

January 2023

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

Warm Water – Classes and Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:25 AM – 8:25 AM Essentials with Sue Deep Half of Pool	7:25 AM – 8:25 AM S'WET Deep Half of Pool	7:25 AM – 8:25 AM Essentials with Sue Deep Half of Pool	7:25 AM – 8:25 AM S'WET Deep Half of Pool	7:25 AM – 8:25 AM Essentials with Sue Deep Half of Pool	7:25 AM – 8:15 AM Splash HIIT Deep Half of Pool
					8:25 AM – 10:05 AM Child Group Lessons Bench & 3 Lanes
		8:25 AM – 9:25 AM Preschool Lessons Beach & Shallow End			
9:00 AM – 10:05 AM Preschool Lessons Beach & Shallow End		9:35 AM – 10:05 AM Parent & Me All 3 Lanes	9:35 AM – 10:05 AM Parent & Me All 3 Lanes	9:00 AM – 10:05 AM Preschool Lessons Beach & Shallow End	Sunday
	10:15 AM – 11:05 AM Bugbee Senior Deep Half of Pool	10:15 AM – 11:15 AM Aqua Zumba Deep Half of Pool		9:00 AM – 9:55 AM Essentials with Sue Deep Half of Pool	9:00 AM – 10:05 AM Swim Lessons Bench & 3 Lanes
11:25 AM – 12:25 PM Splash with Signe Deep Half of Pool	11:15 AM – 12:05 PM Splash with Signe Deep Half of Pool	12:30 PM – 2:30 PM Hartland School Starts 1/11	11:00 AM – 11:50 AM Splash with Signe Deep Half of Pool	11:00 AM – 10:55 PM HCRS/Zack's Place Deep Half of Pool	
	12:15 PM – 1:05 PM Splash with Signe Deep Half of Pool	12:15 PM – 12:40PM Mahi in Water Deep Half of Pool	12:00 PM – 12:50 PM Splash with Signe Deep Half of Pool		PLEASE NOTE: Reservations are no longer needed in the Fitness Center, Warm Water Pool, and Splash Park. Splash Water Park features 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 Learn to Swim Bench & 3 Lanes	3:25 PM – 5:00 PM Child Group Lessons Bench & 3 Lanes	2:45 PM – 4:30 PM Hartford Learn to Swim Bench & 3 Lanes (from 1/18)	2:00 PM – 3:00 PM Advanced Physical Therapy		
		5:00 PM – 5:55 PM H2O TO GO Deep Half of Pool	3:25 PM – 5:00 PM Child Group Lessons Bench & 3 Lanes		
6:00 PM – 7:00 PM Aqua Zumba Deep Half of Pool	5:25 PM – 6:25 PM S'WET Deep Half of Pool	6:15 PM – 7:00 PM Adult Advance LTS Fee Based Fitness	5:25 PM – 6:25 PM S'WET Deep Half of Pool		

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.

HEALTH AND WEATHER HOTLINE

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

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

PLEASE BE AWARE

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

January 2023

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Competition Pool – Classes and Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM – 6:30 AM Masters Swim 5 Lanes Available	5:30 AM – 6:30 AM Masters Swim 3 Lanes Available	5:30 AM – 6:30 AM Masters Swim 5 Lanes Available	5:30 AM – 6:30 AM Masters Swim 3 Lanes Available	5:30 AM – 6:30 AM Masters Swim 5 Lanes Available	6:30 AM – 8:30 AM Masters Swim 3 Lanes Available
6:30 AM – 7:30 AM Masters Swim 3 Lanes Available	6:30 AM – 7:30 AM Masters Swim 3 Lanes Available	6:30 AM – 7:30 AM Masters Swim 3 Lanes Available	6:30 AM – 7:30 AM Masters Swim 3 Lanes Available	6:30 AM – 7:30 AM Masters Swim 3 Lanes Available	8:10 AM – 8:55 AM Child Group Lessons 3 Lanes Available
9:00 AM – 10:00 AM Masters Swim 5 Lanes Available	9:00 AM – 10:00 AM Masters Swim 2 Lanes Available		9:00 AM – 10:00 AM Masters Swim 2 Lanes Available		8:30 AM – 10:30 AM Swim Team 1 Lane Available
					10:30 AM – 12:00 PM Swim Team 2 Lanes Available
10:00 AM – 10:55 AM DW Variations 0 Lanes Available		10:00 AM – 10:55 AM DW Variations 0 Lanes Available	10:00 AM – 10:55 AM Water Volleyball 6 Lanes Available		
11:45 AM – 12:40 PM Mahi in Water 7 Lanes Available	11:00 AM – 11:55 AM Water Volleyball 6 Lanes Available			11:00 AM – 11:55 AM Water Volleyball 6 Lanes Available	
		11:45 AM – 12:15 PM Mahi in Water 7 Lanes Available		12:00 PM – 1:55 PM DW Variations 5 Lanes Available	Sunday 7:30 AM – 8:30 AM Masters Swim 5 Lanes Available
12:30 PM – 2:00 PM POOL CLEANING 3 Lanes			12:30 PM – 2:00 PM Pool Cleaning 3 Lanes Available		9:45 AM – 10:45 AM Masters Swim 5 Lanes Available
	3:45 PM – 4:30 PM Child Group Lessons 5 Lanes Available		3:45 PM – 4:30 PM Child Group Lessons 5 Lanes Available		
4:00 PM – 4:30 PM Swim Team 5 Lanes Available		4:00 PM – 4:30 PM Swim Team 5 Lanes Available		4:00 PM – 4:30 PM Swim Team 4 Lanes Available	NO MORE RESERVATIONS FOR MASTERS 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 Swim Team 0 Lanes Available	4:30 PM – 6:00 PM Swim Team 0 Lanes Available	4:30 PM – 6:00 PM Swim Team 0 Lanes Available	4:30 PM – 6:00 PM Swim Team 0 Lanes Available	4:30 PM – 6:00 PM Swim Team 0 Lanes Available	
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 Lanes Available	
6:45 PM – 7:45 PM Masters Swim 3 Lanes Available	6:05 PM – 7:05 PM Masters Swim 2 Lanes Available	6:15 PM – 7:00 PM Adult Advance LTS 0 Lanes Available	6:05 PM – 7:05 PM Masters Swim 2 Lanes Available		

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

HEALTH AND WEATHER HOTLINE

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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

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