

January 2024

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 Zero 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 Zero 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 PM – 8:55 PM Child Group Lessons 3 Shared • 2 Private 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 2 Shared • 3 Private Lanes	10:00 AM – 10:55 AM Water Volleyball 6 Lanes Available	11:00 AM – 11:55 AM Water Volleyball 3 Shared • 3 Private Lanes	AVAILABLE LANES 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	11:45 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	
					Sunday
					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.
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	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.
4:30 PM – 6:00 PM Swim Team 0 Lanes Available	4:00 PM – 6:00 PM Swim Team 0 Lanes Available	4:30 PM – 6:00 PM Swim Team 0 Lanes Available	4:00 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	
6:05 PM – 7:05 PM Masters Swim Shared Lanes	6:05 PM – 7:05 PM Masters Swim 3 Shared Lanes	6:15 PM – 7:00 PM Adult Advance LTS 0 Lanes Available	6:05 PM – 7:05 PM Masters Swim 3 Shared Lanes		Please note that available lanes are subject to change. Reserve your spot at UVACswim.org.

UVAC FACILITY HOURS

Weekdays 5:00 AM – 7:30 PM

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

HEALTH AND WEATHER HOTLINE

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

802.698.8361

SPECIAL NOTES FOR MEMBERS/GUESTS

Reservations will be taken for lap swimming, 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.

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.

ADVERTISING OPPORTUNITIES

2023-2024
UVAC SWIM MEETS

3
Ways to Advertise at Swim Meets

Heat Sheets

1 A Heat Sheet is the packet that lists the heat and lane number for each swimmer/event. Approximately 20,000 views.

Parking Passes

2 A Parking Pass will be distributed to each car that parks at the Center. The Parking Pass offers direct exposure. Approximately 10,000 views.

Pool Banner

3 Your business will have a 4'x6' featuring your logo and slogan on the pool deck. The banner will be displayed an entire year. Approximately 360,000 views including social media.

Swim meets can mean more business for your business. Parents and swimmers come from all over New England to watch and compete. Between meets, they're hungry, need a place for some down time, to sleep and simply shop. Your advertisement will be seen by thousands of potential customers.

For more information and pricing contact Lisa at 802.296.2850 ex 111 or lvs@uvacswim.org.

UPPER VALLEY
AQUATIC
CENTER