November 2026
Fee-Based Small Group Programs

Schedules are subject to change. Please refer to UVAC app for most up-to-date info. (Fee based unless otherwise noted.)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
November 2, 23 & 30 5:30 AM – 6:30 AM **Masters Swim** Barbara Hummel	November 3 & 24 5:30 AM – 6:30 AM **Masters Swim** Barbara Hummel	November 4 & 25 5:30 AM – 6:30 AM **Masters Swim** Barbara Hummel	November 5 5:30 AM – 6:30 AM **Masters Swim** Barbara Hummel	November 6 & 27 5:30 AM – 6:30 AM **Masters Swim** Barbara Hummel		
	November 10 & 17 5:30 AM – 6:25 AM **Masters Aqua HIIT** Signe Linville		November 12 & 19 5:30 AM – 6:25 AM **Masters Aqua HIIT** Signe Linville			
November 2, 23 & 30 6:30 AM – 7:30 AM **Masters Swim** Barbara Hummel	6:00 AM – 6:55 AM **TribeLIFE™** Coach Erin	November 4 & 25 6:30 AM – 7:30 AM **Masters Swim** Barbara Hummel	6:00 AM – 6:55 AM **TribeLIFE™** Coach Erin	November 6 & 27 6:30 AM – 7:30 AM **Masters Swim** Barbara Hummel		
	November 3 & 24 6:30 AM – 7:30 AM **Masters Swim** Barbara Hummel		November 5 6:30 AM – 7:30 AM **Masters Swim** Barbara Hummel		November 7 & 28 7:15 AM – 8:10 AM **Masters Swim** Barbara Hummel	November 8 & 29 7:30 AM – 9:00 AM **Masters Swim** Barbara Hummel
	November 10 & 17 6:30 AM – 7:25 AM **Masters Aqua HIIT** Signe Linville		November 12 & 19 6:30 AM – 7:25 AM **Masters Aqua HIIT** Signe Linville			
	7:45 AM – 8:40 AM **Pilates Reformer** Alanna Mayer		7:45 AM – 8:40 AM **Pilates Reformer** Alanna Mayer		November 7 & 28 8:10 AM –8:55 AM **Child Group Swim Lessons**	November 8 & 29 8:10 AM –8:55 AM **Child Group Swim Lessons**
	8:00 AM – 9:00 AM **TribeLIFE™** Coach Erin		8:00 AM – 9:00 AM **TribeLIFE™** Coach Erin		8:25 AM –10:05 AM **Child Group Swim Lessons**	9:00 AM –10:05 AM **Child Group Swim Lessons**
November 2, 23 & 30 9:00 AM – 10:00 AM **Masters Swim** Signe Linville	8:45 AM – 9:40 AM **Pilates Reformer** Alanna Mayer	9:00 AM –10:05 AM **Child Group Swim Lessons**	8:45 AM – 9:40 AM **Pilates Reformer** Alanna Mayer	9:00 AM –10:05 AM **Child Group Swim Lessons**		
9:00 AM –10:05 AM **Child Group Swim Lessons**	November 3 & 24 9:00 AM – 10:00 AM **Masters Swim** Signe Linville	9:30 AM – 10:30 AM **Strength Through Menopause** Donelle Bucholtz	November 5 9:00 AM – 10:00 AM **Masters Swim** Signe Linville	9:30 AM – 10:30 AM **Strength Through Menopause** Donelle Bucholtz		
9:30 AM –10:30 AM **RISE** Erin Buck	9:00 AM – 10:00 AM **PALS for Life** Erin Buck	9:30 AM –10:25 AM **RISE** Erin Buck	9:00 AM – 10:00 AM **PALS for Life** Erin Buck		★ Certain programs require prerequisites, specific qualifications, or physician clearance for underlying health conditions. ★	
10:30 AM – 11:25 AM **TribeLIFE™** Coach Erin		10:30 AM – 11:25 AM **TribeLIFE™** Coach Erin				
10:45 AM –11:30 AM **Adaptive Adult Swim Lessons**	12:30 PM – 2:00 PM **PWR!Moves** Brandon Thibodeau	11:30 AM –12:30 PM **Pedaling for Parkinson's** Melanie Viegener	12:30 PM – 2:00 PM **PWR!Moves** Brandon Thibodeau	12:30 PM – 2:00 PM **Rock Steady Boxing: Stages 3-4** Parker Licari		
12:30 PM – 2:00 PM **Rock Steady Boxing: Stages 1-2** Zeke Cammarrata				2:00 PM – 3:30 PM **Rock Steady Boxing: Stages 1-2** Parker Licari		
2:00 PM – 3:30 PM **Rock Steady Boxing: Stages 1-2** Zeke Cammarrata	3:25 PM –5:05 PM **Child Group Swim Lessons**	November 4 & 24 3:45 PM – 4:25 PM **Pre Team**	3:25 PM –5:05 PM **Child Group Swim Lessons**	November 6 & 27 3:45 PM – 4:25 PM **Pre Team**		
November 2, 23 & 30 3:45 PM – 4:25 PM **Pre Team**	3:30 PM – 4:25 PM **TribeKIDS™** Coach Melanie	4:00 PM – 4:55 PM **TribeLIFE™** Coach Zeke	November 5 3:45 PM – 4:30 PM **Child Group Swim Lessons**			
4:00 PM – 4:55 PM **TribeLIFE™** Coach Zeke	November 3 & 24 3:45 PM – 4:30 PM **Child Group Swim Lessons**	5:00 PM – 5:55 PM **Pilates Reformer** Jennifer Sielicki	3:30 PM – 4:25 PM **TribeKIDS™** Coach Melanie			
5:00 PM – 5:55 PM **Pilates Reformer** Jennifer Sielicki		6:00 PM – 6:55 PM **Pilates Reformer** Jennifer Sielicki				
6:00 PM – 6:55 PM **Pilates Reformer** Jennifer Sielicki		6:15 PM – 7:00 PM **Adult Group Swim Lessons**				
November 2, 23 & 30 6:15 PM – 7:15 PM **Masters Swim** Barbara Hummel	November 3 & 24 6:15 PM – 7:15 PM **Masters Swim** Barbara Hummel	November 4 & 25 6:45 PM – 7:30 PM **Adult Advance Learn To Swim**	November 5 6:15 PM – 7:15 PM **Masters Swim** Barbara Hummel			

CLASS LOCATION LEGEND

- Group Exercise Studio
- Training Studio
- Group Cycling
- Fitness Floor
- Mind Body Studio
- Warm Water Pool
- Competition Pool

Small Group Program Descriptions (Fee based unless otherwise noted.)

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.
FREE to UVAC Members who have graduated from PALS for Life.
Contact Erin Buck to register for PALS or RISE: ebuck@uvacswim.org

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.
Contact Erin Buck to register for PEP offerings: ebuck@uvacswim.org

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)
Register for TRIBE with the Welcome Desk.

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.
Register with the Welcome Desk.

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.
Register with the Welcome Desk.

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.
Register with the Welcome Desk.

CHILDREN'S & ADULT SWIM LESSONS

UVAC offers a Learn-to-Swim program tailored for every age and ability. We provide group lessons starting with Parent & Me (6 months+), as well as Preschool and Youth Swim Lessons for ages 3–13.
For kids comfortable in deep water, our Pre Team program refines strokes and introduces team drills to prepare them for the UVAC swim team.
We also offer specialized group instruction for beginner and advanced-beginner teens and adults (14+).
Visit www.uvacswim.org/swim-lessons for more details or to register. For other questions, contact Kana Wyman: kwyman@uvacswim.org.

MASTERS SWIM PROGRAM

Our Masters Swim Program (ages 18+) is designed for adults looking to improve their fitness and stroke technique through inspired coaching and team camaraderie. Enjoy a fun, challenging, and supportive environment focused on achieving your personal goals.
(Note: This is not a learn-to-swim program; participants should be comfortable swimming laps independently.)
For more details visit www.uvacswim.org/masters or contact Barbara Hummel: bhummel@uvacswim.org.
Register for Masters with the Welcome Desk.