

November 2026

Warm Water Pool – 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
	November 11 & 18 5:30 AM – 6:25 AM Masters Aqua HIIT		November 12 & 19 5:30 AM – 6:25 AM Masters Aqua HIIT		
	November 11 & 18 6:30 AM – 7:25 AM Masters Aqua HIIT		November 12 & 19 6:30 AM – 7:25 AM Masters Aqua HIIT		
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
9:00 AM – 10:05 AM Child Group Lessons Bench & Shallow End		9:00 AM – 10:05 AM Child Group Lessons Bench & Shallow End		9:00 AM – 10:05 AM Child Group Lessons Bench & Shallow End	8:25 AM – 10:05 AM Child Group Lessons Bench & All Lanes
10:45 AM – 11:30 AM Adaptive Adult Lessons All Lanes	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	Sunday 9:00 AM – 10:05 AM Child Group Lessons Bench & All Lanes
11:30 AM – 12:25 PM Warm Water Essentials Deep Half of Pool	11:15 AM – 12:10 PM Splash HIIT Deep Half of Pool	November 4 1:30 PM – 2:15 PM Water Comfort Clinic Shallow Half	12:15 PM – 1:10 PM Splash HIIT Deep Half of Pool	<div> PROGRAM LEGEND </div> <div> Swim Lessons </div> <div> Special Programs </div> <div> Water Aerobics </div>	
3:00 PM – 4:00 PM Hartland Rec Program Shallow End	12:15 PM – 1:10 PM Splash HIIT Deep Half of Pool	November 4 & 18 3:00 PM – 4:15 PM Hartford Learn To Swim 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	3:25 PM – 5:05 PM Child Group Lessons Bench & All Lanes	<div> PLEASE NOTE: Water features for Splash Park are TURNED OFF during Swim Lessons and Water Aerobic Classes. Part of the Warm Water Pool may be unavailable during Red Cross Classes. Pools Close 15 minutes early. PLEASE PLAN ACCORDINGLY. </div>	
November 2 6:15 PM – 7:00 PM Water Comfort Clinic Shallow Half	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 NOVEMBER HOURS*****

Wednesday, November 4: UVAC Closing at 4:00pm for Private Event.

Thursday, November 26: Thanksgiving Holiday Hours 5:00am-12:00pm

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.

www.uvacswim.org | 802.296.2850

