

May 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 Masters Swim 3 Shared • 2 Private 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 3 Shared • 2 Private 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 AM – 8:55 AM Child Group Lessons 3 Shared 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 3 Shared • 4 Private 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		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 – 11:55 AM Water Volleyball 3 Shared • 3 Private Lanes			11:00 AM – 11:55 AM Water Volleyball 3 Shared • 3 Private Lanes	Sunday
		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	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		NO MORE RESERVATIONS FOR MASTERS Masters swimmers will no longer need to reserve lanes in advance. 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. Please note that available lanes are subject to change. Reserve your spot at UVACswim.org .
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	
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 Shared Lanes	
6:45 PM – 7:45 PM Masters Swim 3 Shared Lanes	6:05 PM – 7:05 PM Masters Swim 2 Shared Lanes	6:15 PM – 7:00 PM Adult Advance LTS 0 Lanes Available	6:05 PM – 7:05 PM Masters Swim 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

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**

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.



JOIN UVAC TEAM FOR THE PROUTY

Help raise money for a cause you care about and have more fun being part of our team!

Contact ebuck@uvacswim.org or call 802-296-2850 ex 112