

# FOREST HILLS SUMMER 2025 GROUP CLASS SCHEDULE

June 30th, 2025 - August 24th, 2025

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

3:30pm		<div>Level 1(4y-8y)</div> <div>Level 2 (7y-11y)</div> <div>Level 3 (6y-11y)</div> <div>Pre Team Practice</div>	<div>PRESCHOOL</div> <div>AQUATICS (3-5y)</div> <div>Level 2(4y-8y)</div> <div>Level 4 (6y-12y)</div> <div>Pre Team Practice</div>	<div>Level 1 (4y-8y)</div> <div>Level 2 (5y-9y)</div> <div>Level 5 (6y-14y)</div> <div>Pre Team Practice</div>	<div>PRESCHOOL</div> <div>AQUATICS (3-5y)</div> <div>Level 2 (4y-8y)</div> <div>Level 3 (6y-11y)</div> <div>Pre Team Practice</div>	<div>Level 1 (4y-6y)</div> <div>Level 2 (4y-8y)</div> <div>Level 3 (5y-11y)</div> <div>Level 4 (6y-12y)</div> <div>Pre Team Practice</div>	
3:45pm	Adaptive Swim - Beginner						
4:20pm	Adaptive Swim - Intermediate	<div>Level 2 (4y-11y)</div> <div>Level 3 (5y-9y)</div> <div>Level 4 (7y-13y)</div>	<div>Level 2 (7y-11y)</div> <div>Level 3 (7y-11y)</div>	<div>Level 1 (4y-11y)</div> <div>Level 2 (4y-9y)</div> <div>Level 3 (5y-9y)</div>	<div>Level 2 (4y-11y)</div> <div>Level 3 (4y-11y)</div> <div>Level 5 (6y-12y)</div>	<div>Level 1 (4y-8y)</div> <div>Level 2 (5y-11y)</div> <div>Level 3 (7y-11y)</div>	
5:10pm	Adaptive Swim - Intermediate	<div>Level 1 (7y-11y)</div> <div>Level 2 (4y-11y)</div> <div>Level 3 (7y-11y)</div>	<div>Level 2 (6y-11y)</div> <div>Level 3 (7y-11y)</div> <div>Level 4 (6y-12y)</div> <div>Pre Team Practice</div>	<div>Level 2 (7y-11y)</div> <div>Level 3 (5y-11y)</div> <div>Level 5 (6y-12y)</div>	<div>Level 1 (4y-8y)</div> <div>Level 2 (5y-9y)</div> <div>Level 4 (6y-12y)</div>	<div>Level 1 (7y-11y)</div> <div>Level 3 (6y-11y)</div> <div>Level 5 (6y-12y)</div>	
5:30pm		Pre Team Practice		Pre Team Practice			
6:00pm	<div>Level 4 (12+)</div> <div>Adaptive Swim -</div> <div>Advanced</div>	<div>Level 1 (4y-8y)</div> <div>Level 2 (4y-11y)</div> <div>Level 3 (4y-11y)</div>	Pre Team Practice	<div>Level 2 (4y-8y)</div> <div>Level 3 (4y-8y)</div> <div>Level 4 (6y-12y)</div>	Pre Team Practice		
7:00pm	<div>Teens&amp;Adults-</div> <div>Beginners</div> <div>Teens&amp;Adults-</div> <div>Intermediate</div>	<div>Teens&amp;Adults-</div> <div>Beginners</div> <div>Teens&amp;Adults-</div> <div>Intermediate</div>		<div>Teens&amp;Adults-</div> <div>Beginners</div> <div>Teens&amp;Adults-</div> <div>Intermediate</div>			
7:45pm	<div>Teens&amp;Adults-</div> <div>Beginners</div> <div>Teens&amp;Adults-</div> <div>Intermediate</div>	<div>Teens&amp;Adults-</div> <div>Beginners</div> <div>Teens&amp;Adults-</div> <div>Intermediate</div>		<div>Teens&amp;Adults-</div> <div>Beginners</div> <div>Teens&amp;Adults-</div> <div>Intermediate</div>			