

SWIM LESSONS

GROUP • SEMI-PRIVATE • PRIVATE **SUMMER '23**

WEEKLY CLASSES: JUNE 5 - JULY 16

Open to Non-Members

PRIORITY REGISTRATION* STARTS MAY 15

**For current swim lesson students only*

OPEN REGISTRATION STARTS MAY 22

Register through Aquatics Office
aquatics@hqfit.com or call (908) 782-4009, Ext. 250



HEALTHQUEST
FITNESS CLUB



SUMMER 2023 SWIM LESSONS

PRIORITY REGISTRATION*: MAY 15

OPEN REGISTRATION: MAY 22

*For current swim lesson students only

Members & Non-Members Welcome

**WEEKLY CLASSES
JUNE 5 - JULY 16**

Group Sessions Consists of Six Weekly 30-Minute Lessons
Semi-Private & Private Lessons May Choose 8 Week Option

Register through the Aquatics Office

Questions? Email aquatics@hqfit.com or call (908) 782-4009, Ext. 250

Mondays w/Sophie

5:30 Guppy
6:00 Noodlefish
6:30 Mini Me
7:00 Muddskipper

Tuesdays Meredith

5:30 Guppy
6:00 Noodlefish
6:30 Muddskipper
7:00 Lil Dipper

Wednesdays w/Connor

5:30 Muddskipper
6:00 Lil Dipper
6:30 Dolphin
7:00 Shark

Wednesdays Meredith

5:30 Guppy
6:00 Noodlefish
6:30 Muddskipper

Thursdays w/James

5:30 Guppy
6:00 Noodlefish
6:30 Muddskipper
7:00 Lil Dipper

Fridays w/James

5:30 Muddskipper
6:00 Lil Dipper
6:30 Tadpole & Me

Fridays w/Alexander

5:30 Guppy
6:00 Noodlefish
6:30 Muddskipper
7:00 Dolphin

Saturdays w/James

10:00 Guppy
10:30 Tadpole & Me
11:00 Guppy
11:30 Muddskipper
12:00 Lil Dipper

Group Lesson Schedule
is Subject to Change

**6 WEEK SESSION W/
JAMES/JEAN/CONNOR:**

LESSON DATES FOR SUMMER SESSION

Summer 2023	Mon	Tue	Wed	Thu	Fri	Sat	Sun
June	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	1	2
July	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	= NO LESSONS		MAKE UP WEEK				

6 WEEK SESSION RATES:

	HQ Mem	Guest	HQ Mem	Guest
Group	\$120.00	\$146.25	\$147.75	\$161.25
Private	\$228.00	\$264.00	\$264.00	\$270.00
Semi-Private	\$180.00	\$211.50	\$210.00	\$214.00

Cancellation Policy

- Lessons canceled with less than 12 hour's notice will not be given a makeup, refund or credit
- No refunds will be given after the session has started
- Classes must have 3 participants. If less than 3 are registered, the class will be removed from the schedule
- Class days, times, and instructors are subject to change
- 1 Make up will be given, regardless of how many times class is missed

NOTE: All lessons are held at HealthQuest's Indoor Pool.