

# 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

55 minutes of full body resistance training using balls, weights, body bars, bands and intense circuits for a total body workout in a group setting.

## Dance Fusion

This class is nonstop dancing blending Zumba routines and original choreography with a focus on movement and musicality. Get ready to have more fun than you ever thought in this full-body, get-your-groove-on, workout. Dance Fusion is perfect for anyone wanting to take their Zumba moves to the next level.

## Dance Basics

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. All levels.

## Functional Strength

A blend of high-intensity performance with mobility and strength in a structured 55-minute format. 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.

## Senior Strength

A class that focuses on improving physical strength, flexibility and balance for older adults.

## 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 ever thought possible in this full-body, get-your-groove-on, workout! All levels.

## 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. You can burn an average of 500 calories in a 40-minute class!

## 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. All levels.

## 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 join Sue learning 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. All levels.

## 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.

## Stretch, Strength & Balance

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

**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. The sequences will lead you through the wonderful practice in yoga to develop these qualities. Yoga props will be used to accommodate all participants.

## FREE Group Orientations (See front page for dates)

New to the Fitness Center, TRX, or Cycling? Join us for Group Orientations! Whether you're new to the scene or looking to improve your technique, our expert Fitness Team will guide you through safe and effective equipment use for best results.

## Breast Cancer Survivorship

### PALS for Life

A FREE safe and effective research-based exercise program Small Group Training Program for Breast Cancer Survivors following the University of Pennsylvania PAL (Physical Activity and 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). While the program name is changing, our mission remains the same—to support cancer survivors with strength, community, and wellness.

## PEP (Parkinson's Exercise Program)

### Pedaling for Parkinson's™

Peddling 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.

### PWRI 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)

### 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. Taught by Sydney & Maryam.

### 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).



UPPER VALLEY  
AQUATIC  
CENTER  
uvacswim.org

# CLASS SCHEDULE



## May 2026 AT-A-GLANCE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p><b>PLEASE NOTE THESE SPECIAL MAY HOURS</b>  <b>Friday, May 1:</b> Warm Water Pool &amp; Splash Park Closing at 4:00pm for Private Event  <b>Wednesday, May 20:</b> UVAC Closing at 4:00pm for Private Event.  <b>Monday, May 25:</b> Memorial Day Holiday Hours 5:00am-1:00pm</p>						<p><b>1</b></p> <p><b>Warm Water Pool &amp; Splash Park Closing @ 4:00pm</b></p>	<p><b>2</b> <b>Green Up Day</b> 10:00am-12:00pm <b>Group Fitness Orientation</b> 9:30am <b>+Babysitting Cert.</b> May 2 &amp; 3 <b>Fitter &amp; Faster Camp</b> May 2 &amp; 3</p>
<p><b>3</b></p> <p><b>+Babysitting Cert.</b> <b>Fitter &amp; Faster Camp</b></p>				<p><b>7</b></p> <p><b>Group Fitness Orientation</b> 10:00am Sign-up at Welcome Desk</p>			
<p>🏠 <b>TRIBE Team Training FREE Trial Week</b> 🏠</p>							
<p><b>10</b></p>			<p><b>13</b></p> <p><b>Warm Water Pool Group Visit</b> 1:30pm-3:30pm <b>Free Healthy &amp; Fit Lecture:</b> Taking Action for Whole Health 6:00pm</p>		<p><b>15</b></p> <p><b>+Lifeguard Certification</b> May 15-17 <b>+Waterfront Certification</b> <b>Warm Water Pool Group Visit</b> 10:15am-1:15pm</p>	<p><b>16</b></p> <p><b>Group Fitness Orientation</b> 9:30 am Sign-up at Welcome Desk</p>	
<p><b>17</b></p> <p><b>+Lifeguard Certification</b></p>			<p><b>20</b></p> <p><b>Wake w. Wendy</b> 9:30am-10:30am In the Lobby</p> <p><b>UVAC Closing @ 4:00pm</b></p>		<p><b>22</b></p> <p><b>Warm Water Pool Group Visit</b> 10:00am-1:00pm</p>	<p><b>23</b></p> <p><b>Group Cycling Orientation</b> 9:30am</p>	
<p><b>24</b> <b>Group TRX Orientation</b> 10:00am Sign-up at Welcome Desk</p>	<p><b>25</b></p> <p><b>Memorial Day Hours</b> 5:00am-1:00pm</p> <p><b>Murph Challenge</b> 8:00am</p>			<p><b>28</b></p> <p><b>Group Fitness Orientation</b> 10:00am Sign-up at Welcome Desk</p>	<p><b>29</b></p> <p><b>Warm Water Pool Group Visit</b> 10:15am-1:45pm</p>	<p><b>30</b></p> <p><b>+Lifeguard Recertification</b> May 30 &amp; 31</p>	
<p><b>31</b> <b>+Lifeguard Recertification</b> <b>+Waterfront Recertification</b></p>							

**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**

**WEATHER HOTLINE**  
**802.698.8361**

**802.296.2850**  
**UVACswim.org**

## May 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 <b>Early Riser Strength</b> Kristin Fauci	6:00 AM – 6:55 AM <b>TribeLIFE™</b> Coach Erin	5:30 AM – 6:15 AM <b>Early Riser Strength</b> Kristin Fauci	6:00 AM – 6:55 AM <b>TribeLIFE™</b> Coach Erin	5:30 AM – 6:15 AM <b>Early Riser Strength</b> Kristin Fauci	8:30 AM – 9:25 AM <b>Full-Body Strength</b> Darcy Pooler	
		7:15 AM – 8:10 AM <b>Dance Fusion</b> Alanna Mayer				
8:30 AM – 9:25 AM <b>Ess. Conditioning</b> Erin Buck	8:00 AM – 9:00 AM <b>TribeLIFE™</b> Coach Erin		8:00 AM – 9:00 AM <b>TribeLIFE™</b> Coach Erin			
9:30 AM – 10:30 AM <b>RISE</b> Erin Buck	9:00 AM – 10:00 AM <b>^PALS for Life</b> Erin Buck	8:30 AM – 9:25 AM <b>Ess. Conditioning</b> Erin Buck	9:00 AM – 10:00 AM <b>^PALS for Life</b> Erin Buck	8:30 AM – 9:25 AM <b>Ess. Conditioning</b> Erin Buck		
	9:10 AM – 10:10 AM <b>Power Hour</b> Dan Talbot	9:30 AM – 10:30 AM <b>*Strength Through Menopause</b> Donelle Bucholtz	9:10 AM – 10:10 AM <b>Power Hour</b> Dan Talbot	9:30 AM – 10:20 AM <b>TRX</b> Tracy Mayer	9:30 AM – 10:25 AM <b>ZUMBA</b> Liza Fredrickson	
11:00 AM – 12:00 PM <b>*Functional Fitness Trng</b> Garrett Wilson		9:30 AM – 10:25 AM <b>RISE</b> Erin Buck	10:15 AM – 10:55 AM <b>TRX</b> Coryne Legare	9:30 AM – 10:30 AM <b>*Strength Through Menopause</b> Donelle Bucholtz		
11:00 AM – 11:55 AM <b>TRX</b> Tracy Mayer	10:15 AM – 10:55 AM <b>TRX</b> Coryne Legare	10:30 AM – 11:25 PM <b>*Functional Fitness Trng</b> Erin Buck	11:00 AM – 11:55 AM <b>Low Impact Circuit</b> Tracy Mayer			
12:30 PM – 2:00 PM <b>RSB – Stages 1-2</b> RSB Coach	11:00 AM – 11:55 AM <b>Low Impact Circuit</b> Tracy Mayer	11:00 AM – 12:00 PM <b>*Functional Fitness Trng</b> Garrett Wilson	10:30 AM – 11:25 AM <b>*Functional Fitness Trng</b> Dan Talbot	12:30 PM – 2:00 PM <b>RSB – Stages 3-4</b> RSB Coach	<b>PROGRAM LEGEND</b> <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 <b>RSB – Stages 1-2</b> RSB Coach	10:30 AM – 11:25 AM <b>*Functional Fitness Trng</b> Dan Talbot	11:30 AM – 12:20 PM <b>TRX</b> Alan Hernandez	12:30 PM – 2:00 PM <b>PWR!Moves</b> Brandon Thibodeau	2:00 PM – 3:30 PM <b>RSB – Stages 1-2</b> RSB Coach		
	12:30 PM – 2:00 PM <b>PWR!Moves</b> Brandon Thibodeau		3:30 PM – 4:30 PM <b>TribeKIDS™</b> Coach Melanie			
	3:30 PM – 4:30 PM <b>TribeKIDS™</b> Coach Melanie		4:30 PM – 5:25 PM <b>Boot Camp</b> Zeke Cammarata	4:30 PM – 5:25 PM <b>TRX</b> Anh Nguyen		
5:30 PM – 6:10 PM <b>Kettlebell Strength</b> Morganne Young	4:30 PM – 5:25 PM <b>Boot Camp</b> Zeke Cammarata	5:00 PM – 5:45 PM <b>Functional Strength</b> Suzanne Lee-Ciambra	5:30 PM – 6:00 PM <b>Cardio Kickboxing</b> Darcy Pooler			<b>Special Locations</b> ^ Fitness Floor * Training Studio + Outside
6:15 PM – 7:10 PM <b>Circuit Training</b> Alan Hernandez	5:30 PM – 6:25 PM <b>TRX Dance Fusion</b> Alanna & Tracy Mayer	6:00 PM – 6:55 PM <b>Circuit Training</b> Alan Hernandez	6:15 PM – 7:10 PM <b>Kettlebell Strength</b> 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 <b>Cycling</b> Melanie Viegenger	8:15 AM – 9:10 AM <b>Cycling</b> Peter Sielicki	5:30 AM – 6:25 AM <b>Cycling</b> Melanie Viegenger			
8:15 AM – 9:10 AM <b>Cycling</b> Peter Sielicki	8:15 AM – 9:10 AM <b>Cycling</b> Zeke Cammarata	11:30 AM – 12:30 PM <b>Pedaling for Parkinson's</b> Melanie Viegenger	8:15 AM – 9:10 AM <b>Cycling</b> Zeke Cammarata	8:15 AM – 9:10 AM <b>Cycling</b> Adrienne Pelton	8:15 AM – 9:10 AM <b>Cycling</b> Wk 1: Anh Nguyen Wk 2: Liza Fredrickson Wk 3: Amy Thacker Wk 4: Amy Thacker	9:00 AM – 9:55 AM <b>Cycling</b> Sowmya Srinivas
6:00 PM – 6:55 PM <b>Cycling</b> Anh Nguyen	5:00 PM – 5:55 PM <b>Cycling</b> Amy Thacker	6:00 PM – 6:55 PM <b>Cycling</b> Suzanne Lee-Ciambra	5:00 PM – 5:55 PM <b>Cycling</b> Peter Sielicki			

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.

## May 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 <b>TRX</b> Tracy Mayer		7:30 AM – 8:25 AM <b>TRX</b> Tracy Mayer	8:30 AM – 9:25 AM <b>Mat Pilates</b> Elda Aner	8:30 AM – 9:25 AM <b>Dance Basics</b> Rachel Burcham	8:00 AM – 8:55 AM <b>Slow Sacred Sundays</b> Amy McClure
9:00 AM – 9:55 AM <b>Mat Pilates</b> Elda Aner	9:00 AM – 9:55 AM <b>Yoga Strength &amp; Balance</b> Sharon Comeau	9:00 AM – 10:15 AM <b>Gentle Yoga</b> Connie Ciulla	9:00 AM – 9:55 AM <b>Yoga Strength &amp; Balance</b> Linda Boudreault	9:30 AM – 10:25 AM <b>Stretch, Strength &amp; Balance</b> Elda Aner	Wk 1: Line Dancing Wk 2: Jazz Dance Wk 3: Musical Theater Wk 4: Popular Dance	10:00 AM – 10:55 AM <b>Alternative Flow Yoga</b> Kathryn Mills
10:00 AM – 10:55 AM <b>ZUMBA</b> Nikki Batra	10:15 AM – 11:10 AM <b>Vinyasa Yoga</b> Sharon Comeau	10:30 AM – 11:25 AM <b>ZUMBA</b> Jolin Salazar-Kish	10:15 AM – 11:10 AM <b>Mat Pilates</b> Elda Aner	10:30 AM – 11:25 AM <b>Breath &amp; Stillness</b> Donelle Bucholtz	10:00 AM – 11:15 AM <b>Slow Flow Yoga</b> Connie Ciulla	
	11:15 AM – 12:10 PM <b>Senior Strength</b> Sharon Comeau		1:00 PM – 1:55 PM <b>Tai Ji Quan</b> Kathryn Mills			1:00 PM – 2:30 PM <b>Sound Experience</b> Tobin Asher
	1:00 PM – 1:55 PM <b>Tai Ji Quan</b> Kathryn Mills		5:00 PM – 5:55 PM <b>Zumba</b> Liza Fredrickson	6:00 PM – 7:15 PM <b>Partner Yoga (2nd Fri ONLY)</b> Kathryn Mills		
	6:00 PM – 6:55 PM <b>Alternative Flow Yoga</b> Kathryn Mills		6:00 PM – 6:55 PM <b>Alternative Flow Yoga</b> 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 <b>Masters Swim</b> Barbara Hummel	5:30 AM – 6:30 AM <b>Masters Swim</b> Barbara Hummel	5:30 AM – 6:30 AM <b>Masters Swim</b> Barbara Hummel	5:30 AM – 6:30 AM <b>Masters Swim</b> Barbara Hummel	5:30 AM – 6:30 AM <b>Masters Swim</b> Barbara Hummel	7:00 AM – 8:30 AM <b>Masters Swim</b> Barbara Hummel	
6:30 AM – 7:30 AM <b>Masters Swim</b> Barbara Hummel	6:30 AM – 7:30 AM <b>Masters Swim</b> Barbara Hummel	6:30 AM – 7:30 AM <b>Masters Swim</b> Barbara Hummel	6:30 AM – 7:30 AM <b>Masters Swim</b> Barbara Hummel	6:30 AM – 7:30 AM <b>Masters Swim</b> Barbara Hummel	7:15 AM – 8:10 AM <b>H2O to Go</b> Alia Gonzalez	7:30 AM – 8:45 AM <b>Masters Swim</b> Barbara Hummel
7:30 AM – 8:25 AM <b>Warm Water Essentials</b> Sue Belisle	7:30 AM – 8:25 AM <b>AquaSPA</b> Alanna Mayer	7:30 AM – 8:25 AM <b>Warm Water Essentials</b> Sue Belisle	7:30 AM – 8:25 AM <b>AquaSPA</b> Alanna Mayer	7:30 AM – 8:25 AM <b>Warm Water Essentials</b> Sue Belisle		
9:00 AM – 10:00 AM <b>Masters Swim</b> Signe Linville	9:00 AM – 10:00 AM <b>Masters Swim</b> Signe Linville		9:00 AM – 10:00 AM <b>Masters Swim</b> Signe Linville	9:00 AM – 9:55 AM <b>DW Variations</b> Tomas Langland		
		10:00 AM – 10:55 AM <b>Deep Water Variations</b> Tomas Langland	10:00 AM – 10:55 AM <b>DW Water Volleyball</b> Brandon Thibodeau			
11:30 AM – 12:25 PM <b>Splash HIIT</b> Signe Linville	11:00 AM – 11:55 AM <b>DW Water Volleyball</b> Alan Hernandez			11:00 AM – 11:55 AM <b>DW Water Volleyball</b> Alan Hernandez		
12:30 PM – 1:25 PM <b>Mahi in Water</b> Maryam Paydarfar	11:15 AM – 12:00 PM <b>Splash HIIT</b> Signe Linville	12:30 PM – 1:25 PM <b>Mahi in Water</b> Maryam Paydarfar	11:15 AM – 12:00 PM <b>Splash HIIT</b> Signe Linville	12:00 PM – 12:55 PM <b>Deep Water Variations</b> Tomas Langland		
	12:15 PM – 1:00 PM <b>Splash HIIT</b> Signe Linville		12:15 PM – 1:00 PM <b>Splash HIIT</b> Signe Linville			
5:15 PM – 6:10 PM <b>H2O to Go</b> Alia Gonzalez		5:15 PM – 6:10 PM <b>H2O to Go</b> Alia Gonzalez	5:15 PM – 6:10 PM <b>H2O to Go</b> Alia Gonzalez			
6:15 PM – 7:15 PM <b>Masters Swim</b> Barbara Hummel	6:15 PM – 7:15 PM <b>Masters Swim</b> Barbara Hummel	6:45 PM – 7:30 PM <b>Adult Advance LTS</b> Fee Based Class	6:15 PM – 7:15 PM <b>Masters Swim</b> Barbara Hummel			

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# May 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	8:10 AM – 8:55 AM Child Group Lessons
9:00 AM – 10:00 AM Masters Swim *No Class May 25	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	1:15 PM – 2:00 PM Adaptive Group Lessons	12:00 PM – 12:55 PM Deep Water Variations 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 *No Class May 25	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 MAY HOURS\*\*\*

**Friday, May 1:** Warm Water Pool & Splash Park Closing at 4:00pm for Private Event

**Wednesday, May 20:** UVAC Closing at 4:00pm for Private Event.

**Monday, May 25:** Memorial Day Holiday Hours 5:00am-1:00pm

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](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.

## May 2026 Warm Water Pool – Classes and Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 AM – 8:25 AM <b>Warm Water Essentials</b> Deep Half of Pool	7:30 AM – 8:25 AM <b>AquaSPA</b> Deep Half of Pool	7:30 AM – 8:25 AM <b>Warm Water Essentials</b> Deep Half of Pool	7:30 AM – 8:25 AM <b>AquaSPA</b> Deep Half of Pool	7:30 AM – 8:25 AM <b>Warm Water Essentials</b> Deep Half of Pool	7:15 AM - 8:10AM <b>H2O to Go</b> Alia Gonzalez
					8:25 AM – 10:05 AM <b>Child Group Lessons</b> Bench & All Lanes
9:00 AM – 10:05 AM <b>Child Group Lessons</b> Bench & Shallow End	10:15 AM – 11:05 AM <b>Bugbee Senior</b> Deep Half of Pool	9:00 AM – 10:05 AM <b>Child Group Lessons</b> Bench & Shallow End	9:00 AM – 10:05 AM <b>Parent &amp; Me</b> Shallow End	9:00 AM – 10:05 AM <b>Child Group Lessons</b> Bench & Shallow End	
11:30 AM – 12:25 PM <b>Splash HIIT</b> Deep Half of Pool	11:15 AM – 12:10 PM <b>Splash HIIT</b> Deep Half of Pool			11:00 AM – 11:55 PM <b>HCRS/Zack's Place</b> Deep Half of Pool	<b>Sunday</b>
	12:15 PM – 1:10 PM <b>Splash HIIT</b> Deep Half of Pool		11:15 AM – 12:10 PM <b>Splash HIIT</b> Deep Half of Pool		<b>PLEASE NOTE:</b> Water features for Splash Park are <b>TURNED OFF</b> during Swim Lessons and Water Aerobic Classes.  Pools Close 15 minutes early.  <b>PLEASE PLAN ACCORDINGLY.</b>
			12:15 PM – 1:10 PM <b>Splash HIIT</b> Deep Half of Pool		
5:15 PM – 6:10 PM <b>H2O to Go</b> Alia Gonzalez	3:25 PM – 5:05 PM <b>Child Group Lessons</b> Bench & All Lanes	5:15 PM – 6:10 PM <b>H2O to Go</b> Alia Gonzalez	1:15 PM – 2:00 PM <b>Adaptive Group Lessons</b> All Lanes		
		6:15 PM – 7:00 PM <b>Adult Group Lessons</b> All Lanes	3:25 PM – 5:05 PM <b>Child Group Lessons</b> Bench & All Lanes		

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Swim Lessons
Special Programs
Water Aerobics

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