

March 2024

SPECIAL NOTE: Schedule Subject to change. See our website UVACswim.org for the most up to dates schedule.

Competition Pool – Classes and Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM – 6:30 AM Masters Swim Zero lanes	5:30 AM – 6:30 AM Masters Swim 3 Shared Lanes	5:30 AM – 6:30 AM Masters Swim 2 Private Lanes	5:30 AM – 6:30 AM Masters Swim 3 Shared Lanes	5:30 AM – 6:30 AM Masters Swim Zero lanes	6:30 AM – 8:30 AM Masters Swim 3 Shared Lanes
6:30 AM – 7:30 AM Masters Swim 3 Shared Lanes	6:30 AM – 7:30 AM Masters Swim 3 Shared Lanes	6:30 AM – 7:30 AM Masters Swim 3 Shared Lanes	6:30 AM – 7:30 AM Masters Swim 3 Shared Lanes	6:30 AM – 7:30 AM Masters Swim 3 Shared Lanes	8:10 PM – 8:55 PM Child Group Lessons 3 Shared • 2 Private Lanes
9:00 AM – 10:00 AM Masters Swim 3 Shared • 3 Private Lanes	9:00 AM – 10:00 AM Masters Swim 2 Shared Lanes		9:00 AM – 10:00 AM Masters Swim 2 Shared Lanes		8:30 AM – 10:30 AM Swim Team 0 Lane Available
					10:30 AM – 12:00 PM Swim Team 2 Shared Lanes
		10:00 AM – 10:55 AM DW Variations 2 Shared • 3 Private Lanes	10:00 AM – 10:55 AM Water Volleyball 6 Lanes Available	11:00 AM – 11:55AM Water Volleyball 3 Shared • 3 Private Lanes	AVAILABLE LANES 12:00 PM – 3:45 PM 3 Shared • 8 Private Lanes
11:45 AM – 12:40 PM Mahi in Water 3 Shared • 4 Private Lanes	11:00 AM – 11:55AM Water Volleyball 3 Shared • 3 Private Lanes	11:45 AM – 12:15 PM Mahi in Water 3 Shared • 4 Private Lanes		12:00 PM – 12:55 PM DW Variations 3 Shared • 2 Private Lanes	
					Sunday
					7:30 AM – 8:30 AM Masters Swim 3 Shared • 2 Private Lanes
12:30 PM – 2:00 PM POOL CLEANING 3 Shared Lanes			12:30 PM – 2:00 PM POOL CLEANING 3 Shared Lanes		9:45 AM – 10:45 AM Masters Swim 3 Shared • 2 Private Lanes
	3:45 PM – 4:30 PM Child Group Lessons 3 Shared • 2 Private Lanes		3:45 PM – 4:30 PM Child Group Lessons 3 Shared • 2 Private Lanes		8:10 PM – 8:55 PM Child Group Lessons 3 Shared • 2 Private Lanes
4:00 PM – 4:30 PM Swim Team 3 Shared • 2 Private Lanes		4:00 PM – 4:30 PM Swim Team 3 Shared • 1 Private Lanes		4:00 PM – 4:30 PM Swim Team 3 Shared • 1 Private Lanes	NO MORE RESERVATIONS FOR MASTERS Masters swimmers will no longer need to reserve lanes in advance.
4:30 PM – 6:00 PM Swim Team 0 Lanes Available	4:00 PM – 6:00 PM Swim Team 0 Lanes Available	4:30 PM – 6:00 PM Swim Team 0 Lanes Available	4:00 PM – 6:00 PM Swim Team 0 Lanes Available	4:30 PM – 6:00 PM Swim Team 0 Lanes Available	This schedule shows you which programs and activities are in the Competition Pool. Both Private and Shared Lanes available for open swim during programs are also available online. Shared Lanes are shared by two swimmers.
6:00 PM – 6:40 PM Swim Team 0 Lanes Available		6:00 PM – 6:45 PM Swim Team 0 Lanes Available		6:00 PM – 6:45 PM Swim Team 3 Shared Lanes	
6:05 PM – 7:05 PM Masters Swim Shared Lanes	6:05 PM – 7:05 PM Masters Swim 3 Shared Lanes	6:15 PM – 7:00 PM Adult Advance LTS 0 Lanes Available	6:05 PM – 7:05 PM Masters Swim 3 Shared Lanes		Please note that available lanes are subject to change. Reserve your spot at UVACswim.org .

UVAC FACILITY HOURS

Weekdays 5:00 AM – 7:30 PM

Saturdays 6:30 AM – 4:00 PM • Sundays 7:30 AM – 3:00 PM

HEALTH AND WEATHER HOTLINE

For health, safety and weather related news and program cancellations.

802.698.8361

SPECIAL NOTES FOR MEMBERS/GUESTS

Reservations will be taken for lap swimming, and group fitness classes. Visit our website UVACswim.org for reservations and a guide of how to reserve a spot. Sauna is open for three people at a time with a ten-minute limit.

LEGEND
Swim Lessons
Special Programs
Water Aerobics
Swim Team
Masters Swim

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.



BENEFITS OF PERSONAL TRAINING

Everyday is a new opportunity to start your fitness success!

- Get stronger
- Lose weight
- Stay motivated
- Reduce pain
- Try new exercises and routines
- Train for a sport or race
- Prepare for surgery or giving birth
- Learn correct techniques
- Improve posture and increase bone mass

FIND OUT MORE ABOUT YOUR BODY

To participate in Personal Training, purchasing the Wellness Screening package is required. Consisting of three sessions, the screening are meetings where you can discuss your goals and trainer recommendations to meet those goals. For more details and pricing information, please see our website or inquire at the Welcome Desk.

WHAT IS BRONZE/SILVER/GOLD?

Bronze
Certified trainers experienced with recent exercise techniques, protocols, wellness coaching, and helping participants achieve specific goals.

Silver
Bronze Level competencies with more experience, advanced certification, or college degrees in health sciences.

Gold
Trainers who help establish standards for our personal training department as well as train and develop personal training staff. Our most experienced trainers with advanced certifications, college degrees in health sciences, and ample experience with clients of diverse abilities.

**UPPER VALLEY
AQUATIC
CENTER**

Contact Erin Buck
ebuck@uvacswim.org 802.296.2850 ex 112

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Warm Water – 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 S'WET Deep Half of Pool	7:30 AM – 8:25 AM Warm Water Essentials Deep Half of Pool	7:30 AM – 8:25 AM S'WET Deep Half of Pool	7:30 AM – 8:25 AM Warm Water Essentials Deep Half of Pool	7:30 AM – 8:15 AM Splash HIIT Deep Half of Pool
9:00 AM – 10:05 AM Preschool Lessons Bench & Shallow End		8:25 AM – 10:05 AM Preschool Lessons and Parent & Me All 3 Lanes	9:00 AM – 10:05 AM Parent & Me All 3 Lanes	9:00 AM – 10:05 AM Preschool Lessons Bench & Shallow End	8:25 AM – 10:05 AM Child Group Lessons Bench & All Lanes
	10:15 AM – 11:05 AM Bugbee Senior Deep Half of Pool			9:00 AM – 9:55 AM Warm Water Essentials Deep Half of Pool	Sunday 9:00AM – 10:05 AM Child Group Lessons Deep Half of Pool
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 AM Splash HIIT Deep Half of Pool	11:00 AM – 11:55 PM HCRS/Zack's Place Deep Half of Pool	
	12:15 PM – 1:10 PM Splash HIIT Deep Half of Pool	12:15 PM – 12:40 PM Mahi in Water Deep Half of Pool	12:00 PM – 12:55 PM Splash HIIT Deep Half of Pool		PLEASE NOTE: Water features for Splash Park are not on during swim lessons or water aerobic classes. PLEASE PLAN ACCORDINGLY. Pools close 15 minutes early
2:45 PM – 4:00 PM Hartland Group Swim	3:25 PM – 5:05 PM Child Group Lessons Bench & 3 Lanes	3:00 PM – 4:45 PM Hartford Learn to Swim	3:25 PM – 5:05 PM Child Group Lessons Bench & 3 Lanes		
5:15 PM – 6:10 PM H2O TO GO Deep Half of Pool		5:15 PM – 6:10 PM H2O TO GO Deep Half of Pool			
	5:30 PM – 6:25 PM Splash HIIT Deep Half of Pool	6:15 PM – 7:00 PM Adult Beginner Lessons All 3 Lanes	5:30 PM – 6:25 PM Splash HIIT Deep Half of Pool		

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Sauna is open for three people at a time with a ten-minute 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 chaperone (18 or older) within arms-length at all times, with the exception of programs.

LEGEND

Swim Lessons

Special Programs

Water Aerobics

Swim Team

Masters Swim

WE'RE HIRING

Please check our website for open positions and complete an application online:
<https://uvacswim.org/about/employment/>
 Questions: Kelly 802-296-2850 ex 121 or email kmousley@uvacswim.org



TRIBE TEAM TRAINING®

SEASON 2 STARTS MARCH 11 JOIN A TRIBE. GET STARTED TODAY!

IT'S NEVER TOO LATE TO START

ONE TEAM. ONE TRIBE!

TRIBE CORE
TRIBE FIT
TRIBE PUNCH
TRIBE LIFE
TRIBE KIDS

Join TRIBE... a new way to get fit at UVAC. With five different TRIBE programs, choose the class that moves you, show up and commit! Every fitness level welcome.

Get more motivation and accountability by working in a small group! Each season is 8-weeks, 2x/wk. TribeKIDS is 1x/wk

Member Price: \$320
Non-Member Price: \$480
Member Price Kids: \$140
Non-Member Price Kids: \$184
membership is included in this price

Register with the Welcome Desk
802.296.2850 ex 0
Questions? 802.296.2850 ex 112 or ebuck@uvacswim.org


UPPER VALLEY AQUATIC CENTER
 uvacswim.org