

JANUARY 2025

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 Aqua Gym Deep Half of Pool	7:30 AM – 8:25 AM Warm Water Essentials Deep Half of Pool	7:30 AM – 8:25 AM Aqua Gym Deep Half of Pool	7:30 AM – 8:25 AM Warm Water Essentials Deep Half of Pool	7:30 AM – 8:15 AM HIIT the Water Deep Half of Pool
			JANUARY 2 & 3 – SPLASH CAMP LESSONS: 8:30 – 9:30 AM FREE SWIM: 2:00 – 3:00 PM		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		
	10:15 AM – 11:05 AM Bugbee Senior Deep Half of Pool			3:00 PM – 4:00 PM Bradford Group Lessons Bench & Shallow End January 10 – 31	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
	3:25 PM – 5:05 PM Child Group Lessons Bench & 3 Lanes	2:45 PM – 4:00 PM Hartland Learn to Swim Shallow & Deep End Jan 22 – Feb 26	12:30 PM – 1:30 PM Wildcat Kindergarten Lessons Bench & Shallow area Jan 9 – Feb 13		
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	3:25 PM – 5:05 PM Child Group Lessons Bench & 3 Lanes		
	5:30 PM – 6:25 PM Aqua Gym Deep Half of Pool	6:15 PM – 7:00 PM Adult Beginner Lessons 3 Lanes	5:30 PM – 6:25 PM Aqua Gym 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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