

# FOREST HILLS FALL 2024 GROUP CLASS SCHEDULE

September 8th, 2024- December 23rd, 2024

Times	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15 am		Parent & Child		Parent & Child			
9:00 am			Parent & Child		Parent & Child	Parent & Child	
9:45 am			Parent & Child		Parent & Child		
10:30am			Parent & Child		Parent & Child		
11:15am		Level 2 (12+)	Parent & Child	Level 2 (12+)	Parent & Child		
12:00pm	Parent & Child Level 1 (4y-8y) Level 2 (4y-8y) Level 3 (5y-9y) Level 5 (6y-12y)						Parent & Child Level 1 (4y-6y) Level 2 (4y-6y) Level 3 (5y-9y) Level 5 (6y-13y)
1:00 pm	Parent & Child Level 1 (7y-11y) Level 2 (7y-11y) Level 3 (7y-11y) Level 4 (6y-12y)						Parent & Child Level 1 (7y-11y) Level 2 (7y-11y) Level 3 (7y-11y) Level 4 (6y-14y)
2:00 pm	Parent & Child Level 1 (4y-8y) Level 2 (4y-8y) Level 2(12+) Level 3 (5y-9y) Level 5 (6y-13y)						Level 1 (4y-6y) Level 2 (4y-8y) Level 2 (12+) Level 3 (6y-11y) Level 5 (6y-12y)

3:00 pm	Level 1 (4y-11y) Level 2 (4y-11y) Level 3 (7y-11y) Level 4 (6y-13y) Adaptive swim						Level 1 (4y-11y) Level 2 (4y-11y) Level 3 (6y-11y) Level 4 (6y-12y)
3:30 pm	Adaptive swim	Level 2(4y-6y) Level1(4y-8y) Level3(7y-11y)	Level 1 (4y-8y) Level 2 (4y-6y) Level 4 (6y-13y)	Level 1 (4y-8y) Level 2 (4y-6y) Level 5 (6y-12y)	Level 1 (4y-6y) Level 2 (5y-9y) Level 4(7y-12y)	Level 1 (4y-8y) Level 2 (4y-6y) Level 3 (6y-11y) Level 5(6y-13y)	
4:00 pm	Adaptive swim						Level 2 (4y-11y) Level 3 (6y-11y)
4:20 pm		Level2(6y-11y) Level 3(5y-9y) Level 5 (6y-12y)	Level 1 (7y-11y) Level 2 (7y-11y) Level 3 (7y-11y) MINI- SQUAD PRACTICE	Level 1 (4y-8y) Level 2 (7y-11y) Level 3 (5y-11y)	Level 2 (4y-8y) Level 1 (4y-8y) Level 3 (5y-9y) MINI- SQUAD PRACTICE	Level 2 (4y-11y) Level 3 (6y-11y)	
5:10 pm	Adaptive swim		Level 1 (5y-9y) Level 2 (4y-8y) Level 3 (7y-11y)		Level 1 (4y-8y) Level 3 (5y-9y) Level 4 (7y-12y)	Level 1 (4y-8y) Level 3 (4y-11y) Level 4 (7y-12y)	
6:00 pm	Level 4(12+)						
7:00 pm	Level 2 (12+) Level 3 (12+)	Level 2 (12+) Level 3(12+)		Level 2 (12+) Level 3(12+)			
7:45 pm	Level 2 (12+) Level 3 (12+)						