

March 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 Masters Swim 3 Shared 1 Private Lane	5:30 AM – 6:30 AM Masters Swim - 8 Lanes 0 Lanes Available	5:30 AM – 6:30 AM Masters Swim - 6 Lanes 3 Shared - 1 Private Lane	5:30 AM – 6:30 AM Masters Swim - 8 Lanes 0 Lanes Available	5:30 AM – 6:30 AM Masters Swim 3 Shared 1 Private Lane	Available Lanes 6:30 AM – 7:00 AM 3 Shared - 8 Private Lanes
6:30 AM – 7:30 AM Masters Swim - 8 Lanes 2 Shared 1 Private Lanes	6:30 AM – 7:30 AM Masters Swim - 8 Lanes 0 Lanes Available	6:30 AM – 7:30 AM Masters Swim - 8 Lanes 2 Shared • 1 Private Lanes	6:30 AM – 7:30 AM Masters Swim - 8 Lanes 0 Lanes Available	6:30 AM – 7:30 AM Masters Swim - 8 Lanes 2 Shared • 1 Private Lanes	7:00 AM – 8:30 AM Masters Swim - 8 Lanes 0 Lanes Available
					8:10 AM – 8:55 AM Group Lessons
9:00 AM – 10:00 AM Masters Swim - 5 Lanes 2 Shared • 3 Private Lanes	9:00 AM – 10:00 AM Masters Swim - 9 Lanes 2 Shared Lanes		9:00 AM – 10:00 AM Masters Swim - 9 Lanes 2 Shared Lanes	9:00 AM – 9:55 AM Deep Water Variations 3 Shared • 5 Private Lanes	8:30 AM – 1:00 PM Swim Team 2 Private Lanes 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 Water Volleyball 4 Private Lanes	10:00 AM – 10:55 AM Deep Water Variations 3 Shared • 4 Private Lanes	10:00 AM – 10:55 AM Water Volleyball 3 Lanes Available	11:00 AM – 11:55 AM Water Volleyball 2 Shared • 5 Private Lanes	
11:45 AM – 12:40 PM Mahi in Water Maryam Paydarfar		11:45 AM – 12:15 PM Mahi in Water Maryam Paydarfar		12:00 PM – 12:55 PM Deep Water Variations 2 Shared • 5 Private Lanes	
					Available Lanes 1:30 PM – 3:45 PM 3 Shared • 8 Private Lanes
					Sunday
3:45 PM – 4:30 PM Pre-Team	3:45 PM – 4:30 PM Child Group Lessons	3:45 PM – 4:30 PM Pre-Team	3:45 PM – 4:30 PM Child Group Lessons	3:45 PM – 4:30 PM Pre-Team	7:30 AM – 8:45 AM Masters Swim - 6 Lanes 1 Private • 2 Shared Lanes
3:45 PM – 7:15 PM Swim Team	3:45 PM – 7:00 PM Swim Team	3:45 PM – 7:30 PM Swim Team	3:45 PM – 7:00 PM Swim Team	3:45 PM – 7:30 PM Swim Team	8:10 AM – 8:55 AM Group Lessons
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	3:15 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	3:15 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	3:15 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	3:15 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 Swim Team 9:00 AM – 10:30 AM 8 Private Lanes 10:30 AM – 12:00 PM 5 Private Lanes 12:00 PM – 3:45 PM 3 Shared - 8 Private Lanes
6:15 PM – 7:15 PM Masters Swim - 5 Lanes	6:15 PM – 7:15 PM Masters Swim - 5 Lanes	6:45 PM – 7:30 PM Adult Advanced Lessons 2 Private Lanes	6:15 PM – 7:15 PM Masters Swim - 7 Lanes		

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.

HEALTH AND WEATHER HOTLINE

For weather related news and program cancellations call 802.698.8361

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.

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.

March 2026

Warm Water Pool – Classes and Programs Through March 15

Warm Water Pool & Splash Park Closing for Maintenance Beginning March 16

Please note: Some classes are canceled. Other water fitness classes will be held in the Competition Pool.
Please refer to UVAC app for most up-to-date info.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 AM – 8:25 AM Aqua Bootcamp 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 Aqua Bootcamp Deep Half of Pool	
			March 5 & 12 8:30 AM – 10:30 AM Thursdays in the Splash Park		March 7 & 14 8:25 AM – 10:05 AM Group Lessons Bench & All Lanes
March 2 & 9 9:00 AM – 10:05 AM Preschool Lessons Bench	10:15 AM – 11:05 AM Bugbee Senior Deep Half	March 4 & 11 9:00 AM – 10:05 AM Preschool Lessons Bench & Shallow End		March 6 & 13 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	11:00 AM – 11:55 PM HCRS/Zack's Place Deep Half of Pool	Sunday March 8 & 15 9:00 AM – 10:05 AM Group Lessons Bench & All Lanes
	12:15 PM – 1:10 PM Splash HIIT Deep Half of Pool	12:15 PM – 12:45 PM Mahi in Water Maryam Paydarfar	12:15 PM – 1:10 PM Splash HIIT Deep Half of Pool		PLEASE NOTE: Water features for Splash Park are NOT TURNED ON during Swim Lessons or Water Aerobic Classes. Pools Close 15 minutes early. PLEASE PLAN ACCORDINGLY.
	March 3 & 10 3:25 PM – 5:05 PM Child Group Lessons Bench & all lanes	March 4 & 11 5:15 PM – 6:10 PM H2O TO GO Deep Half of Pool	March 5 & 12 3:25 PM – 5:05 PM Child Group Lessons Bench & all lanes		
March 2 & 9 5:15 PM – 6:10 PM H2O TO GO Deep Half of Pool		March 4 & 11 6:15 PM – 7:00 PM Adult Beginner Lessons All Lanes	March 5 & 12 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 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.



WE'RE HIRING

Please check our website for open positions and complete an application online:
uvacswim.org/employment

Questions?
Contact Kelly

802-296-2850 ex 121

or email

kmousley@uvacswim.org

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.