

# FOREST HILLS SUMMER 2026 GROUP CLASS SCHEDULE

June 30th, 2026 - August 23rd, 2026

Times	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am							Parent & Child (4-18m) Preschool Aquatics (3-5y) Level 2 (4y-11y) Level 3 (5y-9y)
11:00am							Parent & Child (19-36m) Level 1 (4y-11y) Level 2 (4y-11y) Level 3 (7y-11y)
12:00pm *Sunday classes start at 12:10pm*	Parent & Child (4-18m) Level 1 (4y-8y) Level 2 (4y-8y) Level 3 (5y-9y) Level 5 (6y-14y)						Level 1 (4y-8y) Level 2 (4y-11y) Level 3 (5y-9y) Level 5 (6y-14y)
1:00pm	Preschool Aquatics (3-5y) Level 2 (7y-11y) Level 3 (7y-11y) Level 4 (6y-14y)	Level 2 (4-11y)	Parent & Child (4-18m)	Parent & Child (19-36m) Preschool Aquatics (3-5y)			Level 1 (4y-11y) Level 2 (4y-11y) Level 3 (5y-11y) Level 5 (6y-14y)
1:45pm		Level 3 (7y-11y)					
2:00pm	Level 1 (4y-8y) Level 2 (4y-8y) Teens&Adults - Beginners Level 3 (5y-9y) Level 5 (6y-14y)						Preschool Aquatics (3-5y) Level 2 (4y-11y) Level 3 (5y-11y) Level 4 (6y-14y)

2:45pm		<b>Preschool Aquatics (3-5y)</b>					
3:00pm	Level 1 (4y-11y) Level 2 (4y-11y) Level 3 (5y-11y) Level 4 (6y-14y) Adaptive Swim - Beginner						Level 2 (4y-11y) Level 3 (5y-11y) Level 4 (6y-14y) Teens&Adults - Beginners
3:30pm		Level 1(4y-8y) Level 2 (4y-11y) Level 3 (5y-11y)	<b>Preschool Aquatics (3-5y)</b> Level 2(4y-8y) Level 4 (6y-14y)	Level 1 (4y-8y) Level 2 (4y-8y) Level 5 (6y-14y)	<b>Preschool Aquatics (3-5y)</b> Level 2 (4y-8y) Level 3 (5y-11y)	<b>Preschool Aquatics (3-5y)</b> Level 3 (5y-11y) Level 4 (6y-14y)	
3:45pm	Adaptive Swim - Beginner						
4:20pm	Adaptive Swim - Intermediate	Level 2 (4y-11y) Level 3 (5y-9y) Level 4 (6y-14y)	Level 2 (7y-11y) Level 3 (5y-11y) Level 5 (6y-14y)	Level 1 (4y-11y) Level 2 (4y-8y) Level 3 (5y-9y)	Level 2 (4y-11y) Level 3 (5y-11y) Level 5 (6y-14y)	Level 1 (4y-8y) Level 2 (4y-11y) Level 3 (7y-11y)	
5:10pm	Adaptive Swim - Intermediate	Level 1 (4y-11y) Level 2 (4y-11y) Level 3 (7y-11y)	Level 2 (4y-11y) Level 3 (7y-11y) Level 4 (6y-14y)	Level 2 (7y-11y) Level 3 (5y-11y) Level 5 (6y-14y)	Level 1 (4y-8y) Level 2 (4y-8y) Level 4 (6y-14y)	Level 1 (4y-11y) Level 3 (5y-11y) Level 5 (6y-14y)	
6:00pm	Level 6 (14+) Adaptive Swim - Advanced	Level 1 (4y-8y) Level 2 (7y-11y) Level 5 (6y-14y)		Level 2 (4y-11y) Level 3 (5y-11y) Level 4 (6y-14y)			
7:00pm	Teens&Adults- Beginners Teens&Adults- Intermediate	Teens&Adults- Intermediate Teens&Adults- Advanced		Teens&Adults- Beginners Teens&Adults- Intermediate			