

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 Aqua Gym Deep Half of Pool	7:30 AM – 8:25 AM Warm Water Essentials Deep Half of Pool	7:30 AM – 8:25 AM Aqua Gym Deep Half of Pool	7:30 AM – 8:25 AM Warm Water Essentials Deep Half of Pool	7:30 AM – 8:15 AM HIIT the Water Deep Half of Pool
 Splash Camp Lessons 8:30AM-9:30AM				Splash Camp  Camper Free Swim 8:30AM – 9:30AM	8:25 AM – 10:05 AM Child Group Lessons Bench & 3 Lanes Deep End
9:45 AM – 10:15 AM Preschool Lessons Bench & Shallow End	10:15 AM – 11:05 AM Bugbee Senior - Deep Half 9:45 AM – 10:15 AM Preschool Lesson - Bench	9:45 AM – 10:15 AM Preschool Lessons Bench & Shallow End	9:45 AM – 10:15 AM Preschool Lessons Bench & Shallow End		
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 9:00 AM – 10:05 AM Child Group Lessons Bench & 3 Lanes, Deep End
	12:15 PM – 1:10 PM Splash HIIT Deep Half of Pool	12:15 PM – 12:45 PM Mahi in Water Deep Half of Pool	12:15 PM – 1:10 PM Splash HIIT Deep Half of Pool		PLEASE NOTE: Water features for Splash Park are not on during swim lessons or water aerobic classes. PLEASE PLAN ACCORDINGLY. Pools close 15 minutes early
 Splash Camp Camper Free Swim 2:00PM–3:00PM • Monday – Friday					
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	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		
	5:30 PM – 6:25 PM Aqua Gym Deep Half of Pool	6:15 PM – 7:00 PM Adult Beginner Lessons All Lanes	5:30 PM – 6:25 PM Aqua Gym Deep Half of Pool		

SPECIAL NOTES FOR MEMBERS/GUESTS

Reservations will be taken 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 three people at a time with a ten-minute 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.



WE'RE HIRING

Please check our website for open positions and complete an application online:

uvacswim.org/employment

Questions: Kelly

802-296-2850 ex 121

or email

kmousley@uvacswim.org