

November 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 Warm Water Essentials Deep Half of Pool	7:30 AM – 8:25 AM S'WET Deep Half of Pool	7:30 AM – 8:25 AM Warm Water Essentials Deep Half of Pool	7:30 AM – 8:25 AM S'WET Deep Half of Pool	7:30 AM – 8:25 AM Warm Water Essentials Deep Half of Pool	7:30 AM – 8:15 AM Splash HIIT Deep Half of Pool
					8:25 AM – 10:05 AM Child Group Lessons Deep Half of Pool
9:00 AM – 10:05 AM Preschool Lessons Beach & Shallow End		8:25 AM – 10:05 AM Preschool Lessons and Parent & Me All 3 Lanes	9:35 AM – 10:05 AM Parent & Me All 3 Lanes	9:00 AM – 10:05 AM Preschool Lessons Deep Half of Pool	
	10:15 AM – 11:05 AM Bugbee Senior Deep Half of Pool			9:00 AM – 9:55 AM Warm Water Essentials Deep Half of Pool	Sunday 9:00AM – 10:05 AM Child Group Lessons Deep Half of Pool
11:30 AM – 12:25 PM Splash HIIT Deep Half of Pool	11:15 AM – 12:10 PM Splash HIIT Deep Half of Pool		11:00 AM – 11:55 AM Splash HIIT Deep Half of Pool	11:00 AM – 11:55 PM HCRS/Zack's Place Deep Half of Pool	
	12:15 PM – 1:10 PM Splash HIIT Deep Half of Pool	12:00 PM – 12:25 PM Mahi in Water Deep Half of Pool	12:00 PM – 12:55 PM Splash HIIT Deep Half of Pool		PLEASE NOTE: 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 Group Swim	3:25 PM – 5:05 PM Child Group Lessons Bench & 3 Lanes	3:00 PM – 4:30 PM Hartford Learn to Swim Starts October 18	3:25 PM – 5:05 PM Child Group Lessons Bench & 3 Lanes		
5:15 PM – 6:10 PM H2O TO GO Deep Half of Pool		5:15 PM – 6:10 PM H2O TO GO Deep Half of Pool			
	5:30 PM – 6:25 PM Splash HIIT Deep Half of Pool	6:15 PM – 7:00 PM Adult Beginner Lessons All 3 Lanes	5:30 PM – 6:25 PM Splash HIIT 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.

LEGEND
Swim Lessons
Special Programs
Water Aerobics
Swim Team
Masters Swim

WE'RE HIRING

Please check our website for open positions and complete an application online:
<https://uvacswim.org/about/employment/>
 Questions: Kelly 802-296-2850 ex 121 or email kmousley@uvacswim.org



EASY AS 1, 2, 3!

1. Friend Refers a Friend
2. Friend Becomes Yearly or Subscription Member
3. Member Gets \$40 Gift Card, New Member gets \$20 Gift Card



UPPER VALLEY
AQUATIC CENTER
 uvacswim.org