

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.

