

FOREST HILLS FALL 2026 GROUP CLASS SCHEDULE

September 14th, 2026 - December 23rd, 2026

Times	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am			Parent & Child		Parent & Child		
9:30am			Parent & Child		Parent & Child		
11:15am		Adults-Beginners		Adults-Intermediate			
12:00pm	Parent & Child Level 1 (4y-8y) Level 2 (5y-9y) Level 3 (4y-8y) Level 5 (6y-12y)						Parent & Child Level 1 (4y-8y) Level 2 (4y-11y) Level 3 (5y-9y) Level 5 (6y-12y)
12:30pm	Parent & Child						Parent & Child
1:00pm	Parent & Child Preschool Aquatics (3-5y) Level 2 (7y-11y) Level 3 (7y-11y) Level 4 (6y-14y)						Preschool Aquatics (3-5y) Level 2 (4y-11y) Teens&Adults-Beginners Level 3 (4y-11y) Level 4 (6y-14y)
1:30pm	Parent & Child						
2:00pm	Level 1 (4y-8y) Level 2 (4y-9y) Teens&Adults-Beginners Level 3 (5y-9y) Level 5 (7y-14y)						Preschool Aquatics (3-5y) Level 2 (4y-8y) Level 3 (4y-11y) Level 4 (6y-14y) Level 5 (6y-12y)

3:00pm	Preschool Aquatics (3-5y) Level 2 (4y-11y) Level 3 (7y-11y) Level 4 (6y-14y) Adaptive Swim - Beginner						Level 1 (7y-11y) Level 2 (4y-11y) Level 3 (4y-11y) Teens&Adults-Intermediate Level 4 (6y-14y)
3:30pm		Level 1 (4y-8y) Level 2 (7y-11y) Level 3 (6y-11y)	Preschool Aquatics *2* (3-5y) Level 2 (4y-8y) Level 4 (6y-12y)	Level 1 (4y-8y) Level 2 (5y-9y) Level 5 (6y-12y)	Preschool Aquatics (3-5y) Level 2 (4y-8y) Level 3 (6y-11y)	Preschool Aquatics (3-5y) Level 2 (4y-8y) Level 3 (6y-11y)	
3:45pm	Adaptive Swim - Beginner						
4:20pm		Level 2 (4y-9y) Level 3 (5y-9y) Level 5 (6y-12y)	Level 1 (4y-11y) Level 3 (7y-11y) MINI-SQUAD PRACTICE	Level 2 (4y-9y) Level 3 (5y-9y) Level 3 (8y-12y)	Level 1 (4y-11y) Level 3 (4y-11y) MINI-SQUAD PRACTICE	Level 2 (5y-11y) Level 3 (7y-11y) Level 4 (6y-12y)	
4:30pm	Adaptive Swim - Intermediate						
5:10pm			Level 2 (5y-9y) Level 3 (5y-9y) Level 4 (6y-12y)		Level 1 (4y-11y) Level 2 (4y-8y) Level 4 (6y-12y)	Level 1 (4y-11y) Level 3 (6y-11y) Level 5 (6y-12y)	
5:15pm	Adaptive Swim - Advanced						
7:00pm	Teens&Adults-Beginners Teens&Adults-Intermediate	Teens&Adults-Intermediate Teens&Adults-Advanced		Teens&Adults-Beginners Teens&Adults-Intermediate			