





FOREST HILLS FALL 2025 GROUP CLASS SCHEDULE

September 8th, 2025 - December 21st, 2025

Times	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am			Parent & Child		Parent & Child		
11:15am		Adults-Beginners		Adults-Intermediate			
11:45am					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			
1:00pm	Parent & Child Level 1 (7y-11y) Level 2 (7y-11y) Level 3 (7y-11y) Level 4 (6y-14y)						Level 1 (7y-11y) Level 2 (4y-11y) Level 2 (12+) Level 3 (7y-11y) Level 4 (6y-14y)
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			Parent & Child	Preschool Aquatics (3-5y)		Preschool Aquatics (3-5y)	
3:00pm	Level 1 (4y-11y) Level 2 (4y-11y) Level 3 (7y-11y) Level 4 (6y-14y)						Level 1 (4y-11y) Level 2 (4y-11y) Level 3 (4y-11y) Level 3 (12+) Level 4 (6y-14y)

	Adaptive Swim - Beginner						
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 (12+) Adaptive Swim - Advanced						
7:00pm	Teens&Adults- Beginners Teens&Adults- Intermediate	Teens&Adults- Intermediate Teens&Adults- Advanced		Teens&Adults- Beginners			