

FOREST HILLS SPRING 2026 GROUP CLASS SCHEDULE

Sunday, April 12,2026- Sunday, June 28,2026

Times	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am			Parent & Child (4-18months)		Parent & Child (19-36 months)		
11:15am		Adults-Beginner					
12:00pm	Parent & Child (4-18mo) Level 1 (4y-8y) Level 2 (4y-8y) Level 3 (5y-9y) Level 5 (6y-14y)					Pre- Natal Swim & Aerobics	Parent & Child (4-18mo) Level 1 (4y-8y) Level 2 (4y-11y) Level 3 (5y-9y) Level 5 (6y-14y)
1:00pm	Parent & Child (19-36mo) Preschool Aquatics (3-5y) Level 2 (7y-11y) Level 3 (7y-11y) Fast Trac 3  Level 4 (6y-14y)						Level 1 (4y-11y) Level 2 (4y-11y) Level 3 (5y-11y) Fast Trac 3  Level 4 (6y-14y) Level 5 (6y-14y)
2:00pm	Level 1 (4y-11y) Level 2 (4y-8y) Teens&Adults- Beginners Fast Trac 2  Level 3 (5y-9y) Level 5 (6y-14y)						Preschool Aquatics (3-5y) Fast Trac 2  Level 3 (4y-11y) Level 4 (6y-14y) Level 5 (6y-14y)

2:30pm						Preschool Aquatics (3-5y)	
3:00pm	Level 1 (4y-11y) Level 2 (4y-11y) Level 3 (7y-11y) Level 4 (6y-14y) Adaptive Swim - Beginner						Level 1 (4y-11y) Level 2 (4y-11y) Level 3 (5y-11y) Level 4 (6y-14y)
3:30pm		Level 1 (4y-8y) Level 2 (4y-11y) Level 3 (5y-11y)	Preschool Aquatics (3-5y) Level 2 (4y-8y) Level 4 (6y-14y)	Level 1 (4y-8y) Level 2 (4y-8y) Level 5 (6y-14y)	Preschool Aquatics (3-5y) Level 2 (4y-8y) Level 3 (5y-11y)	Level 1 (4y-8y) Level 2 (4y-8y) Level 4 (6y-14y)	
3:45pm	Adaptive Swim - Beginner						
4:20pm	Adaptive Swim - Intermediate	Level 2 (4y-9y) Level 3 (5y-9y) Level 5 (6y-14y)	Level 1 (4y-11y) Level 3 (7y-11y) MINI-SQUAD PRACTICE	Level 2 (4y-8y) Level 3 (5y-9y) Level 3 (7y-11y)	Level 1 (4y-11y) Level 3 (5y-11y) MINI-SQUAD PRACTICE	Level 1 (4y-8y) Level 2 (4y-11y) Level 3 (7y-11y)	
5:10pm	Adaptive Swim - Intermediate		Fast Trac 2  Fast Trac 3  Level 4 (6y-14y)		Fast Trac 2  Fast Trac 3  Level 4 (6y-14y)	Level 2 (7y-11y) Level 3 (5y-11y) Level 5 (6y-12y)	
6:00pm	Level 4 (13+) Adaptive Swim - Advanced						
7:00pm	Level 6- Teens (13+) Teens&Adults- Beginners Teens&Adults- Intermediate	Teens&Adults- Intermediate Teens&Adults- Advanced		Teens&Adults- Beginners			