

December 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
*12/22 & 12/29 8:30 AM – 9:00 AM Splash Camp Lesson	*12/23 & 12/30 8:30 AM – 9:00 AM Splash Camp Lesson		8:30 AM – 10:30 AM Thursdays in the Splash Park	*12/26 8:30 AM – 9:00 AM Splash Camp Lesson	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	12/3, 12/10 & 12/17 11:00 AM – 11:45 AM Wediko School Lessons Bench & all lanes	11:15 AM – 12:10 PM Splash HIIT Deep Half of Pool	10:15 AM – 10:45 PM Adaptive Swim Lessons Shallow End	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	11:00 AM – 11:55 PM HCRS/Zack's Place Deep Half of Pool	
*12/22 & 12/29 2:00 PM – 3:00 PM Splash Camp Free Swim	*12/23 & 12/30 2:00 PM – 3:00 PM Splash Camp Free Swim	2:45 PM – 4:30 PM Hartford-Learn-to-Swim Shallow area (Ends 12/17)		*12/26 2:00 PM – 3:00 PM Splash Camp Free Swim	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
2:55 PM – 4:00 PM Hartland-Learn-to-Swim Shallow area (Ends 12/8)	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		
5:15 PM – 6:10 PM H2O TO GO Deep Half of Pool		6:15 PM – 7:00 PM Adult Beginner Lessons All Lanes	5:30 PM – 6:25 PM Warm Water Essentials Deep Half of Pool		

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

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 six people at a time with a ten-minute 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.

WE'RE HIRING

Please check our website for open positions and complete an application online:
uvacswim.org/employment

Questions?
Contact Kelly

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or email

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