

2024

# SPRING I SWIM LESSONS

Each  
Session  
Consists of  
30-Minute  
Lessons  
Each Week

Group Lessons • Private Lessons • Water Babies

*Non-Members  
are Welcome!*



**SPRING I SESSION**  
**MARCH 10 - MAY 4**  
**PRIORITY REGISTRATION\* FEB 25**  
**OPEN REGISTRATION MAR 3**

\*For current swim lesson students only

**Register through  
the Aquatics Office**

Email [aquatics@hqfit.com](mailto:aquatics@hqfit.com) or call (908) 782-4009, Ext. 250



**HEALTHQUEST**  
FITNESS CLUB



# SPRING I SWIM LESSONS

## PRIORITY REGISTRATION\* STARTS FEB 25<sup>TH</sup>

\*For current swim lesson students only

## OPEN REGISTRATION STARTS MAR 3<sup>RD</sup>

### Register through the Aquatics Office

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

Private & Semi-Private Sessions are Scheduled based on Instructor Availability. If a Group Lesson time does not work for your schedule, contact the Aquatics Director.

### GROUP LESSON SCHEDULE (SUBJECT TO CHANGE)

<b>Mondays</b> w/ James	<b>Mondays</b> w/ Miranda	<b>Tuesdays</b> w/ Ksenya
5:00 Noodlefish	5:30 Guppy	5:30 Noodlefish
5:30 Mini Me	6:00 Noodlefish	6:00 Muddskipper
6:00 Tadpole & Me	6:30 Muddskipper	6:30 Lil Dipper
6:30 Lil Dipper		
<b>Tuesdays</b> w/ Chloe	<b>Wednesdays</b> w/ Chloe	<b>Thursdays</b> w/ Ksenya
5:30 Guppy	5:30 Guppy	5:30 Lil Dipper
6:00 Dolphin	6:00 Noodlefish	6:00 Dolphin
6:30 Shark	6:30 Guppy	6:30 Shark
	7:00 Shark	
<b>Saturdays</b> w/ Chloe	<b>Saturdays</b> w/ Claire	<b>Sundays*</b> w/ Shayna
10:30 Guppy	10:00 Tadpole & Me	10:00 Guppy
11:00 Noodlefish	10:30 Muddskipper	10:30 Noodlefish
11:30 Muddskipper	11:00 Mini Me	11:00 Muddskipper
12:00 Lil Dipper	11:30 Guppy	11:30 Lil Dipper

\* Sunday Sessions will only have 6 lessons.

### LESSON DATES FOR SPRING I SESSION:

Spring I 2024	Sun	Mon	Tue	Wed	Thur	Fri	Sat
March	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
April	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	25	26	27
May	28	29	30	1	2	3	4
	5	6	7	8	9	10	11
= NO LESSONS				MAKE UP WEEK IF NEEDED			

Make up week only needed if lesson is canceled by HealthQuest for any reason

### 8 WEEK LESSON RATES:

	HQ Mem	Guest
Group	\$160	\$195
Private	\$304	\$352
Semi-Private	\$240	\$282

### JAMES/QUEILA:

	HQ Mem	Guest
Group	\$197	\$215
Private	\$352	\$360
Semi-Private	\$280	\$285

### 6 WEEK GROUP RATES (Sundays): \$120 HQ Mem \$146.25 Guest

#### Cancellation Policy

- Private/group lessons canceled with less than 12 hour's notice will not be given a makeup, refund or credit
- 1 Make up will be given, regardless of how many times class is missed, if there is availability in another class
- 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