

UVAC Class Descriptions
ALL LEVELS WELCOME

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
Full body resistance training using balls, weights, body bars, bands and intense circuits for a total body workout in a group setting.

Dance Fitness
Join this dance party to build strength and balance while getting your steps in! No experience necessary- you will follow along to repeatable dance steps to boost your mood, improve your range of motion, and even support your brain health.

Dance Fusion
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.

Functional Strength
A blend of high-intensity performance with mobility and strength. The class transitions from mobility to power, followed by strength using TRX and kettlebells, and concludes with conditioning and yoga-based recovery.

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.

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.

Sculpt and Strengthen
A dynamic, full-body fitness class that blends targeted resistance training, core conditioning, and low-impact cardiovascular intervals to tone muscles and boost physical endurance.

Senior Strength
A class that focuses on improving physical strength, flexibility and balance for older adults.

Strength ABC
An upbeat, all-levels strength class designed to build power and confidence through focused training for Arms, Booty, and Core. Using a mix of equipment like dumbbells, kettlebells, mini-bands, and bodyweight you'll target the major muscle groups of the arms, glutes, and core in a fun, energizing format that meets you exactly where you are, whether you re brand new or a seasoned athlete.

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 thought possible in this full-body, get-your-groove-on, workout!

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.

LAND BASED CLASSES CYCLING AQUATIC CLASSES MIND BODY CLASSES

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.

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.

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.

Mahi Pilates
Mahi Pilates uses traditional land Pilates exercises adapted in the water while maintaining the same emphasis on core strength, spinal mobility, alignment, precision, and flow. The support of the water reduces the impact of the body weight and the risk of falling, making the exercises safe, accessible, and effective for all.

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.

Warm Water Essentials
Come learn the art of water tabata. Toning your muscles, straightening your alignment, working on core, balance, and strength all while having fun.

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.

Barre
This Barre class blends ballet-inspired movements with body-weight exercises to build strength, improve balance, and enhance flexibility. Controlled, low-impact movements target the core, glutes, and upper body while promoting graceful movement, stability, and overall muscular endurance.

Breath & Stillness
A gentle, restorative space to slow down and reconnect through breath & meditation. Engaging in breath awareness, breathwork practice, and stillness, participants will calm the nervous system and leave feeling more grounded, relaxed, and present.

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.

Power Flow Yoga
This is a fast-paced style of yoga that links breath with continuous, dynamic movement. It blends the fitness and strength-building elements of Ashtanga and Vinyasa, giving you a full-body workout.

Slow Flow Yoga
A slow paced class designed to rejuvenate and heal the body. Focus is on alignment, strength and flexibility.

Sound Experience
Experience a 90-minute immersion in sound, designed to bring you into present-moment awareness. We invite you to press pause on your daily routine, connect with your curiosity, and embark on an inner journey.

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.

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

Reservations needed for Group Fitness Classes. Visit our website UVACswim.org for reservations and a guide of how to reserve a spot.

UPPER VALLEY

AQUATIC

CENTER

uvacswim.org

OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2			Warm Water Pool Group Visit 10:00 am - 1:00 pm	3
4	5	6	7	8	9 Partner Yoga 5:30 pm +Lifeguard Certification October 9, 10 & 11	10 +Wilderness First Aid October 10 & 11
11 +Lifeguard Certification October 9, 10 & 11 +Wilderness First Aid October 10 & 11	12	13 +CPR/AED Certification	14	15	16 Warm Water Pool Group Visit 10:00 am - 1:00 pm	17 October Invite Swim Meet 10:00 am - 3:00 pm
18 +Babysitting Certification	19	20	21 Wake With Wendy 8:30 am - 9:30 am in the Lobby	22	23 Warm Water Pool Group Visit 10:00 am - 2:00 pm +American Red Cross Blood Drive 11:00 am - 5:00 pm	24 +Lifeguard Recert October 24 & 25 Pilates Reformer Open House 10:00 am - 11:00 am Please RSVP with Welcome Desk
25 +Lifeguard Recertification October 24 & 25 Leaf Peepers Swim Meet 9:30 am - 3:00 pm	26	27	28	29	30 Warm Water Pool Group Visit 10:00 am - 1:00 pm	31 HAPPY HALLOWEEN!

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

Over 90 FREE Weekly Classes Included in Your Membership!

Reservation Required

WEATHER HOTLINE

802.698.8361

802.296.2850

UVACswim.org

October 2026

FREE Aquatic Classes - Warm Water & Competition Pool

All classes are free to members. Reservation required. Schedules are subject to change. Please refer to UVAC app for most up-to-date info.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 AM – 8:25 AM Warm Water Essentials Parker Licari ☀️	7:30 AM – 8:25 AM AquaSPA Alanna Mayer ☀️	7:30 AM – 8:25 AM Warm Water Essentials Parker Licari ☀️	7:30 AM – 8:25 AM AquaSPA Alanna Mayer ☀️	7:30 AM – 8:25 AM Warm Water Essentials Parker Licari ☀️	7:15 AM - 8:10AM H2O to Go Alia Gonzalez 🌊	
9:00 AM – 9:55 AM Deep Water Variations Tomas Langland ☀️				9:00 AM – 9:55 AM Deep Water Variations Tomas Langland☀️		
11:30 AM – 12:25 PM Warm Water Essentials Sue Belisle 🌊	11:00 AM – 11:55 AM DW Volleyball Alan Hernandez ☀️	10:00 AM – 10:55 AM Deep Water Variations Tomas Langland ☀️	10:00 AM – 10:55 AM DW Volleyball Brandon Thibodeau ☀️		PROGRAM LEGEND Warm Water Classes and Programs Competition Pool Classes and Programs ☀️ Instructor Teaching on Deck 🌊 Instructor Teaching in Water Over 90 FREE Weekly Classes Included in Your Membership! Reservation Required	
11:00 AM – 11:55 AM DW Volleyball Brandon Thibodeau ☀️	11:15 AM – 12:10 PM Splash HIIT Signe Linville ☀️		11:15 AM – 12:10 PM Splash HIIT Signe Linville ☀️	11:00 AM – 11:55 AM DW Volleyball Alan Hernandez ☀️		
12:30 PM – 1:25 PM Mahi Pilates Maryam Paydarfar ☀️	12:15 PM – 1:10 PM Splash HIIT Signe Linville ☀️	12:30 PM – 1:25 PM Mahi Pilates Maryam Paydarfar ☀️	12:15 PM – 1:10 PM Splash HIIT Signe Linville ☀️	12:00 PM – 12:55 PM Deep Water Variations Tomas Langland ☀️		
5:15 PM – 6:10 PM H2O to Go Melissa Gove ☀️	5:30 PM – 6:25 PM Warm Water Essentials Alia Gonzalez 🌊	5:15 PM – 6:10 PM H2O to Go Melissa Gove ☀️	5:30 PM – 6:25 PM Warm Water Essentials Alia Gonzalez 🌊			

FREE Group Exercise Classes

All classes are free to members. Reservation required. 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 – 6:15 AM Early Riser Strength Kristin Fauci		5:30 AM – 6:15 AM Early Riser Strength Kristin Fauci		5:30 AM – 6:15 AM Early Riser Strength Kristin Fauci		
		7:15 AM – 8:10 AM Dance Fusion Alanna Mayer				
8:30 AM – 9:25 AM Ess. Conditioning Erin Buck	9:10 AM – 10:10 AM Power Hour Tracy Mayer	8:30 AM – 9:25 AM Ess. Conditioning Erin Buck	9:10 AM – 10:10 AM Power Hour Dan Talbot	8:30 AM – 9:25 AM Ess. Conditioning Erin Buck	8:30 AM – 9:25 AM Full-Body Strength Darcy Pooler	9:00 AM – 10:00 AM Sculpt & Strengthen Anh Nguyen
10:30 AM – 11:25 AM ZUMBA Nikki Batra	10:15 AM –10:55 AM TRX Emily Pritchard	10:30 AM – 11:25 AM ZUMBA Jolin Salazar-Kish	10:15 AM –10:55 AM TRX Signe Linville	9:45 AM – 10:40 AM TRX Tracy Mayer	9:30 AM – 10:25 AM ZUMBA Liza Fredrickson	10:00 AM – 10:55 AM Dance Fitness Rachel Burcham
11:30 AM – 12:25 PM TRX Parker Licari	11:00 AM – 11:55 AM Low Impact Circuit Parker Licari	11:30 AM – 12:20 PM TRX Alan Hernandez	11:00 AM – 11:55 AM Low Impact Circuit Parker Licari		FREE Group Orientations New to the Fitness Center, TRX or Cycling? Our expert Team will guide you through safe and effective equipment use. Sign up at the Welcome Desk. Fitness Center Saturday, 10/10 @ 9:30am Friday, 10/16 @ 10:30am Saturday, 10/24 @ 9:30am Cycling Saturday, 10/24 @ 9:30am TRX Saturday, @ 10/17 10:30am	
5:00 PM – 5:45 PM Kettlebell Strength Morganne Young	4:30 PM – 5:25 PM Boot Camp Zeke Cammarata		4:30 PM – 5:25 PM Boot Camp Zeke Cammarata	4:30 PM - 5:25 PM TRX Anh Nguyen		
6:00 PM – 6:55 PM Circuit Training Alan Hernandez	5:30 PM – 6:25 PM TRX Dance Fusion Alanna & Tracy Mayer	5:00 PM – 5:55 PM Functional Strength Emily Pritchard	5:30 PM – 6:25 PM Cardio Kickboxing Darcy Pooler			
		6:00 PM – 6:55 PM Circuit Training Alan Hernandez	6:30 PM – 7:25 PM Strength ABC Darcy Pooler			

October 2026

FREE Group Cycling Classes

All classes are free to members. Reservation required. Schedules are subject to change. Please refer to UVAC app for most up-to-date info.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15 AM – 9:10 AM Cycling Shannon Varley	5:30 AM – 6:25 AM Cycling Melanie Viegener	8:15 AM – 9:10 AM Cycling Peter Sielicki	5:30 AM – 6:25 AM Cycling Melanie Viegener	7:00 AM – 7:55 AM Cycling Zeke Cammarata		
9:30 AM – 10:25 AM Cycling Zeke Cammarata	8:15 AM – 9:10 AM Cycling Melissa Gove	9:30 AM – 10:25 AM Cycling Parker Licari	8:15 AM – 9:10 AM Cycling Melissa Gove	8:15 AM – 9:10 AM Cycling Shannon Varley	8:15 AM – 9:10 AM Cycling Wk 1: Amy Thacker Wk 2: Peter Sielicki Wk 3: Peter Sielicki Wk 4: Amy Thacker Wk 5: Amy Thacker	9:00 AM – 9:55 AM Cycling Sowmya Srinivas
6:00 PM – 6:55 PM Cycling Anh Nguyen	6:00 PM – 6:55 PM Cycling Peter Sielicki	6:00 PM – 6:55 PM Cycling Anh Nguyen	6:00 PM – 6:55 PM Cycling Peter Sielicki			

See Inserts for Additional Fee-Based Land & Aquatic Programming Options, including Swim Lessons!



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UVAC Testimonials

I joined UVAC in June 2025 to improve my bone mass after a surprising osteoporosis diagnosis (-3.7 spine, plus hip). After a DEXA scan showed no improvement from basic exercise, I combined medication with ramping up my routine at UVAC to 4–5 classes a week. My scan this summer showed nearly 26% new bone in my spine and 12% in my hip—about double the average gain from medication alone! Exercise is now a part of my life. Many thanks to every instructor who pushes us to be healthier; I don’t love every exercise, but I love being stronger and more fit. ~ Kathy L.

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FREE Mind Body Studio Classes

All classes are free to members. Reservation required. Schedules are subject to change. Please refer to UVAC app for most up-to-date info.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 AM – 9:25 AM Mat Pilates Elda Aner	7:30 AM – 8:25 AM TRX Tracy Mayer	8:30 AM – 9:25 AM Barre Alanna Mayer	7:30 AM – 8:25 AM TRX Tracy Mayer	8:30 AM – 9:25 AM Mat Pilates Elda Aner		
9:30 AM – 10:25 AM Stretch, Strength & Balance Elda Aner		9:30 AM – 10:25 AM Gentle Yoga Connie Ciulla		9:30 AM – 10:25 AM Stretch, Strength & Balance Elda Aner		
	10:00 AM – 10:55 AM Vinyasa Yoga Sharon Comeau		10:00 AM – 10:55 AM Vinyasa Yoga Sharon Comeau	10:30 AM – 11:25 AM Breath & Stillness Donelle Bucholtz	10:00 AM – 11:15 AM Slow Flow Yoga Connie Ciulla	10:00 AM – 10:55 AM Alternative Flow Yoga Kathryn Mills
	11:00 AM – 11:55 AM Senior Strength Sharon Comeau		11:00 AM – 11:55 AM Senior Strength Sharon Comeau			
	12:00 PM – 12:55 PM Power Flow Yoga Sharon Comeau					1:00 PM – 2:30 PM Sound Experience Tobin Asher
GET EXCITED! 4:00 PM – 4:55 PM Yoga with Abby Starting November 16!			5:00 PM – 5:55 PM ZUMBA Liza Fredrickson	5:30 PM – 6:45 PM Partner Yoga (2nd Fri ONLY) Kathryn Mills		
	6:00 PM – 6:55 PM Alternative Flow Yoga Kathryn Mills		6:00 PM – 6:55 PM Alternative Flow Yoga Kathryn Mills			

October 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	5:30 AM – 6:30 AM Masters Swim	5:30 AM – 6:30 AM Masters Swim	5:30 AM – 6:30 AM Masters Swim	5:30 AM – 6:30 AM Masters Swim	7:00 AM – 8:30 AM Masters Swim
6:30 AM – 7:30 AM Masters Swim	5:30 AM – 7:00 AM Swim Team	6:30 AM – 7:30 AM Masters Swim	6:30 AM – 7:30 AM Masters Swim	6:30 AM – 7:30 AM Masters Swim	8:10 AM – 8:55 AM Child Group Lessons
9:00 AM – 9:55 AM Deep Water Variations Near Side of Pool	6:30 AM – 7:30 AM Masters Swim			6:30 AM – 7:30 AM Masters Swim	8:30 AM – 1:00 PM Swim Team
9:00 AM – 10:00 AM Masters Swim	9:00 AM – 10:00 AM Masters Swim		9:00 AM – 10:00 AM Masters Swim	9:00 AM – 9:55 AM Deep Water Variations Near Side of Pool	
11:00 AM – 11:55 AM DW Volleyball Near Side of Pool	11:00 AM – 11:55 AM DW Volleyball Near Side of Pool	10:00 AM – 10:55 AM Deep Water Variations Near Side of Pool	10:00 AM – 10:55 AM DW Volleyball Near Side of Pool	11:00 AM – 11:55 AM DW Volleyball Near Side of Pool	
12:30 PM – 1:25 PM Mahi Pilates		12:30 PM – 1:25 PM Mahi Pilates		12:00 PM – 12:55 PM Deep Water Variations Near side of Pool	Sunday
3:45 PM – 4:25 PM Pre-Team	3:45 PM – 4:30 PM Child Group Lessons	3:45 PM – 4:25 PM Pre-Team	3:45 PM – 4:30 PM Child Group Lessons	3:45 PM – 4:25 PM Pre-Team	7:30 AM – 8:45 AM Masters Swim
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 Child Group Lessons
6:15 PM – 7:15 PM Masters Swim	6:15 PM – 7:15 PM Masters Swim	6:45 PM – 7:30 PM Adult Advanced Lessons	6:15 PM – 7:15 PM Masters Swim		9:00 AM – 12:00 PM Swim Team

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

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.

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.

www.uvacswim.org | 802.296.2850



October 2026

Warm Water 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
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
9:00 AM – 10:05 AM Child Group Lessons Bench & Shallow End		9:00 AM – 10:05 AM Child Group Lessons Bench & Shallow End		9:00 AM – 10:05 AM Child Group Lessons Bench & Shallow End	8:25 AM – 10:05 AM Child Group Lessons Bench & All Lanes
10:45 AM – 11:30 AM Adaptive Adult Lessons All Lanes	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	Sunday 9:00 AM – 10:05 AM Child Group Lessons Bench & All Lanes
11:30 AM – 12:25 PM Warm Water Essentials 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	PROGRAM LEGEND Swim Lessons Special Programs Water Aerobics	
	12:15 PM – 1:10 PM Splash HIIT Deep Half of Pool	3:00 PM – 4:00 PM Hartford Learn To Swim All Lanes			
3:00 PM – 4:00 PM Hartland Rec Program Shallow End	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	PLEASE NOTE: Water features for Splash Park are TURNED OFF during Swim Lessons and Water Aerobic Classes. Part of the Warm Water Pool may be unavailable during Red Cross Classes. Pools Close 15 minutes early. PLEASE PLAN ACCORDINGLY.	
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		

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.

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.



October 2026

Fee-Based Small Group Programs

Schedules are subject to change. Please refer to UVAC app for most up-to-date info. (Fee based unless otherwise noted.)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM – 6:30 AM Masters Swim Barbara Hummel	5:30 AM – 6:30 AM Masters Swim Barbara Hummel	5:30 AM – 6:30 AM Masters Swim Barbara Hummel	5:30 AM – 6:30 AM Masters Swim Barbara Hummel	5:30 AM – 6:30 AM Masters Swim Barbara Hummel		
6:30 AM – 7:30 AM Masters Swim Barbara Hummel	6:00 AM – 6:55 AM TribeLIFE™ Coach Erin	6:30 AM – 7:30 AM Masters Swim Barbara Hummel	6:00 AM – 6:55 AM TribeLIFE™ Coach Erin	6:30 AM – 7:30 AM Masters Swim Barbara Hummel		
	6:30 AM – 7:30 AM Masters Swim Barbara Hummel		6:30 AM – 7:30 AM Masters Swim Barbara Hummel		7:15 AM – 8:10 AM Masters Swim Barbara Hummel	7:30 AM – 8:45 AM Masters Swim Barbara Hummel
	8:00 AM – 9:00 AM TribeLIFE™ Coach Erin				8:10 AM – 8:55 AM Child Group Swim Lessons	8:10 AM – 8:55 AM Child Group Swim Lessons
	8:45 AM – 9:40 AM Pilates Reformer Alanna Mayer		8:45 AM – 9:40 AM Pilates Reformer Alanna Mayer		8:25 AM – 10:05 AM Child Group Swim Lessons	9:00 AM – 10:05 AM Child Group Swim Lessons
9:00 AM – 10:00 AM Masters Swim Signe Linville	9:00 AM – 10:00 AM Masters Swim Signe Linville	9:00 AM – 10:05 AM Child Group Swim Lessons	9:00 AM – 10:00 AM Masters Swim Signe Linville	9:00 AM – 10:05 AM Child Group Swim Lessons		
9:00 AM – 10:05 AM Child Group Swim Lessons	9:00 AM – 10:00 AM PALS for Life Erin Buck	9:30 AM – 10:30 AM Strength Through Menopause Donelle Bucholtz	9:00 AM – 10:00 AM PALS for Life Erin Buck	9:30 AM – 10:30 AM Strength Through Menopause Donelle Bucholtz		
9:30 AM – 10:30 AM RISE Erin Buck	10:30 AM – 11:25 AM Functional Fitness Training Tracy Mayer	9:30 AM – 10:25 AM RISE Erin Buck	10:30 AM – 11:25 AM Functional Fitness Training Tracy Mayer		★ Certain programs require prerequisites, specific qualifications, or physician clearance for underlying health conditions. ★	
10:30 AM – 11:25 AM TribeLIFE™ Coach Erin		10:30 AM – 11:25 AM TribeLIFE™ Coach Erin				
10:45 AM – 11:30 AM Adaptive Adult Swim Lessons	12:30 PM – 2:00 PM PWR!Moves Brandon Thibodeau	11:30 AM – 12:30 PM Pedaling for Parkinson's Melanie Viegner	12:30 PM – 2:00 PM PWR!Moves Brandon Thibodeau	12:30 PM – 2:00 PM Rock Steady Boxing: Stages 3-4 Parker Licari		
12:30 PM – 2:00 PM Rock Steady Boxing: Stages 1-2 Zeke Cammarata	1:00 PM – 1:55 PM Tai Ji Quan Kathryn Mills (Ends 10/20)		1:00 PM – 1:55 PM Tai Ji Quan Kathryn Mills (Ends 10/20)	2:00 PM – 3:30 PM Rock Steady Boxing: Stages 1-2 Parker Licari		
2:00 PM – 3:30 PM Rock Steady Boxing: Stages 1-2 Zeke Cammarata	3:25 PM – 5:05 PM Child Group Swim Lessons	3:45 PM – 4:25 PM Pre Team	3:25 PM – 5:05 PM Child Group Swim Lessons	3:45 PM – 4:25 PM Pre Team		
3:45 PM – 4:25 PM Pre Team	3:30 PM – 4:25 PM TribeKIDS™ Coach Melanie	4:00 PM – 4:55 PM TribeLIFE™ Coach Zeke	3:45 PM – 4:30 PM Child Group Swim Lessons	CLASS LOCATION LEGEND - Group Exercise Studio - Training Studio - Group Cycling - Fitness Floor - Mind Body Studio - Warm Water Pool - Competition Pool		
4:00 PM – 4:55 PM TribeLIFE™ Coach Zeke	3:45 PM – 4:30 PM Child Group Swim Lessons	5:00 PM – 5:55 PM Pilates Reformer Jennifer Sielicki	3:30 PM – 4:25 PM TribeKIDS™ Coach Melanie			
5:00 PM – 5:55 PM Pilates Reformer Jennifer Sielicki	4:00 PM – 4:55 PM Pilates Reformer Alanna Mayer	6:00 PM – 6:55 PM Pilates Reformer Jennifer Sielicki	4:00 PM – 4:55 PM Pilates Reformer Alanna Mayer			
6:00 PM – 6:55 PM Pilates Reformer Jennifer Sielicki	4:30 PM – 5:25 PM Strength Through Menopause Tracy Mayer	6:15 PM – 7:00 PM Adult Group Swim Lessons	4:30 PM – 5:25 PM Strength Through Menopause Tracy Mayer			
6:15 PM – 7:15 PM Masters Swim Barbara Hummel	6:15 PM – 7:15 PM Masters Swim Barbara Hummel	6:45 PM – 7:30 PM Adult Advance Learn To Swim	6:15 PM – 7:15 PM Masters Swim Barbara Hummel			

>>> See other side for program details and how to register. >>>

Small Group Program Descriptions (Fee based unless otherwise noted.)

BREAST CANCER SURVIVORSHIP

PALS for Life

A FREE safe and effective research-based Small Group Training Program for Breast Cancer Survivors following the University of Pennsylvania Physical Activity & 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).

Our mission remains the same—to support breast cancer survivors with strength, community, and wellness.

FREE to UVAC Members who have graduated from PALS for Life.

Contact Erin Buck to register for PALS or RISE:

ebuck@uvacswim.org

PEP (PARKINSON'S EXERCISE PROGRAM)

Pedaling for Parkinson's™

Pedaling 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.

Contact Erin Buck to register for PEP offerings:

ebuck@uvacswim.org

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)

Register for TRIBE with the Welcome Desk.

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.

Register with the Welcome Desk.

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.

Register with the Welcome Desk.

STRENGTH THROUGH MENOPAUSE

Designed to support women through midlife changes, sessions combine resistance training to protect bone density and muscle mass, balance and agility drills to reduce fall risk and improve coordination, and guided breath work to support core stability, stress regulation, and energy levels.

Register with the Welcome Desk.

TAI JI QUAN

Tai Ji Quan: Moving for Better Balance® (TJQMBB) is a researched-based balance exercise program designed for adults looking to strengthen their muscles, and improve their overall stability. Cultivate well being, and self confidence in this class!

Register with the Welcome Desk.

CHILDREN'S & ADULT SWIM LESSONS

UVAC offers a Learn-to-Swim program tailored for every age and ability. We provide group lessons starting with Parent & Me (6 months+), as well as Preschool and Youth Swim Lessons for ages 3–13.

For kids comfortable in deep water, our Pre Team program refines strokes and introduces team drills to prepare them for the UVAC swim team.

We also offer specialized group instruction for beginner and advanced-beginner teens and adults (14+).

Visit www.uvacswim.org/swim-lessons for more details or to register. For other questions, contact Kana Wyman: kwyman@uvacswim.org.

MASTERS SWIM PROGRAM

Our Masters Swim Program (ages 18+) is designed for adults looking to improve their fitness and stroke technique through inspired coaching and team camaraderie. Enjoy a fun, challenging, and supportive environment focused on achieving your personal goals.

(Note: This is not a learn-to-swim program; participants should be comfortable swimming laps independently.)

For more details visit www.uvacswim.org/masters or contact Barbara Hummel: bhummel@uvacswim.org. Register for Masters with the Welcome Desk.