

# November 2024

## Competition Pool – Classes and Programs

SPECIAL NOTE: Schedule Subject to change. See our website [UVACswim.org](http://UVACswim.org) for the most up to dates schedule.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM – 6:30 AM <b>Masters Swim - 6 Lanes</b> 3 Shared Lanes	5:30 AM – 6:30 AM <b>Masters Swim - 8 Lanes</b> 3 Shared Lanes	5:30 AM – 6:30 AM <b>Masters Swim - 6 Lanes</b> 3 Shared - 2 Private Lanes	5:30 AM – 6:30 AM <b>Masters Swim - 8 Lanes</b> 3 Shared Lanes	5:30 AM – 6:30 AM <b>Masters Swim - 6 Lanes</b> 3 Shared Lanes	7:00 AM – 8:30 AM <b>Masters Swim - 8 Lanes</b> 0 Shared Lanes
6:30 AM – 7:30 AM <b>Masters Swim - 8 Lanes</b> 3 Shared Lanes	6:30 AM – 7:30 AM <b>Masters Swim - 8 Lanes</b> 3 Shared Lanes	6:30 AM – 7:30 AM <b>Masters Swim - 8 Lanes</b> 3 Shared Lanes	6:30 AM – 7:30 AM <b>Masters Swim - 8 Lanes</b> 3 Shared Lanes	6:30 AM – 7:30 AM <b>Masters Swim - 8 Lanes</b> 3 Shared Lanes	8:10 AM – 8:55 AM <b>Child Group Lessons</b>
				9:00 AM – 9:55 AM <b>DW Variations</b> 3 Shared • 2 Private Lanes	
9:00 AM – 10:00 AM <b>Masters Swim - 5 Lanes</b> 3 Shared • 3 Private Lanes	9:00 AM – 10:00 AM <b>Masters Swim - 9 Lanes</b> 2 Shared Lanes		9:00 AM – 10:00 AM <b>Masters Swim - 9 Lanes</b> 2 Shared Lanes		8:30 AM – 10:30 AM <b>Swim Team</b> 0 Lane Available
					10:30 AM – 12:00 PM <b>Swim Team</b> 2 Shared Lanes
	11:00 AM – 11:55AM <b>Water Volleyball</b> 3 Shared • 3 Private Lanes	10:00 AM – 10:55 AM <b>DW Variations</b> 2 Shared • 3 Private Lanes	10:00 AM – 10:55 AM <b>Water Volleyball</b> 6 Lanes Available	11:00 AM – 11:55AM <b>Water Volleyball</b> 3 Shared • 3 Private Lanes	AVAILABLE LANES 12:00 PM – 3:45 PM 3 Shared • 8 Private Lanes
11:45 AM – 12:40 PM <b>Mahi in Water</b> 3 Shared • 4 Private Lanes	12:15 PM – 1:10 PM <b>Splash HIIT</b> Deep Half of Pool	11:45 AM – 12:45 PM <b>Mahi in Water</b> 3 Shared • 4 Private Lanes	12:15 PM – 1:10 PM <b>Splash HIIT</b> Deep Half of Pool	12:00 PM – 12:55 PM <b>DW Variations</b> 3 Shared • 2 Private Lanes	<b>Sunday</b>
					7:30 AM – 8:45AM <b>Masters Swim - 6 Lanes</b> 0 Shared Lanes
3:45 PM – 4:30 PM <b>Pre Team Practice</b> 3 Shared • 2 Private Lanes		3:45 PM – 4:30 PM <b>Pre Team Practice</b> 3 Shared • 2 Private Lanes		3:45 PM – 4:30 PM <b>Pre Team Practice</b> 3 Shared • 2 Private Lanes	
3:00 PM – 3:30 PM <b>Hartland Swim</b> 3 Shared • 2 Private Lanes	3:45 PM – 4:30 PM <b>Child Group Lessons</b> 3 Shared • 2 Private Lanes		3:45 PM – 4:30 PM <b>Child Group Lessons</b> 3 Shared • 2 Private Lanes		8:10 AM – 8:55 AM <b>Child Group Lessons</b>
4:00 PM – 4:30 PM <b>Swim Team</b> 3 Shared • 2 Private Lanes		4:00 PM – 4:30 PM <b>Swim Team</b> 3 Shared • 1 Private Lanes			
4:30 PM – 6:00 PM <b>Swim Team</b> 1 Lane Available	4:00 PM – 6:00 PM <b>Swim Team</b> 1 Shared Lane Available	4:30 PM – 6:00 PM <b>Swim Team</b> 1 Shared Lane Available	4:00 PM – 6:00 PM <b>Swim Team</b> 1 Lane Available	4:30 PM – 6:00 PM <b>Swim Team</b> 1 Shared Lane Available	
6:00 PM – 6:40 PM <b>Swim Team</b> 0 Lanes Available		6:00 PM – 6:45 PM <b>Swim Team</b> 1 Shared Lane Available		6:00 PM – 6:45 PM <b>Swim Team</b> 3 Shared Lanes	
6:05 PM – 7:05 PM <b>Masters Swim - 5 Lanes</b> 3 Shared Lanes	6:05 PM – 7:05 PM <b>Masters Swim - 8 Lanes</b> 2 Shared Lanes	6:15 PM – 7:00 PM <b>Adult Advanced Lessons</b>	6:05 PM – 7:05 PM <b>Masters Swim - 8 Lanes</b> 2 Shared Lanes	6:15 PM – 7:00 PM <b>Adult Advanced Lessons</b>	

### 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](http://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.