

November 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	
		11:45 AM – 12:45 PM Mahi in Water 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	2:45 PM – 4:30 PM Hartford Learn-to-Swim Ends November 20	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 Aqua Zumba Deep Half of Pool	6:15 PM – 7:00 PM Adult Beginner Lessons 3 Lanes	5:30 PM – 6:25 PM Aqua Zumba 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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or email
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