

WINTER SWIM LESSONS



SESSION: JAN 7 - MAR 2

Each Session Consists of Eight Weekly 30-Minute Lessons

PRIORITY REGISTRATION* STARTS DEC 18TH

**For current swim lesson students only*

OPEN REGISTRATION STARTS DEC 27TH

Group • Semi-Private • Private

Non-Members Welcome!

Register through the Aquatics Office

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



HEALTHQUEST
FITNESS CLUB



WINTER SWIM LESSONS

PRIORITY REGISTRATION* STARTS DEC 18TH

*For current swim lesson students only

OPEN REGISTRATION STARTS DEC 27TH

Register through the Aquatics Office

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

GROUP LESSON SCHEDULE (SUBJECT TO CHANGE)

Sundays	w/Shayna	Mondays	w/Miranda	Mondays	w/Chloe
10:00	Guppy	5:30	Guppy	5:00	Mini Me
10:30	Noodlefish	6:00	Noodlefish	5:30	Lil Dipper
11:00	Muddskipper	6:30	Muddskipper	6:00	Dolphin
11:30	Lil Dipper				

Tuesdays	Ksenya	Wednesdays	w/Chloe	Thursdays	w/Ksenya
5:30	Noodlefish	5:30	Guppy	5:30	Lil Dipper
6:00	Mudskipper	6:00	Noodlefish	6:00	Dolphin
6:30	Lil Dipper	6:30	Mini Me	6:30	Shark
		7:00	Shark		

Fridays	w/Queila	Fridays	w/Chloe	Saturdays	w/Claire
11:00	Tadpole & Me	5:30	Guppy	10:30	Muddskipper
11:30	Guppy	6:00	Noodlefish	11:00	Mini Me
12:00	Noodlefish	6:30	Lil Dipper	11:30	Guppy

Saturdays	w/Miranda	Sundays	w/Shayna
10:00	Tadpole & Me	10:00	Guppy
10:30	Guppy	10:30	Noodlefish
11:00	Noodlefish	11:00	Muddskipper
11:30	Muddskipper	11:30	Lil Dipper
12:00	Lil Dipper		

Cancellation Policy

- Cancellations under 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

DATES FOR WINTER 2024 SESSION



8 WEEK SESSION RATES:

	<u>HQ Mem</u>	<u>Guest</u>	<u>w/ James/Queila/Connor:</u>	<u>HQ Mem</u>	<u>Guest</u>
Group	\$160.00	\$195.00	\$197.00	\$215.00	
Private	\$304.00	\$282.00	\$352.00	\$360.00	
Semi-Private	\$240.00	\$352.00	\$280.00	\$285.00	

Winter	Sun	Mon	Tue	Wed	Thur	Fri	Sat
January	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
February	28	29	30	31	1	2	3
	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
March	25	26	27	28	29	1	2
	3	4	5	6	7	8	9
= NO LESSONS				MAKE UP WEEK IF NEEDED			