

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.

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.

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 in Water

Pilates mat and reformer exercises adapted to water. Learn the moves of Mahi Pilates easier without the fear of falling and less pain due to high range of motion in the water. Proper alignment, core support, and spine mobility are the main focus of the exercises.

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.

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.

Slow & Sacred Sundays

A slower-paced class that aligns with the natural rhythm of the morning, featuring deep stretches, longer holds, and mindful breathwork. Perfect for setting intentions and cultivating a sense of stability, balance, and readiness for the week ahead.

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

Stretch, Strength & Balance

Improve movement, stability, and flexibility through dynamic stretching, bodyweight/light resistance training, and balance drills, using mindful breathing. Reduce injury risk and enhance daily activity, leaving you feeling aligned, open, and strong.

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, balance, executive functioning, and fine motor skills.

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 confidence season after season. (ages 6-12)

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

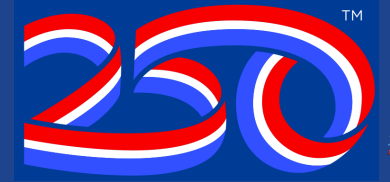
The essentials of Pilates with the Reformer machine. Sculpt long, lean muscles and challenge your core for a noticeable difference in your posture.

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

AMERICA



JULY 2026 CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Splash Camp	2 Group Fitness Orientation 10:00 am	3	4 4 th JULY INDEPENDENCE DAY Holiday Hours 6:30 am-1:00 pm
5 +Lifeguard Certification	6 +Waterfront Certification	7	8 Splash Camp	9	10 +Lifeguard Certification July 10-12 Warm Water Pool Group Visits 10:00 am-1:00 pm	11 Group Fitness Orientation 9:30 am
12 +Lifeguard Certification July 10-12 +Lifeguard Recertification	13	14 Group Fitness Orientation 5:30 pm	15 Java with Joe 9:00 am-10:00 am in the Lobby Warm Water Pool Group Visit 10:15 am-11:05 am Splash Camp	16	17 Warm Water Pool Group Visit 10:15 am-1:15 pm 5:00 pm-7:30 pm Blood Drive 11:00 am - 5:00 pm	18 +Lifeguard Recertification July 18 & 19
19 +CPR/AED/First Aid Certification +Lifeguard Recertification July 18 & 19	20	21	22 Splash Camp	23	24	25 Group Fitness & Group Cycling Orientations 9:30 am Babysitting Certification
26 Group TRX Orientation 10:00 am	27 Warm Water Pool Group Visit 1:00 pm-3:00 pm	28	29 Splash Camp	30 Group Fitness Orientation 10:00 am	31 Warm Water Pool Group Visits 10:00 am-1:00 pm	

FACILITY HOURS:
Weekdays 5:00 am – 8:00 pm
Saturday 6:30 am – 4:00 pm
Sunday 7:30 am – 3:00 pm

Pool close 15 minutes early

WEATHER HOTLINE
802.698.8361
802.296.2850
UVAcswim.org

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.

July 2026

All classes are free to members unless noted otherwise. See Legend.

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	
		7:15 AM – 8:10 AM Dance Fusion Alanna Mayer				
8:30 AM – 9:25 AM Ess. Conditioning Erin Buck	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			
9:30 AM – 10:30 AM RISE Erin Buck	9:00 AM – 10:00 AM ^PALS for Life Erin Buck	9:30 AM – 10:30 AM *Strength Through Menopause Donelle Bucholtz	9:00 AM – 10:00 AM ^PALS for Life Erin Buck	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 Dan Talbot (ends 7/7)	9:30 AM – 10:25 AM RISE Erin Buck	9:10 AM – 10:10 AM Power Hour Dan Talbot	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		10:30 AM – 11:25 AM ZUMBA Jolin Salazar-Kish	10:15 AM – 10:55 AM TRX Coryne Legare	9:30 AM – 10:30 AM *Strength Through Menopause Donelle Bucholtz		
11:30 AM – 12:25 PM TRX Tracy Mayer	10:15 AM – 10:55 AM TRX Coryne Legare	10:30 AM – 11:25 AM *TribeLIFE™ Coach Erin	11:00 AM – 11:55 AM Low Impact Circuit Tracy Mayer			
12:30 PM – 2:00 PM RSB – Stages 1-2 Zeke Cammarrata	10:30 AM – 11:25 AM *Functional Fitness Trng Dan Talbot (ends 7/7)	11:30 AM – 12:20 PM TRX Alan Hernandez	10:30 AM – 11:25 AM *Functional Fitness Trng Dan Talbot (ends 7/7)	12:30 PM – 2:00 PM RSB – Stages 3-4 Zeke Cammarrata	PROGRAM LEGEND <div style="background-color: #4CAF50; color: white; padding: 2px;">Land Classes and Programs</div> <div style="background-color: #FF9800; color: white; padding: 2px;">Fee Based Classes</div> <div style="background-color: #F44336; color: white; padding: 2px;">Group Cycling</div> <div style="background-color: #9C27B0; color: white; padding: 2px;">Mind Body Classes and Programs</div> <div style="background-color: #3949AB; color: white; padding: 2px;">Warm Water Classes and Programs</div> <div style="background-color: #00BCD4; color: white; padding: 2px;">Competition Pool Classes and Programs</div>	
2:00 PM – 3:30 PM RSB – Stages 1-2 Zeke Cammarrata	11:00 AM – 11:55 AM Low Impact Circuit Tracy Mayer		12:30 PM – 2:00 PM PWR!Moves Brandon Thibodeau	2:00 PM – 3:30 PM RSB – Stages 1-2 Zeke Cammarrata		
	12:30 PM – 2:00 PM PWR!Moves Brandon Thibodeau					
5:30 PM – 6:10 PM Kettlebell Strength Morganne Young	4:30 PM – 5:25 PM Boot Camp Zeke Cammarrata	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 + Outside
6:15 PM – 7:10 PM Circuit Training Alan Hernandez	5:30 PM – 6:25 PM TRX Dance Fusion Alanna & Tracy Mayer	6:00 PM – 6:55 PM Circuit Training Alan Hernandez	6:30 PM – 7:25 PM Strength ABC Darcy Pooler			

All classes are 55 minutes unless otherwise noted. Age Limits: Youth 12 and 13 years of age may use the fitness center or attend group exercise classes when accompanied by a parent/guardian after an orientation. Young adults 14 and 15 do not need a parent/guardian to participate.

Group Cycling Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30 AM – 6:25 AM Cycling Melanie Viegner	8:15 AM – 9:10 AM Cycling Peter Sielicki	5:30 AM – 6:25 AM Cycling Melanie Viegner	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 Viegner	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 Sommya Srinivas
6:00 PM – 6:55 PM Cycling Anh Nguyen		6:00 PM – 6:55 PM Cycling Suzanne Lee-Ciambra				

Cancellations: While we do our very best to avoid class cancellations, our schedule is based on our instructor availability. In the event an instructor is injured, ill, or out of town some classes may be canceled. No Call/No Show Policy for Reservations: Unless Welcome Desk is notified of a late arrival, if a member arrives more than 5 min. past start time of reservation, and no other spots are available, reservation will be canceled and the spot will become available.

July 2026

All classes are free to members unless noted otherwise. See Legend.

Mind Body Studio – Classes and Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:30 AM – 8:25 AM TRX Tracy Mayer		7:30 AM – 8:25 AM TRX Tracy Mayer	8:30 AM – 9:25 AM Mat Pilates Elda Aner		8:00 AM – 8:55 AM Slow Sacred Sundays Amy McClure
9:00 AM – 9:55 AM Mat Pilates Elda Aner	9:00 AM – 9:55 AM Yoga Strength & Balance Kathryn Mills	8:39 AM – 9:45 AM Gentle Yoga Connie Ciulla	9:00 AM – 9:55 AM Yoga Strength & Balance Linda Boudreault	9:30 AM – 10:25 AM Stretch, Strength & Balance Elda Aner		10:00 AM – 10:55 AM Alternative Flow Yoga Kathryn Mills
10:00 AM – 10:55 AM Pilates Reformer Alanna Mayer	10:15 AM – 11:10 AM Vinyasa Yoga Sharon Comeau	10:00 AM – 10:55 AM Pilates Reformer Alanna Mayer	10:15 AM – 11:10 AM Mat Pilates Elda Aner	10:30 AM – 11:25 AM Breath & Stillness Donelle Bucholtz	10:00 AM – 11:15 AM Slow Flow Yoga Connie Ciulla	
	11:15 AM – 12:10 PM Senior Strength Sharon Comeau		1:00 PM – 1:55 PM Tai Ji Quan Kathryn Mills			1:00 PM – 2:30 PM Sound Experience Tobin Asher
5:00 PM – 6:00 PM Pilates Reformer Jennifer Sielicki	1:00 PM – 1:55 PM Tai Ji Quan Kathryn Mills	5:00 PM – 6:00 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		
6:00 PM – 7:00 PM Pilates Reformer Jennifer Sielicki	6:00 PM – 6:55 PM Alternative Flow Yoga Kathryn Mills	6:00 PM – 7:00 PM Pilates Reformer Jennifer Sielicki	6:00 PM – 6:55 PM Alternative Flow Yoga Kathryn Mills			



Warm Water & Competition Pool - Aquatic Classes and Programs

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

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 Sue Belisle	7:30 AM – 8:25 AM AquaSPA Alanna Mayer	7:30 AM – 8:25 AM Warm Water Essentials Sue Belisle	7:30 AM – 8:25 AM AquaSPA Alanna Mayer	7:30 AM – 8:25 AM Warm Water Essentials Sue Belisle		
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		
		10:00 AM – 10:55 AM Deep Water Variations Tomas Langland	10:00 AM – 10:55 AM DW Water Volleyball Brandon Thibodeau			
	11:00 AM – 11:55 AM DW Water Volleyball Alan Hernandez			11:00 AM – 11:55 AM DW Water Volleyball Alan Hernandez	PROGRAM LEGEND <div style="background-color: #4CAF50; color: white; padding: 2px;">Land Classes and Programs</div> <div style="background-color: #FF9800; color: white; padding: 2px;">Fee Based Classes</div> <div style="background-color: #F44336; color: white; padding: 2px;">Group Cycling</div> <div style="background-color: #9C27B0; color: white; padding: 2px;">Mind Body Classes and Programs</div> <div style="background-color: #3949AB; color: white; padding: 2px;">Warm Water Classes and Programs</div> <div style="background-color: #00BCD4; color: white; padding: 2px;">Competition Pool Classes and Programs</div>	
12:30 PM – 1:25 PM Mahi in Water Maryam Paydarfar	11:15 AM – 12:10 PM Splash HIIT Signe Linville	12:30 PM – 1:25 PM Mahi in Water Maryam Paydarfar	11:15 AM – 12:10 PM Splash HIIT Signe Linville	12:00 PM – 12:55 PM Deep Water Variations Tomas Langland		
	12:15 PM – 1:10 PM Splash HIIT Signe Linville		12:15 PM – 1:10 PM Splash HIIT Signe Linville			
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			

- Instructor Teaching on Deck
- Instructor Teaching in Water



Summer Splash Camp

July 1 - August 19*

July 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	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	8:30 AM – 9:00 AM Splash Camp Lesson	8:30 AM – 9:00 AM Splash Camp Lesson	8:30 AM – 9:00 AM Splash Camp Lesson	8:30 AM – 9:00 AM Splash Camp Lesson	
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 in Water Maryam Paydarfar		12:30 PM – 1:25 PM Mahi in Water 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	1:30 PM – 2:00 PM Splash Camp Free Swim	1:30 PM – 2:00 PM Splash Camp Free Swim	1:30 PM – 2:00 PM Splash Camp Free Swim	1:30 PM – 2:00 PM Splash Camp Free Swim	7:30 AM – 8:45 AM Masters Swim
	3:45 PM – 4:30 PM Child Group Lessons		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	6:45 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.



*****PLEASE NOTE THESE SPECIAL HOURS*****

Saturday, July 4: Independence Day Holiday Hours 6:30 AM-1:00 PM

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	 8:30 AM – 9:45 AM Splash Camp Lesson	 8:30 AM – 9:45 AM Splash Camp Lesson	 8:30 AM – 9:45 AM Splash Camp Lesson	 8:30 AM – 9:45 AM Splash Camp Lesson	
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		<p>PLEASE NOTE: Water features for Splash Park are TURNED OFF during Swim Lessons and Water Aerobic Classes.</p> <p>Pools Close 15 minutes early.</p> <p>PLEASE PLAN ACCORDINGLY.</p>
	12:15 PM – 1:10 PM Splash HIIT Deep Half of Pool				
1:00 PM – 3:00 PM One Planet Group Visit	1:00 PM – 3:00 PM One Planet Group Visit	1:00 PM – 3:00 PM One Planet Group Visit	1:00 PM – 3:00 PM One Planet Group Visit	1:00 PM – 3:00 PM One Planet Group Visit	
 2:00 PM – 3:00 PM Splash Camp Free Swim	 2:00 PM – 3:00 PM Splash Camp Free Swim	 2:00 PM – 3:00 PM Splash Camp Free Swim	 2:00 PM – 3:00 PM Splash Camp Free Swim	 2:00 PM – 3:00 PM Splash Camp Free Swim	
	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	5:30 PM – 6:25 PM Warm Water Essentials Deep Half of Pool	6:15 PM – 7:00 PM Adult Group Lessons All Lanes	5:30 PM – 6:25 PM Warm Water Essentials Deep Half of Pool		

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 THESE SPECIAL HOURS*****

Saturday, July 4: Independence Day Holiday Hours 6:30 AM-1:00 PM

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.