

UVAC Class Descriptions

Boot Camp B,I,A

A powerful and challenging workout to improve cardiovascular endurance, muscular and core strength using a wide variety of moves. You will use an assortment of equipment such as steps, bosu balls, body bars and weights.

Boxing Circuit B,I,A

Learn basic boxing skills while getting a well-rounded workout. This class is designed for all skill levels, and is a great entry-level boxing and cardio class.

Boxing Skills B,I,A

Learn the proper boxing footwork and fundamentals, effective punching techniques, defensive body movements, and strategic positioning.

Cardio Kickboxing B,I,A

Cardio-focused with conditioning intervals, encompassing movements from multiple martial arts including karate, Muay Thai and Taekwondo.

Circuit Training B,I,A

55 minutes of full body resistance training using balls, weights, body bars, bands and intense circuits for a total body workout in a group setting.

Dance Skills B,I,A

Strengthen and stretch your body while learning foundational dance skills such as turns, kicks, and leaps. Suitable for all skill levels, from complete beginners to advanced dancers!

Early Riser Strength B,I,A

A strength class that works the whole body. Use free weights, bands, balls, as well as body weight exercises. Participate in non-stop strength building exercises that will increase muscular endurance and get you ready to embrace your day!

Essential Conditioning I,A

A whole body workout designed to target all main muscle groups to improve overall strength and mobility. This course uses a circuit structure that includes agility, Resistance, and a variety of equipment.

Kettlebell Strength B,I,A

A resistance training-based group class focused on improving and maintaining strength and muscle development using primarily kettlebells for a wide variety of movements, but other implements such as dumbbells and resistance bands will be utilized for variety and a well-rounded program.

Low-Impact Circuit Training B,I,A

A total body conditioning class that incorporated weights, bands, TRX, and balls through various circuits. The class is high intensity, but low impact on the joints, making it great for all ages and abilities.

POUND B,I,A

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into exercise.

Power Hour B,I,A

A challenging small group-based circuit style class with timed work and rest periods. You'll be performing various strength and conditioning exercises at a fast pace using dumbbells, kettle balls, TRX, and your own body weight.

TRX B,I,A

A unique strength building exercise using straps and your own body weight to build cardiovascular health, stamina, core stability and improve posture and balance. This training style WILL provide every tool you need to reach your goals. Fourteen spots available per class.

Zumba B,I,A

Focuses on Latin movements with added cardiovascular drills. An hour long class that gets your body moving to the beat and working up a sweat! Each instructor adds their own style.

Group Cycling B,I,A

A high-energy, fat-burning, indoor cycling workout. No matter what your fitness level, you'll burn calories and have fun! Great music, camaraderie and visualization in a complete mind/body exercise program for unparalleled fitness results. You can burn an average of 500 calories in a 40-minute class!

Aqua Zumba B,I,A

It blends the Zumba philosophy with water resistance. There is less impact during this type of class. The water creates natural resistance, which means every step is more challenging and helps tone your muscles. All fitness levels are welcome.

Deep Water Variations B,I,A

A deep pool, low-impact workout with a high impact on your cardiovascular system. Wear a flotation belt for support in the deep water or rely on your own ability to float as you perform deep water aerobic routines.

Deep Water Volleyball B,I,A

A fun full body, deep water workout designed to improve strength and cardiovascular fitness using a safe yet challenging mix of water walking/running and volleyball.

Warm Water Essentials B,I,A

Come join Sue learning the art of water tabata. Toning your muscles, straightening your alignment, working on core, balance, and strength all while having fun.

H2O To Go B,I,A

This class is low stress on the joints and very beneficial for the body. Various movements are performed while using noodles and water weights to increase resistance and difficulty. The entire class takes place in the warm water pool. All levels welcome!

Mahi in Water B,I,A

Pilates mat and reformer exercises adapted to water. Learn the moves of Mahi Pilates easier without the fear of falling and less pain due to high range of motion in the water. Proper alignment, core support, and spine mobility are the main focus of the exercises.

Splash HIIT B,I,A

A high intensity aqua class with exercises to increase strength and cardiovascular fitness. Being in the water makes all exercises have a low impact on the joints of the body and still receive all the benefits as if they were to be done on land.

S'WET B,I,A

Structured Water Exercise Training program designed to incorporate unique blocks of activity, each with a specific purpose, focused on HIIT, strength and cardio training.

Alternative Flow Yoga B,I,A

Alternative yoga incorporates traditional yoga focused on postures and breathing, but has a Westernized twist. It adds something unique to the mix that will have an added benefit to the body, mind or both.

Yoga Strength and Balance B,I,A

Strength and Balance are the key attributes for the physical and mental health of our body. The sequences will lead you through the wonderful practice in yoga to develop these qualities. Yoga props will be used to accommodate all participants.

Energizing Flow B,I,A

Start your weekend with a boost of energy in this yoga class that combines heating and strength-building postures with longer holds, followed by cooling sequences to leave you refreshed and revitalized.

Gentle Yoga B,I,A

Includes carefully orchestrated movements, controlled pressure, well-measured stretches, and range of motion exercises. Encourages a highly individualized approach to practice with on-going moment-to-moment adjustments. For those who want a softer, slow-paced, and relaxing practice.

Beginner Slow Flow Yoga B,I

Discover the world of yoga at your own pace with Beginner's Slow Flow Yoga class. This gentle introduction focuses on basic poses, mindfulness, breath work, and relaxation. Chairs available. (not req.)

Mat Pilates B,I,A

Develop core strength, flexibility, balance, and stamina while you lengthen and strengthen your muscles with this highly effective low-impact workout!

Slow Flow Yoga B,I,A

A slow paced class designed to rejuvenate and heal the body. Focus is on alignment, strength and flexibility.

Vinyasa Yoga B,I,A

Movements are synchronized with the breath while practicing traditional asana (poses) and sequences.

LAND BASED CLASSES CYCLING AQUATIC CLASSES MIND BODY CLASSES PAID PROGRAMS

Beginner = B Intermediate = I Advanced = A

Breast Cancer Survivorship

PALS for Life

A FREE safe and effective research-based exercise program Small Group Training Program for Breast Cancer Survivors following the University of Pennsylvania PAL (Physical Activity and Lymphedema Study) protocol. PALS for Life welcomes anyone who has been affected by breast cancer. A doctor referral and consultation with a physical therapist is required to participate.

PALS for Life Bridge Program

Affordably priced small group training for those who have completed the PALS protocol and want to do additional training. This program is based upon the Strength and Courage Project.

Living Beyond Cancer

Affordably priced group supported training for cancer survivors. There is mounting evidence that exercise and rehabilitative interventions improve outcomes for cancer survivors. Open to those living with breast cancer and beyond.

PEP

Pedaling for Parkinson's™

NEW at UVAC as part of the Parkinson's Exercise Program! Join a Parkinson's certified instructor to improve your endurance, strengthen your legs, and reduce Parkinson's symptoms. The Pedaling for Parkinson's™ program is based on research indicating that consistent exercise on a bicycle can reduce symptoms of Parkinson's.

Staying Active

Learn bodyweight exercises that focus on: Core work, multi-joint and multi-muscular movement to improve flexibility and range of movement. Great functional training for life's activities for individuals with Parkinson's Disease!

Rock Steady Boxing (RSB)

RSB is a health and wellness program for people with Parkinson's Disease. It's based on a foundation of non-contact boxing, and it's very effective for improving many PD symptoms. RSB focuses on stretching, strengthening, balance, executive functioning, and fine motor skills.

Tribe

TribeFIT™ is designed to make you functionally fit. By combining athletic, aerobic movements with functional strength exercises means this program will have you looking and feeling amazing. Inspirational TribeFIT™ Coaches and powerful music will drive you and motivate you to new levels of strength and fitness season after season.

TribeLIFE™ is a dynamic program engineered to empower you with functional fitness, ensuring you're prepared for any curve ball life may hurt your way. In a world marked by unpredictability and ever-changing demands, TribeLIFE™ serves as your steadfast companion, ready to fortify your physical and mental well-being.

TribeKIDS™ involves exercises that are fundamental to all things that kids need to do as their bodies grow – pull, push, run, jump, throw, climb and lift. Dedicated TribeKIDS™ Coach will motivate and coach our kids every step of the way encouraging them to new levels of fitness, strength and confidence season after season. (ages 6-12)

Pilates Essential Reformer

The essentials of Pilates with the Reformer machine. Sculpt long, lean muscles and challenge your core for a noticeable difference in your posture. Taught by Jenny, Maryam and Sydney.

Functional Fitness Training

This small group training offering consists of a variety of exercises that challenge balance, core, strength, endurance, and cardio. Sessions may involve using equipment including kettlebells, dumbbells, battle ropes, medicine balls, stability balls, barbells, squat racks, and cardio equipment. Being in this small group allows for increased encouragement and camaraderie between one another.

Masters Swim

Improve your fitness and stroke technique with inspired coaching, camaraderie and a convenient work-out schedule in a fun and challenging environment. Designed to help you reach YOUR swimming goals. (18 yrs and up).



Class Schedule

DECEMBER 2024 AT-A-GLANCE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6 Spirit Friday Winter Wonderland Wear White, Blue or Silver!	7 Group Fitness Orientation 10:00am Sign-up at Welcome Desk
8	9	10	11	12 Group Fitness Orientation 5:00pm Sign-up at Welcome Desk	13 Spirit Friday Ugly Sweater Day Wear Your Favorite Tacky Gaudy Sweater	14
15	16	17 Group Fitness Orientation 10:00am Sign-up at Welcome Desk	18	19	20 Spirit Friday Snowman Day Dress Like a Snowman!	21 Group Fitness Orientation 10:00am Sign-up at Welcome Desk
22	23	24 Christmas Eve 5am-1pm	25 Christmas CLOSED	26	27 Spirit Friday Channel Your Flannel Wear Your Favorite Flannel Shirt, Pants, Socks	28
29 Group Fitness Orientation Noon Sign-up at Welcome Desk	30	31 New Year's Eve 5am-1pm				

Facility Hours:
Weekdays 5:00 am – 7:30 pm
Saturday 6:30 am – 4:00 pm
Sunday 7:30 am – 3:00 pm

Pools close 15 minutes early

WEATHER HOTLINE

802.698.8361

802.296.2850

UVACswim.org

DECEMBER 2024

All classes are free to members unless noted otherwise. See Legend.

Group Exercise Studio – Classes and Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM – 6:15 AM Early Riser Strength Kristin Fauci	6:00 AM – 6:55 AM TribeLIFE™ Coach Erin	5:30 AM – 6:15 AM Early Riser Strength Kristin Fauci	6:00 AM – 6:55 AM TribeLIFE™ Coach Erin	5:30 AM – 6:15 AM Early Riser Strength Kristin Fauci	8:00 AM – 8:55 AM Cardio Kickboxing Darcy Pooler	
					8:00 AM – 8:55 AM *TribeKIDS™ Coach Wyatt	
8:30 AM – 9:25 AM Ess. Conditioning Erin Buck	8:00 AM – 9:00 AM *TribeLIFE™ Coach Erin	8:30 AM – 9:25 AM Ess. Conditioning Erin Buck	8:00 AM – 9:00 AM *TribeLIFE™ Coach Erin			
8:30 AM – 9:25 AM *TribeLIFE™ Coach Alan	7:30 AM – 8:25 AM TRX Larry Ruffing	8:30 AM – 9:25 AM *TribeLIFE™ Coach Alan	7:30 AM – 8:25 AM TRX Larry Ruffing	8:30 AM – 9:25 AM Ess. Conditioning Erin Buck		
	9:00 AM – 10:00 AM *PALS for Life Erin Buck		9:00 AM – 10:00 AM *PALS for Life Erin Buck	9:30 AM – 10:20 AM TRX Erin Buck	9:30 AM – 10:25 AM Zumba Liza Fredrickson	9:30 AM – 10:25 AM Zumba Jayashree Acharia
10:00 AM – 10:55 AM ZUMBA Nikki Batra	10:00 AM – 11:00 AM *PALS for Life Erin Buck	10:30 AM – 11:30 AM *Beyond Cancer Erin Buck	10:00 AM – 11:00 AM *PALS for Life Erin Buck		10:30 AM – 11:25 AM Boxing Circuit Wyatt Guillette	
10:30 AM – 11:30 AM *Beyond Cancer Erin Buck	9:10 AM – 10:10 AM Power Hour Larry Ruffing	9:45 AM – 10:40 AM Power Hour Dan Talbot	9:10 AM – 10:10 AM Power Hour Larry Ruffing		11:30 AM – 12:25 PM Boxing Skills Wyatt Guillette	
11:00 AM – 11:50 AM TRX Garrett Wilson	10:15 AM – 11:10 AM Low Impact Circuit Parker Licari	11:00 AM – 11:50 AM TRX Alan Hernandez	10:15 AM – 11:10 AM Boxing Circuit Wyatt Guillette	12:30 PM – 2:00 PM RSB – Stages 1-2 Wyatt Guillette	PROGRAM LEGEND <div style="background-color: #28a745; color: white; padding: 2px; margin-bottom: 2px;">Land Classes and Programs</div> <div style="background-color: #ffc107; color: white; padding: 2px; margin-bottom: 2px;">Fee Based Classes</div> <div style="background-color: #dc3545; color: white; padding: 2px; margin-bottom: 2px;">Group Cycling</div> <div style="background-color: #6f42c1; color: white; padding: 2px; margin-bottom: 2px;">Mind Body Classes and Programs</div> <div style="background-color: #17a2b8; color: white; padding: 2px; margin-bottom: 2px;">Warm Water Classes and Programs</div> <div style="background-color: #17a2b8; color: white; padding: 2px; margin-bottom: 2px;">Competition Pool Classes and Programs</div>	
12:30 PM – 2:00 PM RSB – Stages 1-2 Wyatt Guillette	10:30 AM – 11:25 AM *Functional Fitness Trng Larry Ruffing		10:30 AM – 11:25 AM *Functional Fitness Trng Larry Ruffing	2:00 PM – 3:30 PM RSB – Stages 3-4 Wyatt Guillette		
	12:30 PM – 2:00 PM Staying Active Brandon Thibodeau	4:00 PM – 4:55 PM Zumba Jayashree Acharia	12:30 PM – 2:00 PM Staying Active Brandon Thibodeau	3:30 PM – 4:25 PM POUND Angela Rose		
	4:30 PM - 5:25 PM Boot Camp Wyatt Guillette	5:00 PM – 5:55 PM Cardio Kickboxing Darcy Pooler	3:30PM – 4:25 PM TribeKIDS™ Coach Melanie	4:30 PM - 5:25 PM TRX Anh Nguyen		
5:00 PM – 5:55 PM *TribeFIT™ Coach Parker	5:30 PM - 6:25 PM Zumba Jayashree Achaira	5:00 PM - 5:55 PM *TribeFIT™ Coach Parker	5:00 PM – 5:55 PM Kettlebell Strength Parker Licari	5:30 PM – 6:25PM Circuit Training Brandon Thibodeau		
6:00 PM – 6:55 PM Circuit Training Alan Hernandez		6:00 PM – 6:55 PM Circuit Training Alan Hernandez	6:00 PM - 6:55 PM Boot Camp Eva Gillette			

All classes are 55 minutes unless otherwise noted. Age Limits: Youth 12 and 13 years of age may use the fitness center or attend group exercise classes when accompanied by a parent/guardian after an orientation. Young adults 14 and 15 do not need a parent/guardian to participate.

Group Cycling Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30 AM – 6:25 AM Cycling Melanie Viegener	8:15 AM – 9:10 AM Cycling Liz Storn	5:30 AM – 6:25 AM Cycling Melanie Viegener			
8:15 AM – 9:10 AM Cycling Liz Storn	8:15 AM – 9:10 AM Cycling Melissa Gove	11:30 AM – 12:30 PM Pedaling for Parkinson's Melanie Viegener	8:15 AM – 9:10 AM Cycling Melissa Gove	8:15 AM – 9:10 AM Cycling Adrienne Pelton	8:15 AM – 9:10 AM Cycling Week 1 Anh Nguyen Week 2 Liza Fredrickson Week 3 Anh Nguyen Week 4 Melissa Gove	9:00 AM – 9:55 AM Cycling Sommya Srinivas
6:00 PM – 6:55PM Cycling Anh Nguyen		6:00 PM – 6:55PM Cycling Parker Licari	5:15 PM – 6:10 PM Cycling Amy Thacker			

Cancellations: While we do our very best to avoid class cancellations, our schedule is based on our instructor availability. In the event an instructor is injured, ill, or out of town some classes may be canceled. No Call/No Show Policy for Reservations Unless Welcome Desk is notified of a late arrival, if a member arrives more than 5 min. past start time of reservation, and no other spots are available, reservation will be canceled and the spot will become available.

DECEMBER 2024

All classes are free to members unless noted otherwise.

Mind Body Studio – Classes and Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:10 AM – 9:15AM Pilates Reformer Jenny Armstrong		8:10 AM – 9:15AM Pilates Reformer Jenny Armstrong	8:30 AM – 9:25 AM Mat Pilates Elda Aner	8:30 AM – 9:25 AM Dancing Skills Rachel Burcham	
8:30 AM – 9:25 AM Mat Pilates Elda Aner	9:20 AM – 10:15 AM Pilates Reformer Jenny Armstrong	9:00 AM – 10:15 AM Gentle Yoga Connie Ciulla	9:20 AM – 10:15 AM Pilates Reformer Jenny Armstrong	9:30 AM – 10:25 AM Yoga Strength & Balance Carole Petrillo		10:00 AM – 10:55 AM Alternative Flow Yoga Kathryn Mills
10:45 AM – 11:40AM Pilates Reformer Maryam Paydarfar	10:30 AM – 11:25 AM Vinyasa Yoga Jenny Armstrong	10:45 AM – 11:40AM Pilates Reformer Maryam Paydarfar	10:30 AM – 11:25 AM Vinyasa Yoga Jenny Armstrong		10:00 AM – 11:15 AM Slow Flow Yoga Connie Ciulla	
5:00 PM – 5:55 PM Slow Flow Yoga Megan Chapman	5:00 PM – 5:55 PM POUND Angela Rose	5:00 PM – 5:55 PM Slow Flow Yoga Megan Chapman	5:00 PM – 5:55 PM Zumba Liza Fredrickson	5:30 PM – 6:25 PM Energizing Flow Amy McClure		
6:00 PM – 6:55 PM Pilates Reformer Sydney Boardman	6:00 PM – 6:55 PM Alternative Flow Yoga Kathryn Mills	6:00 PM – 6:55 PM Pilates Reformer Sydney Boardman	6:00 PM – 6:55 PM Alternative Flow Yoga Kathryn Mills			

Warm Water and Competition Pools – Aquatic Classes and Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM – 6:30 AM Masters Swim Barbara Hummel	5:30 AM – 6:30 AM Masters Swim Barbara Hummel	5:30 AM – 6:30 AM Masters Swim Barbara Hummel	5:30 AM – 6:30 AM Masters Swim Barbara Hummel	5:30 AM – 6:30 AM Masters Swim Barbara Hummel	6:30 AM – 8:30 AM Masters Swim Barbara Hummel	
6:30 AM – 7:30 AM Masters Swim Barbara Hummel	7:30 AM – 8:25 AM S'WET Kathleen Danforth	6:30 AM – 7:30 AM Masters Swim Barbara Hummel	7:30 AM – 8:25 AM S'WET Kathleen Danforth	7:30 AM – 8:25 AM Warm Water Essentials Sue Belisle	7:30 AM – 8:15 AM Splash HIIT Kathleen Danforth	7:30 AM – 8:25 AM Masters Swim Barbara Hummel
7:30 AM – 8:25AM Warm Water Essentials Sue Belisle		7:30 AM – 8:25 AM Warm Water Essentials Sue Belisle	9:00 AM – 10:00 AM Masters Swim Signe Linville			9:45 AM – 10:45 AM Masters Swim Barbara Hummel
9:00 AM – 10:00 AM Masters Swim Signe Linville	9:00 AM – 10:00 AM Masters Swim Signe Linville		10:00 AM – 10:55 AM Water Volleyball Brandon Thibodeau	9:00 AM – 9:55 AM Deep Water Variations Sue Belisle		
	11:00 AM – 11:55 AM Water Volleyball Alan Hernandez	10:00 AM – 10:55AM DW Variations Tomas Langland		11:00 AM – 11:55 AM Water Volleyball Alan Hernandez		
11:30 AM – 12:25 PM Splash HIIT Signe Linville	11:15 AM – 12:10 PM Splash HIIT Signe Linville	11:45 AM – 12:40 PM Mahi in Water Maryam Paydarfar	11:15AM – 12:10 PM Splash HIIT Signe Linville			
11:45 AM – 12:40 PM Mahi in Water Maryam Paydarfar	12:15 PM – 1:10 PM Splash HIIT Signe Linville		12:15 AM – 1:10 PM Splash HIIT Signe Linville	12:00 PM – 12:55 PM DW Variations Tomas Langland	PROGRAM LEGEND <div style="background-color: #28a745; color: white; padding: 2px; margin-bottom: 2px;">Land Classes and Programs</div> <div style="background-color: #ffc107; color: white; padding: 2px; margin-bottom: 2px;">Fee Based Classes</div> <div style="background-color: #dc3545; color: white; padding: 2px; margin-bottom: 2px;">Group Cycling</div> <div style="background-color: #6f42c1; color: white; padding: 2px; margin-bottom: 2px;">Mind Body Classes and Programs</div> <div style="background-color: #17a2b8; color: white; padding: 2px; margin-bottom: 2px;">Warm Water Classes and Programs</div> <div style="background-color: #17a2b8; color: white; padding: 2px; margin-bottom: 2px;">Competition Pool Classes and Programs</div>	
5:15 PM – 6:10 PM H2O to Go Melissa Gove	5:30 PM – 6:25 PM S'WET Kathleen Danforth	5:15 PM – 6:10 PM H2O to Go Melissa Gove	5:30 PM – 6:25 PM S'WET Kathleen Danforth			
	6:05 PM – 7:05 PM Masters Swim Barbara Hummel	6:15 PM – 7:00 PM Adult Advance LTS Fee Based Class	6:05 PM – 7:05 PM Masters Swim Barbara Hummel			
6:05 PM – 7:05 PM Masters Swim Barbara Hummel						

DECEMBER 2024

Competition Pool – Classes and Programs

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM – 6:30 AM Masters Swim - 6 Lanes 3 Shared Lanes	5:30 AM – 6:30 AM Masters Swim - 8 Lanes 3 Shared Lanes	5:30 AM – 6:30 AM Masters Swim - 6 Lanes 3 Shared - 2 Private Lanes	5:30 AM – 6:30 AM Masters Swim - 8 Lanes 3 Shared Lanes	5:30 AM – 6:30 AM Masters Swim - 6 Lanes 3 Shared Lanes	7:00 AM – 8:30 AM Masters Swim - 8 Lanes 0 Shared Lanes
6:30 AM – 7:30 AM Masters Swim - 8 Lanes 3 Shared Lanes	6:30 AM – 7:30 AM Masters Swim - 8 Lanes 3 Shared Lanes	6:30 AM – 7:30 AM Masters Swim - 8 Lanes 3 Shared Lanes	6:30 AM – 7:30 AM Masters Swim - 8 Lanes 3 Shared Lanes	6:30 AM – 7:30 AM Masters Swim - 8 Lanes 3 Shared Lanes	8:10 AM – 8:55 AM Child Group Lessons
				9:00 AM – 9:55 AM DW Variations 3 Shared • 2 Private Lanes	
9:00 AM – 10:00 AM Masters Swim - 5 Lanes 3 Shared • 3 Private Lanes	9:00 AM – 10:00 AM Masters Swim - 9 Lanes 2 Shared Lanes		9:00 AM – 10:00 AM Masters Swim - 9 Lanes 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
	11:00 AM – 11:55AM Water Volleyball 3 Shared • 3 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	11:00 AM – 11:55AM 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		11:45 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 – 8:45AM Masters Swim - 6 Lanes 0 Shared Lanes
3:45 PM – 4:30 PM Pre Team Practice 3 Shared • 2 Private Lanes		3:45 PM – 4:30 PM Pre Team Practice 3 Shared • 2 Private Lanes		3:45 PM – 4:30 PM Pre Team Practice 3 Shared • 2 Private Lanes	
3:00 PM – 3:30 PM Hartland 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		8:10 AM – 8:55 AM Child Group Lessons
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			PLEASE NOTE MASTERS SWIM WILL NOT HAVE 9AM-10AM and EVENING PRACTICE ON DEC 24 AND 31.
4:30 PM – 6:00 PM Swim Team 0 Lane Available	4:00 PM – 6:00 PM Swim Team 0 Lane Available	4:30 PM – 6:00 PM Swim Team 0 Lane Available	4:00 PM – 6:00 PM Swim Team 0 Lane Available	4:30 PM – 6:00 PM Swim Team 0 Shared Lane Available	
6:00 PM – 6:40 PM Swim Team 0 Lanes Available		6:00 PM – 6:45 PM Swim Team 0 Lane Available		6:00 PM – 6:45 PM Swim Team 3 Shared Lanes	
6:05 PM – 7:05 PM Masters Swim - 5 Lanes 3 Shared Lanes	6:05 PM – 7:05 PM Masters Swim - 8 Lanes 2 Shared Lanes	6:15 PM – 7:00 PM Adult Advanced Lessons	6:05 PM – 7:05 PM Masters Swim - 8 Lanes 2 Shared Lanes	6:15 PM – 7:00 PM Adult Advanced Lessons	

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.

PROGRAM 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.

DECEMBER 2024

Warm Water Pool – Classes and Programs

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

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 Bench & 3 Lanes Deep End
9:00 AM – 10:05 AM Preschool Lessons Bench & Shallow End		9:00 AM – 10:05 AM Preschool & Parent & Me Bench & Shallow area	9:35 AM – 10:05 AM Parent & Me Shallow area	9:00 AM – 10:05 AM Preschool Lessons & Parent and Me Bench & Shallow End	
	10:15 AM – 11:05 AM Bugbee Senior Deep Half of Pool				Sunday 9:00 AM – 10:05 AM Child Group Lessons Bench & 3 Lanes, Deep End
11:30 AM – 12:25 PM Splash HIIT Deep Half of Pool	11:15 AM – 12:10 PM Splash HIIT Deep Half of Pool		11:15 AM – 12:10 PM 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	12:15 PM – 12:45 PM Mahi in Water Deep Half of Pool	12:15 PM – 1:10 PM Splash HIIT Deep Half of Pool		PLEASE NOTE: Water features for Splash Park are not on during swim lessons or water aerobic classes. PLEASE PLAN ACCORDINGLY. Pools close 15 minutes early
3:00 PM – 4:00 PM Hartland Group Lessons 3 Lanes	3:25 PM – 5:05 PM Child Group Lessons Bench & 3 Lanes		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 S'WET Deep Half of Pool	6:15 PM – 7:00 PM Adult Beginner Lessons 3 Lanes	5:30 PM – 6:25 PM S'WET 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.

PROGRAM 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.

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