

**April 1-19, 2026**

**Competition Pool – Classes and Programs**

*Schedules are subject to change. Please refer to UVAC app for most up-to-date information.*

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	
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	7:00 AM – 8:30 AM Masters Swim
7:30 AM – 8:25 AM Aqua Bootcamp Near Side of Pool	7:30 AM – 8:25 AM AquaSPA Near Side of Pool	7:30 AM – 8:25 AM Warm Water Essentials Near Side of Pool	7:30 AM – 8:25 AM AquaSPA Near Side of Pool	7:30 AM – 8:25 AM Aqua Bootcamp Near Side of Pool	8:10 AM – 8:55 AM Group Lessons
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
11:30 AM – 12:25 PM Splash HIIT Far Side of Pool	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	
11:45 AM – 12:40 PM Mahi in Water Near Side of Pool	11:30 AM – 12:15 PM Splash HIIT Near Side of Pool	11:45 AM – 12:15 PM Mahi in Water Near Side of Pool	11:14 AM – 12:00 PM Splash HIIT Near Side of Pool	12:00 PM – 12:55 PM Deep Water Variations Near side of Pool	
	12:15 PM – 1:10 PM Splash HIIT Near Side of Pool		12:15 PM – 1:10 PM Splash HIIT Near Side of Pool		
					<b>Sunday</b>
3:45 PM – 4:30 PM Pre-Team	3:45 PM – 4:30 PM Child Group Lessons	3:45 PM – 4:30 PM Pre-Team	3:45 PM – 4:30 PM Child Group Lessons	3:45 PM – 4:30 PM Pre-Team	7:30 AM – 8:45 AM Masters Swim
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	8:10 AM – 8:55 AM Child Group Lessons
					9:00 AM – 12:00 PM Swim Team
6:15 PM – 7:15 PM Masters Swim	6:15 PM – 7:15 PM Masters Swim	6:45 PM – 7:30 PM Adult Advanced Lessons	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.*

<b>PROGRAM LEGEND</b>
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](http://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.