:15 AM – 12:00 PM<br><b>Splash HIIT</b><br>Signe Linville            | 12:00 PM – 12:55 PM<br><b>Deep Water Variations</b><br>Tomas Langland |  |  |
|   | 12:15 PM – 1:00 PM<br><b>Splash HIIT</b><br>Signe Linville          |   | 12:15 PM – 1:00 PM<br><b>Splash HIIT</b><br>Signe Linville             |   |  |  |
| 6:15 PM – 7:15 PM<br><b>Masters Swim</b><br>Barbara Hummel      | 6:15 PM – 7:15 PM<br><b>Masters Swim</b><br>Barbara Hummel          | 6:15 PM – 7:00 PM<br><b>Adult Advance LTS</b><br>Fee Based Class      | 6:15 PM – 7:15 PM<br><b>Masters Swim</b><br>Barbara Hummel             |   |  |  |

#### PROGRAM LEGEND

|                                       |
|---------------------------------------|
| Land Classes and Programs             |
| Fee Based Classes                     |
| Group Cycling                         |
| Mind Body Classes and Programs        |
| Competition Pool Classes and Programs |

# March 16-31, 2026

## Competition Pool – Classes and Programs

Schedules are subject to change. Please refer to UVAC app for most up-to-date info.

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  |
|--|--|--|---|--|---|
| 5:30 AM – 6:30 AM<br><b>Masters Swim</b><br>3 Shared 1 Private Lane  | 5:30 AM – 6:30 AM<br><b>Masters Swim - 8 Lanes</b><br>0 Lanes Available  | 5:30 AM – 6:30 AM<br><b>Masters Swim - 6 Lanes</b><br>3 Shared - 1 Private Lane  | 5:30 AM – 6:30 AM<br><b>Masters Swim - 8 Lanes</b><br>0 Lanes Available   | 5:30 AM – 6:30 AM<br><b>Masters Swim</b><br>3 Shared 1 Private Lane  | <b>Available Lanes</b><br>6:30 AM – 7:00 AM<br>3 Shared - 8 Private Lanes   |
| 6:30 AM – 7:30 AM<br><b>Masters Swim - 8 Lanes</b><br>2 Shared 1 Private Lanes   | 6:30 AM – 7:30 AM<br><b>Masters Swim - 8 Lanes</b><br>0 Lanes Available  | 6:30 AM – 7:30 AM<br><b>Masters Swim - 8 Lanes</b><br>2 Shared • 1 Private Lanes   | 6:30 AM – 7:30 AM<br><b>Masters Swim - 8 Lanes</b><br>0 Lanes Available   | 6:30 AM – 7:30 AM<br><b>Masters Swim - 8 Lanes</b><br>2 Shared • 1 Private Lanes   | 7:00 AM – 8:30 AM<br><b>Masters Swim - 8 Lanes</b><br>0 Lanes Available   |
| 7:30 AM – 8:25 AM<br><b>Aqua Bootcamp</b><br>Near Side of Pool   | 7:30 AM – 8:25 AM<br><b>AquaSPA</b><br>Near Side of Pool   | 7:30 AM – 8:25 AM<br><b>Warm Water Essentials</b><br>Near Side of Pool   | 7:30 AM – 8:25 AM<br><b>AquaSPA</b><br>Near Side of Pool  | 7:30 AM – 8:25 AM<br><b>Aqua Bootcamp</b><br>Near Side of Pool   | 8:10 AM – 8:55 AM<br><b>Group Lessons</b>   |
| 9:00 AM – 10:00 AM<br><b>Masters Swim - 5 Lanes</b><br>2 Shared • 3 Private Lanes  | 9:00 AM – 10:00 AM<br><b>Masters Swim - 9 Lanes</b><br>2 Shared Lanes  |  | 9:00 AM – 10:00 AM<br><b>Masters Swim - 9 Lanes</b><br>2 Shared Lanes   | 9:00 AM – 9:55 AM<br><b>Deep Water Variations</b><br>Near Side of Pool   | 8:30 AM – 1:00 PM<br><b>Swim Team</b>   |
| 11:30 AM – 12:25 PM<br><b>Splash HIIT</b><br>Far Side of Pool  | 11:00 AM – 11:55 AM<br><b>DW Water Volleyball</b><br>Far Side of Pool  | 10:00 AM – 10:55 AM<br><b>Deep Water Variations</b><br>Near Side of Pool   | 10:00 AM – 10:55 AM<br><b>DW Water Volleyball</b><br>Near Side of Pool  | 11:00 AM – 11:55 AM<br><b>DW Water Volleyball</b><br>Near Side of Pool   | 9:00 AM – 11:15 AM<br>2 Private Lanes<br>11:15 AM – 12:00 PM<br>2 Private Lanes<br>12:00 PM – 12:45 PM<br>4 Private Lanes<br>12:45 PM – 1:30 PM<br>4 Private Lanes            |
| 11:45 AM – 12:40 PM<br><b>Mahi in Water</b><br>Near Side of Pool   | 11:30 AM – 12:15 PM<br><b>Splash HIIT</b><br>Near Side of Pool   | 11:45 AM – 12:15 PM<br><b>Mahi in Water</b><br>Near Side of Pool   | 11:14 AM – 12:00 PM<br><b>Splash HIIT</b><br>Near Side of Pool  | 12:00 PM – 12:55 PM<br><b>Deep Water Variations</b><br>Near side of Pool   |   |
|  | 12:15 PM – 1:10 PM<br><b>Splash HIIT</b><br>Near Side of Pool  |  | 12:15 PM – 1:10 PM<br><b>Splash HIIT</b><br>Near Side of Pool   |  | <b>Available Lanes</b><br>1:30 PM – 3:45 PM<br>3 Shared • 8 Private Lanes   |
|  |  |  |   |  | <b>Sunday</b>   |
| 3:45 PM – 4:30 PM<br><b>Pre-Team</b>   | 3:45 PM – 4:30 PM<br><b>Child Group Lessons</b>  | 3:45 PM – 4:30 PM<br><b>Pre-Team</b>   | 3:45 PM – 4:30 PM<br><b>Child Group Lessons</b>   | 3:45 PM – 4:30 PM<br><b>Pre-Team</b>   | 7:30 AM – 8:45 AM<br><b>Masters Swim - 6 Lanes</b><br>1 Private • 2 Shared Lanes  |
| 3:45 PM – 7:15 PM<br><b>Swim Team</b>  | 3:45 PM – 7:00 PM<br><b>Swim Team</b>  | 3:45 PM – 7:30 PM<br><b>Swim Team</b>  | 3:45 PM – 7:00 PM<br><b>Swim Team</b>   | 3:45 PM – 7:30 PM<br><b>Swim Team</b>  | 8:10 AM – 8:55 AM<br><b>Group Lessons</b>   |
| 3:15 PM – 4:00<br>7 Private Lanes<br>4:00 PM – 4:30 PM<br>5 Private Lanes<br>4:30 PM – 5:30 PM<br>2 Private Lanes<br>6:45 PM – 7:15 PM<br>3 Private Lanes<br>7:15 PM – 7:45 PM<br>3 Shared • 8 Private Lanes | 3:15 PM – 4:00 PM<br>7 Private Lanes<br>4:00 PM – 4:30 PM<br>5 Private Lanes<br>4:30 PM – 6:00 PM<br>5 Private Lanes<br>6:30 PM – 7:15 PM<br>3 Private Lanes | 3:15 PM – 4:00 PM<br>8 Private Lanes<br>4:00 PM – 4:30 PM<br>5 Private Lanes<br>4:30 PM – 5:00 PM<br>2 Private Lanes<br>5:00 PM – 5:30 PM<br>2 Private Lanes<br>6:45 PM – 7:45 PM<br>2 Private Lanes | 3:15 PM – 4:00 PM<br>8 Private Lanes<br>4:00 PM – 4:30 PM<br>2 Private Lanes<br>4:30 PM – 5:30 PM<br>5 Private Lanes<br>5:30 PM – 7:15 PM<br>1 Private Lane | 3:15 PM – 4:00 PM<br>1 Shared • 7 Private Lanes<br>4:00 PM – 4:30 PM<br>3 Private Lanes<br>4:30 PM – 5:30 PM<br>2 Private Lanes<br>6:15 PM – 7:00 PM<br>1 Private Lane<br>7:00 PM – 7:45 PM<br>4 Private Lanes | 9:00 AM – 12:00 PM<br><b>Swim Team</b><br>9:00 AM – 10:30 AM<br>8 Private Lanes<br>10:30 AM – 12:00 PM<br>5 Private Lanes<br>12:00 PM – 3:45 PM<br>3 Shared - 8 Private Lanes |
| 6:15 PM – 7:15 PM<br><b>Masters Swim - 5 Lanes</b>   | 6:15 PM – 7:15 PM<br><b>Masters Swim - 5 Lanes</b>   | 6:45 PM – 7:30 PM<br><b>Adult Advanced Lessons</b><br>2 Private Lanes  | 6:15 PM – 7:15 PM<br><b>Masters Swim - 7 Lanes</b>  |  |   |

## 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.*

| PROGRAM LEGEND   |
|------------------|
| Swim Lessons     |
| Special Programs |
| Water Aerobics   |
| Swim Team        |
| Masters Swim     |

## SPECIAL NOTES FOR MEMBERS & GUESTS

Reservations needed 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.