

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 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.

AquaBoot Camp

A low-impact, high-intensity, total body workout. It combines cardio, strength, and functional movement training using water resistance and equipment such as dumbbells and noodles. The class is a fun way to burn fat, improve endurance, and build muscle while being gentle on joints.

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.

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.

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.

LAND BASED CLASSES CYCLING AQUATIC CLASSES MIND BODY CLASSES PAID PROGRAMS

Vinyasa Yoga

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

Yoga Strength and Balance

Strength and balance are the key attributes for the physical and mental health of our body. Sequences lead you through the wonderful practice in yoga to develop these qualities. Yoga props will be used to accommodate all participants.

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.

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,

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

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.

Masters Swim

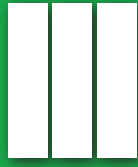
Improve your fitness and stroke technique with inspired coaching, camaraderie and a convenient work-out schedule in a fun and challenging environment. Designed to help you reach YOUR swimming goals. (18 yrs and up).

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.

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.



UPPER VALLEY
AQUATIC
CENTER
uvacswim.org



AUGUST 2026 CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 VSA State Championship Swim Meet Aug 1 & 2
						WARM WATER POOL CLOSED
2 VSA State Championship Swim Meet Aug 1 & 2	3	4	5	6 Group Fitness Orientation ☀️ 10:00 am	7 Warm Water Pool Group Visits 10:00 am-1:00 pm	8 Group Fitness Orientation ☀️ 9:30 am +Lifeguard Recertification Aug 8-9
WARM WATER POOL CLOSED	👉 Splash Camp 👈					
9 +Lifeguard Recertification Aug 8-9	10	11	12	13	14 Warm Water Pool Group Visit 5:00 pm-7:30pm	15
	👉 Splash Camp 👈					
16 +CPR/AED/First Aid Certification	17	18	19 Wake With Wendy 9:30 am-10:30 am in the Lobby	20 Group Fitness Orientation ☀️ 10:00 am	21 +Lifeguard Certification Aug 21-23	22
	👉 Splash Camp 👈					
23 +Lifeguard Certification Aug 21-23	24	25	26	27	28	29 Group Fitness & Group Cycling Orientations ☀️ 9:30 am Group TRX Orientation 10:30 am
30	31					

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

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.

WEATHER HOTLINE
802.698.8361
802.296.2850
UVACswim.org

August 2026

All classes are free to members unless noted otherwise. See Legend. Schedules are subject to change. Please refer to UVAC app for most up-to-date info.

Group Exercise Studio – Classes and Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM – 6:15 AM Early Riser Strength Kristin Fauci	6:00 AM – 6:55 AM 🏡TribeLIFE™ Coach Erin	5:30 AM – 6:15 AM Early Riser Strength Kristin Fauci	6:00 AM – 6:55 AM 🏡TribeLIFE™ Coach Erin	5:30 AM – 6:15 AM Early Riser Strength Kristin Fauci	8:30 AM – 9:25 AM Full-Body Strength Darcy Pooler	
6:30 AM – 7:25 AM 🏡*TribeLIFE™ Coach Zeke		6:30 AM – 7:25 AM 🏡*TribeLIFE™ Coach Zeke	8:00 AM – 9:00 AM 🏡TribeLIFE™ Coach Erin			
8:30 AM – 9:25 AM Ess. Conditioning Erin Buck	8:00 AM – 9:00 AM 🏡TribeLIFE™ Coach Erin	7:15 AM – 8:10 AM Dance Fusion Alanna Mayer	9:00 AM – 10:00 AM ^PALS for Life Erin Buck			
9:30 AM –10:30 AM RISE Erin Buck	9:00 AM – 10:00 AM ^PALS for Life Erin Buck	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		9:00 AM – 10:00 AM Sculpt & Strengthen Anh Nguyen
10:30 AM – 11:25 AM ZUMBA Nikki Batra	9:10 AM – 10:10 AM Power Hour Tracy Mayer	9:30 AM – 10:30 AM *Strength Through Menopause Donelle Bucholtz	10:15 AM –10:55 AM TRX Rotating Instructor	9:30 AM – 10:20 AM TRX Tracy Mayer	9:30 AM – 10:25 AM ZUMBA Liza Fredrickson	
10:30 AM – 11:25 AM *🏡TribeLIFE™ Coach Erin	10:15 AM –10:55 AM TRX Rotating Instructor	9:30 AM –10:25 AM RISE Erin Buck	11:00 AM – 11:55 AM Low Impact Circuit Parker Licari	9:30 AM – 10:30 AM *Strength Through Menopause Donelle Bucholtz		
11:30 AM – 12:25 PM TRX Parker Licari	10:30 AM – 11:25 AM *Functional Fitness Trng Tracy Mayer	10:30 AM – 11:25 AM ZUMBA Jolin Salazar-Kish	10:30 AM – 11:25 AM *Functional Fitness Trng Tracy Mayer			
12:30 PM – 2:00 PM RSB – Stages 1-2 Zeke Cammarrata	11:00 AM – 11:55 AM Low Impact Circuit Parker Licari	10:30 AM – 11:25 AM *🏡TribeLIFE™ Coach Erin	12:30 PM – 2:00 PM PWR!Moves Brandon Thibodeau	12:30 PM – 2:00 PM RSB – Stages 3-4 Parker Licari	PROGRAM LEGEND Land Classes and Programs Fee Based Classes Group Cycling Mind Body Classes and Programs Warm Water Classes and Programs Competition Pool Classes and Programs	
2:00 PM – 3:30 PM RSB – Stages 1-2 Zeke Cammarrata	12:30 PM – 2:00 PM PWR!Moves Brandon Thibodeau	11:30 AM – 12:20 PM TRX Alan Hernandez	3:30 PM – 4:25 PM 🏡TribeKIDS™ Coach Melanie	2:00 PM – 3:30 PM RSB – Stages 1-2 Parker Licari		
	3:30 PM – 4:25 PM 🏡TribeKIDS™ Coach Melanie		4:30 PM – 5:25 PM Boot Camp Zeke Cammarata			
	4:30 PM – 5:25 PM *Strength Through Menopause Tracy Mayer		4:30 PM – 5:25 PM *Strength Through Menopause Tracy Mayer			
4:00 PM – 4:55 PM 🏡*TribeLIFE™ Coach Zeke	4:30 PM – 5:25 PM Boot Camp Zeke Cammarata	4:00 PM – 4:55 PM 🏡*TribeLIFE™ Coach Zeke	5:30 PM – 6:25 PM 🏡*TribeLIFE™ Coach Zeke	4:30 PM - 5:25 PM TRX Anh Nguyen		
5:30 PM – 6:10 PM Kettlebell Strength Morganne Young	5:30 PM – 6:25 PM TRX Dance Fusion Alanna & Tracy Mayer	5:00 PM – 5:45 PM Functional Strength Suzanne Lee-Ciambra	5:30 PM – 6:25 PM Cardio Kickboxing Darcy Pooler			Special Locations ^ Fitness Floor * Training Studio
6:15 PM – 7:10 PM Circuit Training Alan Hernandez	5:30 PM – 6:25 PM 🏡*TribeLIFE™ Coach Zeke	6:00 PM – 6:55 PM Circuit Training Alan Hernandez	6:30 PM – 7:25 PM Strength ABC Darcy Pooler			

Group Cycling Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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 Cammarrata		
8:15 AM – 9:10 AM Cycling Shannon Varley	8:15 AM – 9:10 AM Cycling Melissa Gove	11:30 AM –12:30 PM Pedaling for Parkinson's Melanie Viegener	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: Anh Nguyen Wk 2: Liza Fredrickson Wk 3: Amy Thacker Wk 4: Amy Thacker	9:00 AM – 9:55 AM Cycling Sowmya Srinivas
🏊12:40 PM – 1:15 PM Splash Camp August 1 – 19🏊						
6:00 PM – 6:55 PM Cycling Anh Nguyen		6:00 PM – 6:55 PM Cycling Suzanne Lee-Ciambra				

August 2026

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Mind Body Studio – Classes and Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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			
9:30 AM – 10:25 AM Mat Pilates Elda Aner	8:45 AM – 9:40 AM Pilates Reformer Alanna Mayer	9:30 AM – 10:25 AM Gentle Yoga Connie Ciulla	8:45 AM – 9:40 AM Pilates Reformer Alanna Mayer	9:30 AM – 10:25 AM Mat Pilates Elda Aner		
	10:00 AM – 10:55 AM Vinyasa Yoga Sharon Comeau	10:25 AM – 11:25 AM Yoga Linda Boudreault		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			
	1:00 PM – 1:55 PM Tai Ji Quan Kathryn Mills		1:00 PM – 1:55 PM Tai Ji Quan Kathryn Mills			1:00 PM – 2:30 PM Sound Experience Tobin Asher
	4:00 PM – 4:55 PM Pilates Reformer Alanna Mayer		4:00 PM – 4:55 PM Pilates Reformer Alanna Mayer			
5:00 PM – 5:55 PM Pilates Reformer Jennifer Sielicki		5:00 PM – 5:55 PM Pilates Reformer Jennifer Sielicki	5:00 PM – 5:55 PM ZUMBA Liza Fredrickson	5:30 PM – 6:45 PM Partner Yoga (2nd Fri ONLY) Kathryn Mills	Over 85 FREE Classes included in your membership!	
6:00 PM – 6:55 PM Pilates Reformer Jennifer Sielicki	6:00 PM – 6:55 PM Alternative Flow Yoga Kathryn Mills	6:00 PM – 6:55 PM Pilates Reformer Jennifer Sielicki	6:00 PM – 6:55 PM Alternative Flow Yoga Kathryn Mills			

Warm Water & Competition Pool - Aquatic Classes and Programs

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	7:00 AM – 8:30 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	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 - 8:10AM H2O to Go Alia Gonzalez 🌊	7:30 AM – 8:45 AM Masters Swim Barbara Hummel
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 🌊		
9:00 AM – 10:00 AM Masters Swim Signe Linville	9:00 AM – 10:00 AM Masters Swim Signe Linville		9:00 AM – 10:00 AM Masters Swim Signe Linville	9:00 AM – 9:55 AM Deep Water Variations Tomas Langland		
	11:00 AM – 11:55 AM DW Water Volleyball Alan Hernandez	10:00 AM – 10:55 AM Deep Water Variations Tomas Langland	10:00 AM – 10:55 AM DW Water Volleyball Brandon Thibodeau		PROGRAM LEGEND Land Classes and Programs Fee Based Classes Group Cycling Mind Body Classes and Programs Warm Water Classes and Programs Competition Pool Classes and Programs 🌞 Instructor Teaching on Deck 🌊 Instructor Teaching in Water	
	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 Water 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 🌊			
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 LTS Fee Based Class	6:15 PM – 7:15 PM Masters Swim Barbara Hummel			

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	6:30 AM – 7:30 AM Masters Swim	6:30 AM – 7:30 AM Masters Swim	6:30 AM – 7:30 AM Masters Swim	6:30 AM – 7:30 AM Masters Swim	
 8:30 AM – 9:00 AM Splash Camp Lesson August 3-17	 8:30 AM – 9:00 AM Splash Camp Lesson August 4-18	 8:30 AM – 9:00 AM Splash Camp Lesson August 5-19	 8:30 AM – 9:00 AM Splash Camp Lesson August 6-13	 8:30 AM – 9:00 AM Splash Camp Lesson August 7-14	
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	8:30 AM – 1:00 PM Swim Team
	11:00 AM – 11:55 AM DW Water Volleyball Far Side of Pool	10:00 AM – 10:55 AM Deep Water Variations Near Side of Pool	10:00 AM – 10:55 AM DW Water Volleyball Near Side of Pool	11:00 AM – 11:55 AM DW Water Volleyball Near Side of Pool	
12:30 PM – 1:25 PM Mahi Pilates Maryam Paydarfar		12:30 PM – 1:25 PM Mahi Pilates Maryam Paydarfar		12:00 PM – 12:55 PM Deep Water Variations Near side of Pool	Sunday
 1:30 PM – 2:00 PM Splash Camp Free Swim August 3-17	 1:30 PM – 2:00 PM Splash Camp Free Swim August 4-18	 1:30 PM – 2:00 PM Splash Camp Free Swim August 5-19	 1:30 PM – 2:00 PM Splash Camp Free Swim August 6-13	 1:30 PM – 2:00 PM Splash Camp Free Swim August 7-14	7:30 AM – 8:45 AM Masters Swim
	3:45 PM – 4:30 PM Child Group Lessons				
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	9:00 AM – 12:00 PM Swim Team
6:15 PM – 7:15 PM Masters Swim	6:15 PM – 7:15 PM Masters Swim		6:15 PM – 7:15 PM 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.

PLEASE NOTE

Saturday, August 1 and Sunday, August 2: The Warm Water Pool & Splash Park will be closed all day.

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

SPECIAL NOTES FOR MEMBERS & GUESTS

Reservations are 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.

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
 8:30 AM – 9:45 AM Splash Camp Lesson August 3-17	 8:30 AM – 9:45 AM Splash Camp Lesson August 4-18	 8:30 AM – 9:45 AM Splash Camp Lesson August 5-19	 8:30 AM – 9:45 AM Splash Camp Lesson August 6-13	 8:30 AM – 9:45 AM Splash Camp Lesson August 7-14	
9:45 AM – 10:15 AM Child Group Lessons Bench & Shallow End	9:45 AM – 10:15 AM Child Group Lessons Bench & Shallow End	9:45 AM – 10:15 AM Child Group Lessons Bench & Shallow End	9:45 AM – 10:15 AM Child Group Lessons Bench & Shallow End		
	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	
	11:15 AM – 12:10 PM Splash HIIT Deep Half of Pool		12:15 PM – 1:10 PM Splash HIIT Deep Half of Pool		
	12:15 PM – 1:10 PM Splash HIIT Deep Half of Pool				
 2:00 PM – 3:00 PM Splash Camp Free Swim August 3-17	 2:00 PM – 3:00 PM Splash Camp Free Swim August 4-18	 2:00 PM – 3:00 PM Splash Camp Free Swim August 5-19	 2:00 PM – 3:00 PM Splash Camp Free Swim August 6-13	 2:00 PM – 3:00 PM Splash Camp Free Swim August 7-14	
	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			
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		5:30 PM – 6:25 PM Warm Water Essentials Deep Half of Pool		
					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.

UVAC FACILITY HOURS

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