



FALL 2025 - SPRING 2026 SWIM LESSONS

PARENT & ME

30 Minutes | 6-36 Months

Choose a Day & Time:

Monday at 9:35am
Tuesday at 3:25pm
Wednesday at 9:00am or 9:35am
Friday at 9:35am
Saturday at 9:00am or 9:35am
Sunday at 9:00am or 9:35am

STARFISH/MINNOWS

30 Minutes | 3-5 Years

Choose a Day & Time:

Monday at 9:00am
Tuesday at 3:25pm
Wednesday at 9:00am
Thursday at 3:25pm
Friday at 9:00am
Saturday at 9:00am or 9:35am
Sunday at 9:00am

DOLPHINS

30 Minutes | 3-5 Years

Choose a Day & Time:

Monday at 9:35am
Tuesday at 3:25pm
Wednesday at 9:35am
Thursday at 3:25pm
Friday at 9:35am
Saturday at 8:25am
Sunday at 9:35am

LEVEL 1

30 Minutes

Choose a Day & Time:

Tuesday at 4:00pm
Thursday at 4:00pm
Saturday at 9:00am

LEVEL 2

30 Minutes

Choose a Day & Time:

Tuesday at 4:00pm
Thursday at 4:00pm
Saturday at 9:35am

LEVEL 3

30 Minutes

Choose a Day & Time:

Tuesday at 4:35pm
Thursday at 4:35pm
Saturday at 9:35am
Sunday at 9:35am

LEVEL 4

30 Minutes

Choose a Day & Time:

Tuesday at 4:35pm
Thursday at 4:35pm
Saturday at 8:25am
Sunday at 9:00am

LEVEL 5/6

45 Minutes

Choose a Day & Time:

Tuesday at 3:45pm
Thursday at 3:45pm
Saturday at 8:10am
Sunday at 8:10am

ADULT BEGINNER

45 Minutes

Choose a Day & Time:

Wednesday at 6:15pm

ADULT ADVANCED

45 Minutes

Choose a Day & Time:

Wednesday at 6:45pm

PRE-TEAM: WHITE RIVER JCT.

40 Minutes

Choose a Day & Time:

Monday at 3:45pm
Wednesday at 3:45pm
Friday at 3:45pm

PRE-TEAM: COLBY-SAWYER

45 Minutes

Choose a Day & Time:

Tuesday at 3:45pm
Friday at 3:45pm



UPPER VALLEY
AQUATIC
CENTER



SCAN ME

FALL 2025 - SPRING 2026 SWIM LESSONS

Fall Session 1 (5 Weeks) September 6 - October 10, 2025

Registration Opens Tuesday, September 2, 2025 @ 9:00am

Parent & Me, Preschool, Level 1-4

30 min lessons | \$105

Level 5/6, Adult Lessons

45 min lessons | \$130

Fall Session 2 (5 Weeks) October 20 - November 23, 2025

Registration Opens Tuesday, October 14, 2025 @ 9:00am

Parent & Me, Preschool, Level 1-4

30 min lessons | \$105

Level 5/6, Adult Lessons

45 min lessons | \$130

Winter Session 1 (3 Weeks) December 1 - December 21, 2025

Registration Opens Tuesday, November 25, 2025 @ 9:00am

Parent & Me, Preschool, Level 1-4

30 min lessons | \$63

Level 5/6, Adult Lessons

45 min lessons | \$78

Winter Session 2 (6 Weeks) January 5 - February 15, 2026

Registration Opens Tuesday, December 30, 2025 @ 9:00am

Parent & Me, Preschool, Level 1-4

30 min lessons | \$126

Level 5/6, Adult Lessons

45 min lessons | \$156

Spring Session 1 (6 Weeks) March 2 - April 12, 2026

Registration Opens Tuesday, February 17, 2026 @ 9:00am

Parent & Me, Preschool, Level 1-4

30 min lessons | \$126

Level 5/6, Adult Lessons

45 min lessons | \$156

Spring Session 2 (5 Weeks) April 27 - June 1, 2026

Registration Opens Tuesday, April 14, 2026 @ 9:00am

Parent & Me, Preschool, Level 1-4

30 min lessons | \$105

Level 5/6, Adult Lessons

45 min lessons | \$130



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