



SWIM LESSONS

FALL / WINTER SESSIONS 2026

Tuesdays

8/4-8/25

9/1-9/22

9/29 -10/20

10/27-11/17

no classes 11/24

12/1-12/15 (3 only)

Wednesdays

8/5-8/26

9/2-9/23

9/30-10/21

10/28-11/18

no class 11/25

12/2-12/16 (3 only)

Thursdays

8/6-8/27

9/3-9/24

10/1-10/22

10/29-11/19

no class 11/26

12/3-12/17 (3 only)

Saturdays

8/8-8/29

9/5-9/26

10/3-10/24

10/31-11/21

no class 11/28

12/5-12/19 (3 only)

** No group classes 12/21 through the New Year. Enjoy your holiday season.**

PARENT/TODDLER:

Tuesday/Thursday > 6pm-6:30pm

Wednesday > 11am-11:30am

Saturday > 10:05am-10:35am

TRANSITIONAL TODDLER

Tuesday/Thursday > 6:35pm-7:05pm

Wednesday > 11:30am-12pm

Saturday > 9:30am-10am

STARFISH

Tuesday/Thursday > 3:20pm- 3:50pm

Tuesday/Thursday > 5:20pm-5:50pm

Saturday > 10:40am-11:10am

FLOUNDER

Tuesday/Thursday > 4:40pm-5:10pm

Saturday > 11:15am-11:45am

EEL

Tuesday/Thursday > 4:40pm-5:10pm

LEVEL 1

Tuesday/Thursday > 4pm-4:30pm

Saturday > 10am-10:30am

LEVEL 2

Tuesday/Thursday > 4pm-4:30pm

Saturday > 10:40am-11:10am

LEVEL 3

Tuesday/Thursday > 5:20pm-5:50pm

Saturday > 11:15am-11:45am

LEVEL 4

Tuesday/Thursday > 6pm-6:30pm

Saturday > 9am-9:30am

ADULT

Tuesday/Thursday > 6:35pm-7:05pm

Saturday > 9:30am-10am

Class days and times subject to change, be canceled, or combined based on number of enrollments.



SWIM LESSONS

SWIM LEVEL PLACEMENT ASSESSMENTS

This brief assessment is used to determine the appropriate lesson level for your child. This is not a pass/fail test, it is designed to ensure your child is placed in a class that is safe, comfortable and appropriately challenging. All questions can be answered and you can become acclimated to our facility prior to your lessons.

Tuesdays 5:30pm-6pm

9/15

10/13

11/10

12/8

Thursdays 5:30pm-6pm

9/17

10/15

11/12

12/10

Saturdays 9:30am-10am

9/19

10/17

11/14

12/12

Active Wellness Center at NorthBay Health

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