

# 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 <b>Warm Water Essentials</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>Warm Water Essentials</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>Warm Water Essentials</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 Deep End
9:00 AM – 10:05 AM <b>Preschool Lessons</b> Bench & Shallow End		9:00 AM – 10:05 AM <b>Preschool &amp; Parent &amp; Me</b> Bench & Shallow area	9:35 AM – 10:05 AM <b>Parent &amp; Me</b> Shallow area	9:00 AM – 10:05 AM <b>Preschool Lessons &amp; Parent and Me</b> Bench & Shallow End	
	10:15 AM – 11:05 AM <b>Bugbee Senior</b> Deep Half of Pool				<b>Sunday</b> 9:00 AM – 10:05 AM <b>Child Group Lessons</b> Bench & 3 Lanes, Deep End
11:30 AM – 12:25 PM <b>Splash HIIT</b> Deep Half of Pool	11:15 AM – 12:10 PM <b>Splash HIIT</b> Deep Half of Pool		11:15 AM – 12:10 PM <b>Splash HIIT</b> Deep Half of Pool	11:00 AM – 11:55 PM <b>HCRS/Zack's Place</b> Deep Half of Pool	
	12:15 PM – 1:10 PM <b>Splash HIIT</b> Deep Half of Pool	12:15 PM – 12:45 PM <b>Mahi in Water</b> Deep Half of Pool	12:15 PM – 1:10 PM <b>Splash HIIT</b> Deep Half of Pool		<b>PLEASE NOTE:</b>  <b>Water features for Splash Park are not on during swim lessons or water aerobic classes. PLEASE PLAN ACCORDINGLY.</b>  <b>Pools close 15 minutes early</b>
3:00 PM – 4:00 PM <b>Hartland Group Lessons</b> 3 Lanes	3:25 PM – 5:05 PM <b>Child Group Lessons</b> Bench & 3 Lanes		3:25 PM – 5:05 PM <b>Child Group Lessons</b> Bench & 3 Lanes		
5:15 PM – 6:10 PM <b>H2O TO GO</b> Deep Half of Pool		5:15 PM – 6:10 PM <b>H2O TO GO</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> 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.

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  
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