

November 2025

Warm Water Pool – Classes and Programs

***SPECIAL NOTE:** Schedule Subject to change. See our website UVACswim.org for the most up to dates schedule.*

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	7:15 AM – 8:10 AM HIIT the Water Deep Half of Pool
			Thursdays in the Splash Park 8:30 AM – 10:30 AM		8:25 AM – 10:05 AM Group Lessons Bench & Shallow End
9:00 AM – 10:05 AM Preschool Lessons Bench	10:15 AM – 11:05 AM Bugbee Senior Deep Half	9:00 AM – 10:05 AM Preschool Lessons Bench & Shallow End		9:00 AM – 10:05 AM Preschool Lessons Bench & Shallow	
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 Group Lessons Bench & Shallow 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		
2:55 PM – 4:00 PM Hartland-Learn-to-Swim Shallow area		2:45 PM – 4:30 PM Hartford-Learn-to-Swim Shallow area (starts 10/8)			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
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		
		6:15 PM – 7:00 PM Adult Beginner Lessons All Lanes	5:30 PM – 6:25 PM Warm Water Essentials 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