





# FOREST HILLS WINTER 2026 GROUP CLASS SCHEDULE

January 5th, 2026 - March 31st, 2026

Times	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am			Parent & Child		Parent & Child		
11:15am		Adults-Beginners		Parent & Child			
12:00pm	Parent & Child Level 1 (4y-8y) Level 2 (4y-8y) Level 3 (4y-9y) Level 5 (6y-12y)						Parent & Child Level 1 (4y-8y) Level 2 (4y-11y) Level 3 (5y-9y) Level 5 (6y-12y)
1:00pm	Parent & Child Preschool Aquatics (3-5y) Level 2 (7y-11y) Level 3 (6y-11y) Fast Trac 3 Level 4 (6y-14y)						Level 2 (4y-11y) Teens&Adults-Beginners Level 3 (4y-11y) Fast Trac 3 Level 4 (6y-14y)
2:00pm	Level 1 (4y-11y) Level 2 (4y-6y) Teens&Adults-Beginners Fast Trac 2 Level 3 (5y-9y) Level 5 (6y-14y)						Preschool Aquatics (3-5y) Level 2 (4y-8y) Teens&Adults-Beginners Fast Trac 2 Level 3 (4y-11y) Level 4 (6y-14y) Level 5 (6y-12y)
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) Teens&Adults- Intermediate Level 4 (6y-14y)
3:30pm		Level 1(4y-8y) Level 2 (7y-11y) Level 3 (6y-11y)	Preschool Aquatics (3-5y) Level 2(4y-8y) Level 4 (6y-12y)	Level 1 (4y-8y) Level 2 (5y-9y) Level 5 (6y-14y)	Preschool Aquatics (3-5y) Level 2 (4y-8y) Level 3 (6y-11y)	Level 1 (4y-6y) Level 2 (4y-8y) Level 4 (6y-12y)	
3:45pm	Adaptive Swim - Beginner						
4:20pm	Adaptive Swim - Intermediate	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 1 (4y-8y) Level 2 (5y-11y) Level 3 (7y-11y)	
5:10pm	Adaptive Swim - Intermediate		Fast Trac 2  Fast Trac 3  Level 4 (6y-12y)		Fast Trac 2  Fast Trac 3  Level 4 (6y-12y)	Level 1 (7y-11y) Level 3 (6y-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			