

# FOREST HILLS SPRING 2025 GROUP CLASS SCHEDULE

Tuesday, April 1, 2025 - Sunday, June 29, 2025

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

3:30 pm		Level 1 (4y-8y) Level 2 (4y-8y) Level 3 (7y-11y)	PRESCHOOL AQUATICS (3-5y) Level 2 (4y-8y) Level 4 (6y-13y)	Level 2 (4y-6y) Level 5 (6y-12y)	PRESCHOOL AQUATICS (3-5y) Level 2 (4y-8y) Level 4 (6y-13y)	Level 1 (4y-8y) Level 2 (4y-8y) Level 3 (5y-9y) Level 5 (6y-13y)	
3:45 pm	Adaptive Swim- Beginner						
4:00 pm							Level 2 (4y-11y) Level 3 (6y-11y)
4:20 pm		Level 2 (4y-11y) Level 3 (5y-9y) Level 4 (7y-13y) Level 5 (7y-13y)	Level 2 (5y-9y) Level 3 (7y-11y) MINI- SQUAD PRACTICE	Level 1 (4y-8y) Level 2 (7y-11y) Level 3 (5y-9y)	Level 2 (4y-8y) Level 3 (7y-11y) MINI- SQUAD PRACTICE	Level 2 (4y-11y) Level 3 (7y-11y)	
4:30 pm	Adaptive Swim- Intermediate						
5:10 pm			Level 2 (4y-8y) Level 3 (7y-11y) Level 5 (7y-13y)		Level 1 (4y-8y) Level 3 (5y-9y) Level 4 (6y-13y)	Level 1 (4y-8y) Level 3 (4y-11y) Level 4 (6y-13y)	
5:15 pm	Adaptive Swim- Intermediate						
6:00 pm	Level 4(12+) Adaptive Swim- Advanced						
7:00 pm	Teens&Adults- Beginners Teens&Adults- Intermediate	Teens&Adults- Beginners Teens&Adults- Intermediate		Teens&Adults- Beginners Teens&Adults- Intermediate			