

# May 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
7:30 AM – 8:25 AM <b>Essentials with Sue</b> Deep Half of Pool	7:30 AM – 8:25 AM <b>S'WET</b> Deep Half of Pool	7:30 AM – 8:25 AM <b>Essentials with Sue</b> Deep Half of Pool	7:30 AM – 8:25 AM <b>S'WET</b> Deep Half of Pool	7:30 AM – 8:25 AM <b>Essentials with Sue</b> Deep Half of Pool	7:30 AM – 8:15 AM <b>Splash HIIT</b> Deep Half of Pool
					8:25 AM – 10:05 AM <b>Child Group Lessons</b> Bench & 3 Lanes
		8:25 AM – 9:30 AM <b>Preschool Lessons</b> Beach & Shallow End			
9:35 AM – 10:05 AM <b>Preschool Lessons</b> Beach & Shallow End		9:35 AM – 10:05 AM <b>Parent &amp; Me</b> All 3 Lanes	9:35 AM – 10:05 AM <b>Parent &amp; Me</b> All 3 Lanes	9:00 AM – 10:05 AM <b>Preschool Lessons</b> Beach & Shallow End	<b>Sunday</b>
	10:15 AM – 11:05 AM <b>Bugbee Senior</b> Deep Half of Pool	10:15 AM – 11:10 AM <b>Aqua Zumba</b> Deep Half of Pool		9:00 AM – 9:55 AM <b>Essentials with Sue</b> Deep Half of Pool	9:00 AM – 10:05 AM <b>Swim Lessons</b> Bench & 3 Lanes
11:30 AM – 12:25 PM <b>Splash HIIT</b> Deep Half of Pool	11:15 AM – 12:05 PM <b>Splash HIIT</b> Deep Half of Pool		11:00 AM – 11:50 AM <b>Splash HIIT</b> Deep Half of Pool	11:00 AM – 10:55 PM <b>HCRS/Zack's Place</b> Deep Half of Pool	
	12:15 PM – 1:05 PM <b>Splash HIIT</b> Deep Half of Pool	12:15 PM – 12:40PM <b>Mahi in Water</b> Deep Half of Pool	12:00 PM – 12:50 PM <b>Splash HIIT</b> Deep Half of Pool		<b>PLEASE NOTE:</b>  <b>Splash Water Park features are not on during swim lessons or water aerobic classes. PLEASE PLAN ACCORDINGLY.</b>  <b>Pools close 15 minutes early</b>
	3:25 PM – 5:00 PM <b>Child Group Lessons</b> Bench & 3 Lanes		2:00 PM – 3:00 PM <b>Advanced Physical Therapy</b>		
5:00 PM – 5:55 PM <b>H2O TO GO</b>	5:45 PM – 6:30 PM <b>Adult Beginner Lessons</b>	5:00 PM – 5:55 PM <b>H2O TO GO</b>	3:25 PM – 5:00 PM <b>Child Group Lessons</b> Bench & 3 Lanes		
6:00 PM – 6:55 PM <b>Aqua Zumba</b> Deep Half of Pool	5:30 PM – 6:25 PM <b>S'WET</b> Deep Half of Pool	6:15 PM – 7:00 PM <b>Adult Beginner Lessons</b> All 3 Lanes	5:30 PM – 6:25 PM <b>S'WET</b> Deep Half of Pool		

### SPECIAL NOTES FOR MEMBERS/GUESTS

Reservations will be taken for lap swimming, 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.

#### 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.

### NOW HIRING

Housekeeping and Maintenance  
Seasonal Summer Work  
Part time 3-8pm weekdays,  
9am-4pm weekends, \$15/hour,  
age +16.

Fill an application online:  
<https://uvacswim.org/about/employment/>

Questions:  
Kelly 802-296-2850 ex 121 or  
email [kmousley@uvacswim.org](mailto:kmousley@uvacswim.org)

#### LEGEND

Swim Lessons

Special Programs

Water Aerobics

Swim Team

Masters Swim



**RED CROSS**  
BABYSITTING CERTIFICATION

May 13 and 14  
Two Day Session  
Sat and Sun 12-4:30pm  
Cost: \$100  
(member and non-member)  
**REGISTER by calling  
the Welcome Desk  
802-296-2850, ext 0**

This course is designed for adolescents who are planning to babysit with the knowledge and skills necessary to safely and responsibly provide care for children and infants.

Prerequisites: None, but it should be noted that the course is designed for 11-16 year olds.

UPPER VALLEY  
AQUATIC  
CENTER