

SWIM LESSONS

GROUP • SEMI-PRIVATE • PRIVATE **SUMMER '24**

WEEKLY CLASSES: JULY 7 - AUG 17

Open to Non-Members

PRIORITY REGISTRATION* STARTS JUNE 17

**For current swim lesson students only*

OPEN REGISTRATION STARTS JUNE 24

CRASH COURSES

Eight 30-Min Lessons • Mon-Thu for 2 Weeks

- 1) w/ Ksenya: July 8-18
- 2) w/ Shayna: July 15-25
- 3) w/ Ksenya: July 22-Aug 1

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



HEALTHQUEST
FITNESS CLUB

SUMMER 2024 SWIM LESSONS

PRIORITY REGISTRATION*: JUNE 17

OPEN REGISTRATION: JUNE 24

*For current swim lesson students only

Members & Non-Members Welcome

Register through the Aquatics Office

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

WEEKLY CLASSES JULY 7 - AUG 17

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

Mondays w/James		Thursdays w/ Faith	
5:00	Guppy	1:00	Guppy
5:30	Mini Me	1:30	Tadpole & Me
6:00	Tadpole & Me	2:00	Noodlefish
6:30	Lil Dipper		
Tuesdays w/Claire		Saturdays w/ Faith	
5:30	Guppy	10:00	Tadpole & Me
6:00	Noodlefish	10:30	Guppy
6:30	Muddskipper	Sundays w/Alexander	
7:00	Lil Dipper	10:00	Muddskipper
Wednesdays w/ Faith		10:30	Lil Dipper
5:30	Guppy	11:00	Dolphin
6:00	Noodlefish	11:30	Shark
6:30	Muddskipper	6 WEEK SESSION RATES:	
Wednesdays w/Miranda		Group	HQ Mem \$120.00 Guest \$146.25
5:30	Noodlefish	Private	\$228.00 \$264.00
6:00	Guppy	Semi-Private	\$180.00 \$211.50
6:30	Mini Me	6 WEEK SESSION W/ JAMES:	
7:00	Muddskipper	Group	HQ Mem \$147.75 Guest \$161.25
		Private	\$264.00 \$270.00
		Semi-Private	\$210.00 \$214.00

CRASH COURSES

Eight 30-Minute Daily Group Lessons
Meeting Mon - Thur for 2 Weeks

July 8-18 w/Ksenya	
5:30	Guppy
6:00	Noodlefish
6:30	Muddskipper
7:00	Lil Dipper
July 15-25 w/Shayna	
11:00	Guppy
11:30	Noodlefish
12:00	Muddskipper
12:30	Lil Dipper
July 22-Aug 1 w/Ksenya	
5:30	Guppy
6:00	Noodlefish
6:30	Muddskipper
7:00	Lil Dipper

CRASH COURSE RATES:

	HQ Mem	Guest
8 Lessons	\$160.00	\$195.00

LESSON DATES

Summer 2024	Sun	Mon	Tue	Wed	Thur	Fri	Sat
July	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	31	1	2	3
August	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	= NO LESSONS		MAKE UP WEEK IF NEEDED				

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

Group Lesson Schedule is Subject to Change

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