

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

## WE'RE HIRING

Please check our website for open positions and complete an application online:  
[uvacswim.org/employment](http://uvacswim.org/employment)

**Questions?**  
**Contact Kelly**

802-296-2850 ex 121  
or email

[kmousley@uvacswim.org](mailto:kmousley@uvacswim.org)