

May 2026 Warm Water Pool – Classes and 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
					8:25 AM – 10:05 AM Child Group Lessons Bench & All Lanes
9:00 AM – 10:05 AM Child Group Lessons Bench & Shallow End	10:15 AM – 11:05 AM Bugbee Senior Deep Half of Pool	9:00 AM – 10:05 AM Child Group Lessons Bench & Shallow End	9:00 AM – 10:05 AM Parent & Me Shallow End	9:00 AM – 10:05 AM Child Group Lessons Bench & Shallow End	
11:30 AM – 12:25 PM Splash HIIT 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	Sunday
	12:15 PM – 1:10 PM Splash HIIT Deep Half of Pool		11:15 AM – 12:10 PM Splash HIIT Deep Half of Pool		PLEASE NOTE: Water features for Splash Park are TURNED OFF during Swim Lessons and Water Aerobic Classes. Pools Close 15 minutes early. PLEASE PLAN ACCORDINGLY.
			12:15 PM – 1:10 PM Splash HIIT Deep Half of Pool		
5:15 PM – 6:10 PM H2O to Go Alia Gonzalez	3:25 PM – 5:05 PM Child Group Lessons Bench & All Lanes	5:15 PM – 6:10 PM H2O to Go Alia Gonzalez	1:15 PM – 2:00 PM Adaptive Group Lessons All Lanes		
		6:15 PM – 7:00 PM Adult Group Lessons All Lanes	3:25 PM – 5:05 PM Child Group Lessons Bench & All Lanes		

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

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.