

# UVAC Class Descriptions

## Boot Camp B,I,A

A powerful and challenging workout to improve cardiovascular endurance, muscular and core strength using a wide variety of moves. You will use an assortment of equipment such as steps, bosu balls, body bars and weights.

## Boxing Circuit B,I,A

Learn basic boxing skills while getting a well-rounded workout. This class is designed for all skill levels, and is a great entry-level boxing and cardio class.

## Boxing Skills B,I,A

Learn the proper boxing footwork and fundamentals, effective punching techniques, defensive body movements, and strategic positioning.

## Cardio Kickboxing B,I,A

Cardio-focused with conditioning intervals, encompassing movements from multiple martial arts including karate, Muay Thai and Taekwondo.

## Circuit Training B,I,A

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 Skills B,I,A

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 B,I,A

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 I,A

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.

## Kettlebell Strength B,I,A

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 B,I,A

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.

## POUND B,I,A

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into exercise.

## Power Hour B,I,A

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.

## TRX B,I,A

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. Fourteen spots available per class.

## Zumba B,I,A

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 B,I,A

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!

## Aqua Gym B,I,A

Aqua Gym is designed with different blocks of exercises focusing on strength, cardio and speed and agility. Designed for all fitness levels.

## Deep Water Variations B,I,A

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 B,I,A

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 B,I,A

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 B,I,A

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 welcome!

## Mahi in Water B,I,A

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 B,I,A

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.

## HIIT the Water B,I,A

Combining HIIT and ladder drills, burn calories and get stronger in this water workout that can be enjoyed in both deep water and shallow water.

## Alternative Flow Yoga B,I,A

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.

## Yoga Strength and Balance B,I,A

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.

## Gentle Yoga B,I,A

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.

## Beginner Slow Flow Yoga B,I

Discover the world of yoga at your own pace with Beginner's Slow Flow Yoga class. This gentle introduction focuses on basic poses, mindfulness, breath work, and relaxation. Chairs available. (not req.)

## Mat Pilates B,I,A

Develop core strength, flexibility, balance, and stamina while you lengthen and strengthen your muscles with this highly effective low- impact workout!

## Slow Flow Yoga B,I,A

A slow paced class designed to rejuvenate and heal the body. Focus is on alignment, strength and flexibility.

## Vinyasa Yoga B,I,A

Movements are synchronized with the breath while practicing traditional asana (poses) and sequences.

## LAND BASED CLASSES CYCLING AQUATIC CLASSES MIND BODY CLASSES PAID PROGRAMS

Beginner = B Intermediate = I Advanced = A

### 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.

#### PALS for Life Bridge Program

Affordably priced small group training for those who have completed the PALS protocol and want to do additional training. This program is based upon the Strength and Courage Project.

#### Living Beyond Cancer

Affordably priced group supported training for cancer survivors. There is mounting evidence that exercise and rehabilitative interventions improve outcomes for cancer survivors. Open to those living with breast cancer and beyond.

### PEP

#### 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.

#### Staying Active

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 PD symptoms. RSB focuses on stretching, strengthening, balance, executive functioning, and fine motor skills.

### Tribe

TribeFIT™ is designed to make you functionally fit. By combining athletic, aerobic movements with functional strength exercises means this program will have you looking and feeling amazing. Inspirational TribeFIT™ Coaches and powerful music will drive you and motivate you to new levels of strength and fitness season after season.

TribeLIFE™ is a dynamic program engineered to empower you with functional fitness, ensuring you're prepared for any curve ball life may hurt 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 Jenny, Maryam and Sydney.

#### 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).

#### NEW CLASS! UVAC Boxing

This is a progressive boxing class where we start with the basics and progress to more challenging and advanced boxing techniques in the later weeks. All levels welcome.



## MARCH 2025 AT-A-GLANCE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <b>Group Fitness Orientation 10:00am</b> Sign-up at Welcome Desk + <b>Lifeguard Prep Class</b>
2 + <b>Lifeguard Prep Class</b>	3	4	5	6 <b>Group Fitness Orientation 5:00pm</b> Sign-up at Welcome Desk	7	8 <b>NEPSAC SWIM MEET</b>
9	10 <b>FREE TRIAL WEEK TRIBE</b> March 3 - March 7	11	12	13	14 <b>NHSA SWIM MEET</b> Friday & Saturday	15 <b>Group Fitness Orientation 10:00am</b> Sign-up at Welcome Desk
16 <b>FREE INTRO POUND CLASS 11:00AM Mind Body Studio</b>	1  St. Patrick's Day	18	19	20	21 + <b>Lifeguard Certification</b> Fri, Sat, Sun	22 <b>UVAC Spring Health Fair</b> 9:00 am to 12:00 pm
23 <b>First Aid &amp; CPR Class</b> NOON Group Fitness Orientation Sign-up at Welcome Desk	24	25 <b>Group Fitness Orientation 10:00am</b> Sign-up at Welcome Desk	26	27	28	29
	30	31				

**Facility Hours:**  
Weekdays 5:00 am – 7:30 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**

## MARCH 2025

\*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>Cardio Kickboxing</b> Darcy Pooler	
7:45 AM – 8:40 AM <b>*Functional Fitness</b> Alan Hernandez		7:45 AM – 8:40 AM <b>*Functional Fitness</b> Alan Hernandez			8:00 AM – 8:55 AM <b>*TribeKIDS™</b> Coach Wyatt	
8:30 AM – 9:25 AM <b>Ess. Conditioning</b> Erin Buck	8:00 AM – 9:00 AM <b>TribeLIFE™</b> Coach Erin	8:30 AM – 9:25 AM <b>Ess. Conditioning</b> Erin Buck	8:00 AM – 9:00 AM <b>TribeLIFE™</b> Coach Erin			
8:30 AM – 9:25 AM <b>*TribeCORE™</b> Coach Wyatt		8:30 AM – 9:25 AM <b>*TribeCORE™</b> Coach Wyatt		8:30 AM – 9:25 AM <b>Ess. Conditioning</b> Erin Buck		
10:00 AM – 10:55 AM <b>ZUMBA</b> Nikki Batra	9:00 AM – 10:00 AM <b>*PALS for Life</b> Erin Buck		9:00 AM – 10:00 AM <b>*PALS for Life</b> Erin Buck	9:30 AM – 10:20 AM <b>TRX</b> Erin Buck	9:30 AM – 10:25 AM <b>Zumba</b> Liza Fredrickson	9:30 AM – 10:25 AM <b>Zumba</b> Jayashree Acharia
10:30 AM – 11:30 AM <b>*Beyond Cancer</b> Erin Buck		10:30 AM – 11:30 AM <b>*Beyond Cancer</b> Erin Buck	9:10 AM – 10:10 AM <b>Power Hour</b> Larry Ruffing		10:30 AM – 11:25 AM <b>Boxing Circuit</b> Wyatt Guillette	
11:00 AM – 11:50 AM <b>TRX</b> Garrett Wilson	9:10 AM – 10:10 AM <b>Power Hour</b> Larry Ruffing	9:45 AM – 10:40 AM <b>Power Hour</b> Dan Talbot	10:15 AM – 11:10 AM <b>Low Impact Circuit</b> Parker Licari	10:30 AM – 11:25 AM <b>Boxing Circuit</b> Wyatt Guillette	11:30 AM – 12:25 PM <b>Boxing Skills</b> Wyatt Guillette	
12:30 PM – 2:00 PM <b>RSB – Stages 1-2</b> Wyatt Guillette	10:15 AM – 11:10 AM <b>Low Impact Circuit</b> Parker Licari	11:00 AM – 11:50 AM <b>TRX</b> Alan Hernandez	10:30 AM – 11:25 AM <b>*Functional Fitness Trng</b> Larry Ruffing	12:30 PM – 2:00 PM <b>RSB – Stages 1-2</b> Wyatt Guillette	<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>	
12:30 PM – 2:00 PM <b>*UVAC Boxing</b> Wyatt Guillette	10:30 AM – 11:25 AM <b>*Functional Fitness Trng</b> Larry Ruffing	4:00 PM – 4:55 PM <b>*TribeLIFE™</b> Coach Parker	12:30 PM – 2:00 PM <b>Staying Active</b> Brandon Thibodeau	2:00 PM – 3:30 PM <b>RSB – Stages 3-4</b> Wyatt Guillette		
4:00 PM – 4:55 PM <b>*TribeLIFE™</b> Coach Parker	12:30 PM – 2:00 PM <b>Staying Active</b> Brandon Thibodeau	4:00 PM – 4:55 PM <b>Zumba</b> Jayashree Acharia	12:30 PM – 2:00 PM <b>*UVAC Boxing</b> Wyatt Guillette			
5:00 PM – 5:55 PM <b>Kettlebell Strength</b> Morganne Young	3:30PM – 4:25 PM <b>TribeKIDS™</b> Coach Melanie	5:00 PM – 5:55 PM <b>Cardio Kickboxing</b> Darcy Pooler	3:30PM – 4:25 PM <b>TribeKIDS™</b> Coach Melanie	4:30 PM - 5:25 PM <b>TRX</b> Anh Nguyen		
5:00 PM – 5:55 PM <b>*TribeFIT™</b> Coach Parker	4:30 PM - 5:25 PM <b>Boot Camp</b> Wyatt Guillette	5:00 PM - 5:55 PM <b>*TribeFIT™</b> Coach Parker	5:00 PM – 5:55 PM <b>Kettlebell Strength</b> Parker Licari	5:30 PM – 6:25PM <b>Circuit Training</b> Brandon Thibodeau		
6:00 PM – 6:55 PM <b>Circuit Training</b> Alan Hernandez	5:30 PM - 6:25 PM <b>Zumba</b> Jayashree Achaira	6:00 PM – 6:55 PM <b>Circuit Training</b> Alan Hernandez	6:00 PM - 6:55 PM <b>Boot Camp</b> Eva Gillette		<b>Special Locations</b> ^ Fitness Floor * Training Studio	

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 Viegener	8:15 AM – 9:10 AM <b>Cycling</b> Liz Storn	5:30 AM – 6:25 AM <b>Cycling</b> Melanie Viegener			
8:15 AM – 9:10 AM <b>Cycling</b> Liz Storn	8:15 AM – 9:10 AM <b>Cycling</b> Melissa Gove	11:30 AM – 12:30 PM <b>Pedaling for Parkinson's</b> Melanie Viegener	8:15 AM – 9:10 AM <b>Cycling</b> Melissa Gove	8:15 AM – 9:10 AM <b>Cycling</b> Adrienne Pelton	8:15 AM – 9:10 AM <b>Cycling</b> Week 1 Anh Nguyen Week 2 Liza Fredrickson Week 3 Anh Nguyen Week 4 Amy Thacker	9:00 AM – 9:55 AM <b>Cycling</b> Sommya Srinivas
6:00 PM – 6:55PM <b>Cycling</b> Anh Nguyen		6:00 PM – 6:55PM <b>Cycling</b> Parker Licari	5:00 PM – 5:45 PM <b>Cycling</b> Amy Thacker			

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.

## MARCH 2025

\*All classes are free to members unless noted otherwise.\*

### Mind Body Studio – Classes and Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:30 AM – 8:15 AM <b>TRX</b> Larry Ruffing		5:30 AM – 6:25 AM <b>POUND</b> Angela Rose		8:30 AM – 9:25 AM <b>Dance Skills</b> Rachel Burcham	
	8:20 AM – 9:15AM <b>Pilates Reformer</b> Jenny Armstrong	9:00 AM – 10:15 AM <b>Gentle Yoga</b> Connie Ciulla	7:30 AM – 8:15 AM <b>TRX</b> Larry Ruffing	9:30 AM – 10:25 AM <b>Yoga Strength &amp; Balance</b> Carole Petrillo		10:00 AM – 10:55 AM <b>Alternative Flow Yoga</b> Kathryn Mills
10:30 AM – 11:25AM <b>Pilates Reformer</b> Maryam Paydarfar		10:30 AM – 11:25AM <b>Pilates Reformer</b> Maryam Paydarfar	8:20 AM – 9:15AM <b>Pilates Reformer</b> Jenny Armstrong		10:00 AM – 11:15 AM <b>Slow Flow Yoga</b> Connie Ciulla	
	9:20 AM – 10:15 AM <b>Pilates Reformer</b> Jenny Armstrong		9:20 AM – 10:15 AM <b>Pilates Reformer</b> Jenny Armstrong			
	10:30 AM – 11:25 AM <b>Vinyasa Yoga</b> Jenny Armstrong		10:30 AM – 11:25 AM <b>Vinyasa Yoga</b> Jenny Armstrong			
5:00 PM – 5:55 PM <b>Slow Flow Yoga</b> Megan Chapman	5:00 PM – 5:55 PM <b>POUND</b> Angela Rose	5:00 PM – 5:55 PM <b>Slow Flow Yoga</b> Megan Chapman	5:00 PM – 5:55 PM <b>Zumba</b> Liza Fredrickson			
6:10 PM – 7:05 PM <b>Pilates Reformer</b> Sydney Boardman	6:00 PM – 6:55 PM <b>Alternative Flow Yoga</b> Kathryn Mills	6:10 PM – 7:05 PM <b>Pilates Reformer</b> Sydney Boardman	6:00 PM – 6:55 PM <b>Alternative Flow Yoga</b> Kathryn Mills			

### Warm Water and Competition Pools – Aquatic Classes and Programs

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	6:30 AM – 8:30 AM <b>Masters Swim</b> Barbara Hummel	
6:30 AM – 7:30 AM <b>Masters Swim</b> Barbara Hummel	7:30 AM – 8:25 AM <b>Aqua Gym</b> Kathleen Danforth	6:30 AM – 7:30 AM <b>Masters Swim</b> Barbara Hummel	7:30 AM – 8:25 AM <b>Aqua Gym</b> Kathleen Danforth	7:30 AM – 8:25 AM <b>Warm Water Essentials</b> Sue Belisle	7:30 AM – 8:15 AM <b>HIIT the Water</b> Kathleen Danforth	7:30 AM – 8:25 AM <b>Masters Swim</b> Barbara Hummel
7:30 AM – 8:25AM <b>Warm Water Essentials</b> Sue Belisle		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			9:45 AM – 10:45 AM <b>Masters Swim</b> Barbara Hummel
9:00 AM – 10:00 AM <b>Masters Swim</b> Signe Linville	9:00 AM – 10:00 AM <b>Masters Swim</b> Signe Linville		10:00 AM – 10:55 AM <b>Water Volleyball</b> Brandon Thibodeau	9:00 AM – 9:55 AM <b>DW Variations</b> Sue Belisle		
	11:00 AM – 11:55 AM <b>Water Volleyball</b> Alan Hernandez	10:00 AM – 10:55AM <b>DW Variations</b> Tomas Langland		11:00 AM – 11:55 AM <b>Water Volleyball</b> Alan Hernandez		
11:30 AM – 12:25 PM <b>Splash HIIT</b> Signe Linville	11:15 AM – 12:10 PM <b>Splash HIIT</b> Signe Linville	11:45 AM – 12:40 PM <b>Mahi in Water</b> Maryam Paydarfar	11:15AM – 12:10 PM <b>Splash HIIT</b> Signe Linville			
11:45 AM – 12:40 PM <b>Mahi in Water</b> Maryam Paydarfar	12:15 PM – 1:10 PM <b>Splash HIIT</b> Signe Linville		12:15 PM – 1:10 PM <b>Splash HIIT</b> Signe Linville	12:00 PM – 12:55 PM <b>DW Variations</b> Tomas Langland	<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>	
5:15 PM – 6:10 PM <b>H2O to Go</b> Melissa Gove	5:30 PM – 6:25 PM <b>Aqua Gym</b> Kathleen Danforth	5:15 PM – 6:10 PM <b>H2O to Go</b> Melissa Gove	5:30 PM – 6:25 PM <b>Aqua Gym</b> Kathleen Danforth			
	6:05 PM – 7:05 PM <b>Masters Swim</b> Barbara Hummel	6:15 PM – 7:00 PM <b>Adult Advance LTS</b> Fee Based Class	6:05 PM – 7:05 PM <b>Masters Swim</b> Barbara Hummel			
6:05 PM – 7:05 PM <b>Masters Swim</b> Barbara Hummel						

# MARCH 2025

## Competition Pool – Classes and Programs

*SPECIAL NOTE: Schedule Subject to change. See our website [UVACswim.org](http://UVACswim.org) for the most up to dates schedule.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM – 6:30 AM <b>Masters Swim - 6 Lanes</b> 3 Shared Lanes	5:30 AM – 6:30 AM <b>Masters Swim - 8 Lanes</b> 3 Shared Lanes	5:30 AM – 6:30 AM <b>Masters Swim - 6 Lanes</b> 3 Shared - 2 Private Lanes	5:30 AM – 6:30 AM <b>Masters Swim - 8 Lanes</b> 3 Shared Lanes	5:30 AM – 6:30 AM <b>Masters Swim - 6 Lanes</b> 3 Shared Lanes	7:00 AM – 8:30 AM <b>Masters Swim - 8 Lanes</b> 0 Shared Lanes
6:30 AM – 7:30 AM <b>Masters Swim - 8 Lanes</b> 3 Shared Lanes	6:30 AM – 7:30 AM <b>Masters Swim - 8 Lanes</b> 3 Shared Lanes	6:30 AM – 7:30 AM <b>Masters Swim - 8 Lanes</b> 3 Shared Lanes	6:30 AM – 7:30 AM <b>Masters Swim - 8 Lanes</b> 3 Shared Lanes	6:30 AM – 7:30 AM <b>Masters Swim - 8 Lanes</b> 3 Shared Lanes	8:10 AM – 8:55 AM <b>Child Group Lessons</b>
9:00 AM – 10:00 AM <b>Masters Swim - 5 Lanes</b> 3 Shared • 3 Private Lanes	9:00 AM – 10:00 AM <b>Masters Swim - 9 Lanes</b> 2 Shared Lanes		9:00 AM – 10:00 AM <b>Masters Swim - 9 Lanes</b> 2 Shared Lanes	9:00 AM – 9:55 AM <b>DW Variations</b> 3 Shared • 2 Private Lanes	8:30 AM – 10:30 AM <b>Swim Team</b> 0 Lane Available
					10:30 AM – 12:00 PM <b>Swim Team</b> 2 Shared Lanes
	11:00 AM – 11:55AM <b>Water Volleyball</b> 3 Shared • 3 Private Lanes	10:00 AM – 10:55 AM <b>DW Variations</b> 2 Shared • 3 Private Lanes	10:00 AM – 10:55 AM <b>Water Volleyball</b> 6 Lanes Available	11:00 AM – 11:55AM <b>Water Volleyball</b> 3 Shared • 3 Private Lanes	AVAILABLE LANES 12:00 PM – 3:45 PM 3 Shared • 8 Private Lanes
11:45 AM – 12:40 PM <b>Mahi in Water</b> 3 Shared • 4 Private Lanes		11:45 AM – 12:15 PM <b>Mahi in Water</b> 3 Shared • 4 Private Lanes		12:00 PM – 12:55 PM <b>DW Variations</b> 3 Shared • 2 Private Lanes	<b>Sunday</b>
					7:30 AM – 8:45AM <b>Masters Swim - 6 Lanes</b> 0 Shared Lanes
3:45 PM – 4:30 PM <b>Pre Team Practice</b> 3 Shared • 2 Private Lanes		3:45 PM – 4:30 PM <b>Pre Team Practice</b> 3 Shared • 2 Private Lanes		3:45 PM – 4:30 PM <b>Pre Team Practice</b> 3 Shared • 2 Private Lanes	
	3:45 PM – 4:30 PM <b>Child Group Lessons</b> 3 Shared • 2 Private Lanes		3:45 PM – 4:30 PM <b>Child Group Lessons</b> 3 Shared • 2 Private Lanes		8:10 AM – 8:55 AM <b>Child Group Lessons</b>
4:00 PM – 4:30 PM <b>Swim Team</b> 3 Shared • 2 Private Lanes		4:00 PM – 4:30 PM <b>Swim Team</b> 3 Shared • 1 Private Lanes			
4:30 PM – 6:00 PM <b>Swim Team</b> 0 Lane Available	4:00 PM – 6:00 PM <b>Swim Team</b> 0 Lane Available	4:30 PM – 6:00 PM <b>Swim Team</b> 0 Lane Available	4:00 PM – 6:00 PM <b>Swim Team</b> 0 Lane Available	4:30 PM – 6:00 PM <b>Swim Team</b> 0 Shared Lane Available	
6:00 PM – 6:40 PM <b>Swim Team</b> 0 Lanes Available		6:00 PM – 6:45 PM <b>Swim Team</b> 0 Lane Available		6:00 PM – 6:45 PM <b>Swim Team</b> 3 Shared Lanes	
6:05 PM – 7:05 PM <b>Masters Swim - 5 Lanes</b> 3 Shared Lanes	6:05 PM – 7:05 PM <b>Masters Swim - 8 Lanes</b> 2 Shared Lanes	6:15 PM – 7:00 PM <b>Adult Advanced Lessons</b>	6:05 PM – 7:05 PM <b>Masters Swim - 8 Lanes</b> 2 Shared Lanes		

### 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](http://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.

### PROGRAM 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.**

# MARCH 2025

## Warm Water Pool – Classes and Programs

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

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>Aqua Gym</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>Aqua Gym</b> Deep Half of Pool	7:30 AM – 8:25 AM <b>Warm Water Essentials</b> Deep Half of Pool	7:30 AM – 8:15 AM <b>HIIT the Water</b> Deep Half of Pool
		9:00 AM – 10:05 AM <b>Preschool &amp; Parent &amp; Me</b> Bench & Shallow area	9:00 AM – 10:05 AM <b>Parent &amp; Me</b> Shallow area	9:00 AM – 10:05 AM <b>Preschool</b> Bench & Shallow area	8:25 AM – 10:05 AM <b>Child Group Lessons</b> Bench & 3 Lanes Deep End
	10:15 AM – 11:05 AM <b>Bugbee Senior</b> Deep Half of Pool				
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		11:15 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> 9:00 AM – 10:05 AM <b>Child Group Lessons</b> Bench & 3 Lanes, Deep End
	12:15 PM – 1:10 PM <b>Splash HIIT</b> Deep Half of Pool	12:15 PM – 12:45 PM <b>Mahi in Water</b> Deep Half of Pool	12:15 PM – 1:10 PM <b>Splash HIIT</b> Deep Half of Pool		<b>PLEASE NOTE:</b>  <b>Water features for Splash Park are not on during swim lessons or water aerobic classes. PLEASE PLAN ACCORDINGLY.</b>  <b>Pools close 15 minutes early</b>
	3:25 PM – 5:05 PM <b>Child Group Lessons</b> Bench & 3 Lanes	2:45 PM – 4:00 PM <b>Hartford Learn to Swim</b> Shallow & Deep End Dothan Brook 3/5 – 4/2	3:25 PM – 5:05 PM <b>Child Group Lessons</b> Bench & 3 Lanes		
5:15 PM – 6:10 PM <b>H2O TO GO</b> Deep Half of Pool		5:15 PM – 6:10 PM <b>H2O TO GO</b> Deep Half of Pool			
	5:30 PM – 6:25 PM <b>Aqua Gym</b> Deep Half of Pool	6:15 PM – 7:00 PM <b>Adult Beginner Lessons</b> 3 Lanes	5:30 PM – 6:25 PM <b>Aqua Gym</b> Deep Half of Pool		

### SPECIAL NOTES FOR MEMBERS/GUESTS

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Sauna is open for three people at a time with a ten-minute limit.

### PROGRAM 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.**

# WE'RE HIRING

Please check our website for open positions and complete an application online:

[uvacswim.org/employment](http://uvacswim.org/employment)

**Questions:** Kelly

802-296-2850 ex 121

or email

[kmousley@uvacswim.org](mailto:kmousley@uvacswim.org)