

# January 2023

*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 <b>Masters Swim</b> 5 Lanes Available	5:30 AM – 6:30 AM <b>Masters Swim</b> 3 Lanes Available	5:30 AM – 6:30 AM <b>Masters Swim</b> 5 Lanes Available	5:30 AM – 6:30 AM <b>Masters Swim</b> 3 Lanes Available	5:30 AM – 6:30 AM <b>Masters Swim</b> 5 Lanes Available	6:30 AM – 8:30 AM <b>Masters Swim</b> 3 Lanes Available
6:30 AM – 7:30 AM <b>Masters Swim</b> 3 Lanes Available	6:30 AM – 7:30 AM <b>Masters Swim</b> 3 Lanes Available	6:30 AM – 7:30 AM <b>Masters Swim</b> 3 Lanes Available	6:30 AM – 7:30 AM <b>Masters Swim</b> 3 Lanes Available	6:30 AM – 7:30 AM <b>Masters Swim</b> 3 Lanes Available	8:10 AM – 8:55 AM <b>Child Group Lessons</b> 3 Lanes Available
9:00 AM – 10:00 AM <b>Masters Swim</b> 5 Lanes Available	9:00 AM – 10:00 AM <b>Masters Swim</b> 2 Lanes Available		9:00 AM – 10:00 AM <b>Masters Swim</b> 2 Lanes Available		8:30 AM – 10:30 AM <b>Swim Team</b> 1 Lane Available
					10:30 AM – 12:00 PM <b>Swim Team</b> 2 Lanes Available
10:00 AM – 10:55 AM <b>DW Variations</b> 0 Lanes Available		10:00 AM – 10:55 AM <b>DW Variations</b> 0 Lanes Available	10:00 AM – 10:55 AM <b>Water Volleyball</b> 6 Lanes Available		
11:45 AM – 12:40 PM <b>Mahi in Water</b> 7 Lanes Available	11:00 AM – 11:55 AM <b>Water Volleyball</b> 6 Lanes Available			11:00 AM – 11:55 AM <b>Water Volleyball</b> 6 Lanes Available	
		11:45 AM – 12:15 PM <b>Mahi in Water</b> 7 Lanes Available		12:00 PM – 1:55 PM <b>DW Variations</b> 5 Lanes Available	<b>Sunday</b> 7:30 AM – 8:30 AM <b>Masters Swim</b> 5 Lanes Available
12:30 PM – 2:00 PM <b>POOL CLEANING</b> 3 Lanes			12:30 PM – 2:00 PM <b>Pool Cleaning</b> 3 Lanes Available		9:45 AM – 10:45 AM <b>Masters Swim</b> 5 Lanes Available
	3:45 PM – 4:30 PM <b>Child Group Lessons</b> 5 Lanes Available		3:45 PM – 4:30 PM <b>Child Group Lessons</b> 5 Lanes Available		
4:00 PM – 4:30 PM <b>Swim Team</b> 5 Lanes Available		4:00 PM – 4:30 PM <b>Swim Team</b> 5 Lanes Available		4:00 PM – 4:30 PM <b>Swim Team</b> 4 Lanes Available	<b>NO MORE RESERVATIONS FOR MASTERS</b> Starting Monday, October 3, Masters swimmers will no longer need to reserve lanes in advance. This schedule will show you which programs and activities you can see in the Competition Pool. Lanes available for open swim during programs will be available online. Please note that available lanes are subject to change. Reserve your spot at UVACswim.org.
4:30 PM – 6:00 PM <b>Swim Team</b> 0 Lanes Available	4:30 PM – 6:00 PM <b>Swim Team</b> 0 Lanes Available	4:30 PM – 6:00 PM <b>Swim Team</b> 0 Lanes Available	4:30 PM – 6:00 PM <b>Swim Team</b> 0 Lanes Available	4:30 PM – 6:00 PM <b>Swim Team</b> 0 Lanes 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 Lanes Available		6:00 PM – 6:45 PM <b>Swim Team</b> 3 Lanes Available	
6:45 PM – 7:45 PM <b>Masters Swim</b> 3 Lanes Available	6:05 PM – 7:05 PM <b>Masters Swim</b> 2 Lanes Available	6:15 PM – 7:00 PM <b>Adult Advance LTS</b> 0 Lanes Available	6:05 PM – 7:05 PM <b>Masters Swim</b> 2 Lanes Available		

### UVAC FACILITY HOURS

Weekdays 5:00 AM – 7:30 PM  
Saturdays 6:30 AM – 4:00 PM  
Sundays 7:30 AM – 3:00 PM

### SPECIAL NOTES FOR MEMBERS/GUESTS

Reservations will be taken for lap swimming, masters 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 three people at a time with a ten-minute limit.

### HEALTH AND WEATHER HOTLINE

For health, safety and weather related news and program cancellations. **802.698.8361**

**PLEASE NOTE: On Sunday, January 22 the CVI Swim Meet will take place in the Competition Pool from 8am to 6pm. Approximately 250 swimmers and guests are expected.**

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.**

**PLEASE BE AWARE**  
**\*\*\* NEW! MASKS ARE NOW OPTIONAL! \*\*\***  
**See COVID Protocols before you visit:**  
<https://uvacswim.org/covid-19-protocols/>