

2026 FALL 1 SESSIONS

		Mon./Wed. Aug. 24 - Sept. 16 *	Tues./Thurs. Aug. 25 - Sept. 17	Fridays Not Currently Offered	Saturdays Aug. 29 - Oct. 17
PRESCHOOL	Parent & Child	—	3:50 - 4:20 PM	—	8:15-8:45 AM
	Offerings 1	—	4:30-5:00 PM	—	9:00-9:30 AM
	Offerings 2	—	5:50-6:20 PM	—	11:00-11:30 AM
	Offerings 3	—	—	—	—
YOUTH	Offerings 1	—	5:10-5:40 PM	—	9:40-10:10 AM
	Offerings 2	—	6:30-7:00 PM	—	10:20-10:50 AM
	Offerings 3	—	—	—	—
	Offerings 4	—	—	—	—
	GAC Waves	—	—	—	12:40 - 1:40 PM OR 1:40 - 2:40 PM
ADULT	Foundations: Beginner	5:30-6:00 PM	12:00-12:30 PM	—	12:00-12:30 PM
	Foundations: Intermediate	6:00-6:30 PM	12:35 PM -1:05 PM	—	12:30-1:00 PM
	Advanced	—	6:00 - 7:00 PM	—	—

*No Lessons Sept 7th, Lessons will be prorated if needed.

** Please note that "offerings" are time slots and not levels. For more information refer to pages 12 - 17.

2026 FALL 1 SESSIONS

	Mon./Wed. Aug. 24 - Sept. 16*	Tues./Thurs. Aug. 25 - Sept. 15	Wed./Fridays Aug. 26 - Sept. 16	Saturdays Aug. 29 - Oct. 10
Privates/ Semi-Privates	5:00 - 5:30 PM 5:35 - 6:05 PM 6:10 - 6:40 PM —	10:00 - 10:30 AM 10:35 - 11:05 AM 11:10 - 11:40 PM —	10:00 - 10:30 AM 10:35 - 11:05 AM 11:10 - 11:40 PM —	Rec Pool 10:00 - 10:30 AM 10:35 - 11:05 AM 11:10 - 11:40 AM 11:45 - 12:15 PM Training Pool 1:15 - 1:45 PM 1:50 - 2:20 PM 2:25 - 2:55 PM

	Mon./Wed. Aug. 24 - Sept. 16*	Tues./Thurs. Not Currently Offered	Fridays Aug. 28 - Oct. 9	Saturdays Not Currently Offered
Adaptive Youth	—	—	3:00 - 3:30 PM 3:40 - 4:10 PM 4:20 - 4:50 PM 5:00 - 5:30 PM 5:40 - 6:10 PM	—
Adaptive Enrichment	7:00 - 7:45 AM	—	5:35 - 6:20 PM	—

****No Lessons Sept. 7th, Lessons will be prorated if needed.**

2026 FALL 2 SESSIONS

		Mon./Wed. Sept. 23 - Oct. 19	Tues./Thurs. Sept. 24 - Oct. 20	Fridays Not Currently Offered	Saturdays Not Currently Offered
PRESCHOOL	Parent & Child	—	3:50 - 4:20 PM	—	—
	Offerings 1	—	4:30-5:00 PM	—	—
	Offerings 2	—	5:50-6:20 PM	—	—
	Offerings 3	—	—	—	—
YOUTH	Offerings 1	—	5:10-5:40 PM	—	—
	Offerings 2	—	6:30-7:00 PM	—	—
	Offerings 3	—	—	—	—
	Offerings 4	—	—	—	—
	GAC Waves	—	—	—	—
ADULT	Foundations: Beginner	5:30-6:00 PM	12:00-12:30 PM	—	—
	Foundations: Intermediate	6:00-6:30 PM	12:35 PM -1:05 PM	—	—
	Advanced	—	6:00 - 7:00 PM	—	—

**** Please note that "offerings" are time slots and not levels. For more information refer to pages 12 - 17.**

2026 FALL 2 SESSIONS

	Mon./Wed. Sept. 21 - Oct. 12	Tues./Thurs. Sept. 24 - Oct. 15	Wed./Fridays Sept. 23 - Oct. 14	Saturdays Not Currently Offered
Privates/ Semi-Privates	5:00 - 5:30 PM 5:35 - 6:05 PM 6:10 - 6:40 PM —	10:00 - 10:30 AM 10:35 - 11:05 AM 11:10 - 11:40 PM —	10:00 - 10:30 AM 10:35 - 11:05 AM 11:10 - 11:40 PM —	 —

	Mon./Wed. Sept. 23 - Oct. 19	Tues./Thurs. Not Currently Offered	Fridays Not Currently Offered	Saturdays Not Currently Offered
Adaptive Youth	 —	 —	 —	 —
Adaptive Enrichment	7:00 - 7:45 AM —	 —	 —	 —

2026 FALL 3 SESSIONS

		Mon./Wed. Oct. 26 - Nov. 18	Tues./Thurs. Oct. 27 - Nov. 19	Fridays Not Currently Offered	Saturdays Oct. 24 - Dec. 12*
PRESCHOOL	Parent & Child	—	3:50 - 4:20 PM	—	8:15-8:45 AM
	Offerings 1	—	4:30-5:00 PM	—	9:00-9:30 AM
	Offerings 2	—	5:50-6:20 PM	—	11:00-11:30 AM
	Offerings 3	—	—	—	—
YOUTH	Offerings 1	—	5:10-5:40 PM	—	9:40-10:10 AM
	Offerings 2	—	6:30-7:00 PM	—	10:20-10:50 AM
	Offerings 3	—	—	—	—
	Offerings 4	—	—	—	—
	GAC Waves	—	—	—	12:40 - 1:40 PM OR 1:40 - 2:40 PM
ADULT	Foundations: Beginner	5:30-6:00 PM	12:00-12:30 PM	—	12:00-12:30 PM
	Foundations: Intermediate	6:00-6:30 PM	12:35 PM -1:05 PM	—	12:30-1:00 PM
	Advanced	—	6:00 - 7:00 PM	—	—

**No Lessons Nov. 27th and 28th, Lessons will be prorated if needed.

** Please note that "offerings" are time slots and not levels. For more information refer to pages 12 - 17.

2026 FALL 3 SESSIONS

	Mon./Wed. Oct. 19 - Nov. 9	Tues./Thurs. Oct. 27 - Nov. 17	Wed./Fridays	Saturdays Oct. 24 - Dec. 12*
Privates/ Semi-Privates	5:00 - 5:30 PM 5:35 - 6:05 PM 6:10 - 6:40 PM —	10:00 - 10:30 AM 10:35 - 11:05 AM 11:10 - 11:40 PM —	10:00 - 10:30 AM 10:35 - 11:05 AM 11:10 - 11:40 PM —	Rec Pool 10:00 - 10:30 AM 10:35 - 11:05 AM 11:10 - 11:40 AM 11:45 - 12:15 PM Training Pool 1:15 - 1:45 PM 1:50 - 2:20 PM 2:25 - 2:55 PM

	Mon./Wed. Oct. 26 - Nov. 18	Tues./Thurs. Not Currently Offered	Fridays Oct. 23 - Dec. 4	Saturdays Not Currently Offered
Adaptive Youth	—	—	3:00 - 3:30 PM 3:40 - 4:10 PM 4:20 - 4:50 PM 5:00 - 5:30 PM 5:40 - 6:10 PM	—
Adaptive Enrichment	7:00 - 7:45 AM	—	5:35 - 6:20 PM	—

**No Lessons Nov. 27th and 28th, Lessons will be prorated if needed.

2026 FALL 4 SESSIONS

		Mon./Wed. Nov. 23 - Dec. 9	Tues./Thurs. Nov. 24 - Dec. 10	Fridays Not Currently Offered	Saturdays Not Currently Offered
PRESCHOOL	Parent & Child	—	3:50 - 4:20 PM	—	—
	Offerings 1	—	4:30-5:00 PM	—	—
	Offerings 2	—	5:50-6:20 PM	—	—
	Offerings 3	—	—	—	—
YOUTH	Offerings 1	—	5:10-5:40 PM	—	—
	Offerings 2	—	6:30-7:00 PM	—	—
	Offerings 3	—	—	—	—
	Offerings 4	—	—	—	—
	GAC Waves	—	—	—	—
ADULT	Foundations: Beginner	5:30-6:00 PM	12:00-12:30 PM	—	—
	Foundations: Intermediate	6:00-6:30 PM	12:35 PM -1:05 PM	—	—
	Advanced	—	6:00-7:00 PM	—	—

****No Lessons Nov. 27th and 28th, Lessons will be prorated if needed.**

**** Please note that "offerings" are time slots and not levels. For more information refer to pages 12 - 17.**

2026 FALL 4 SESSIONS

	Mon./Wed. Nov. 16- Dec. 7	Tues./Thurs. Nov. 24 - Dec. 17*	Wed./Fridays Nov. 18- Dec. 11	Saturdays Not Currently Offered
Privates/ Semi-Privates	5:00 - 5:30 PM 5:35 - 6:05 PM 6:10 - 6:40 PM —	10:00 - 10:30 AM 10:35 - 11:05 AM 11:10 - 11:40 PM —	10:00 - 10:30 AM 10:35 - 11:05 AM 11:10 - 11:40 PM —	 —

	Mon./Wed. Nov. 23 - Dec. 9	Tues./Thurs. Not Currently Offered	Fridays Not Currently Offered	Saturdays Not Currently Offered
Adaptive Youth	 —	 —	 —	 —
Adaptive Enrichment	7:00 - 7:45 AM —	 —	 —	 —

****No Lessons Nov. 26th, Lessons will be prorated if needed.**