

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

