

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

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

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.

