

JANUARY 2025

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
JANUARY 2 & 3 – SPLASH CAMP LESSONS: 8:30 – 9:00 AM FREE SWIM: 1:30 – 2:00 PM					
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	9:00 AM – 9:55 AM DW Variations 3 Shared • 2 Private 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	
	3:45 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.