



WINTER 2025

SWIM LESSONS

JANUARY 5 – MARCH 1

8 weekly 30-minute lessons

Priority Registration begins Dec 19

Open Registration begins Dec 27


Only current swim students may use Priority Registration

Non-members welcome!

PROGRAM OPTIONS

- *Group*
- *Semi-Private*
- *Private*

REGISTER NOW

(908) 782-4009 ext. 250 

aquatics@hqfit.com 

WINTER 2025 GROUP LESSON SCHEDULE

SUBJECT TO CHANGE

Monday w/ <i>Queila</i> 5:00pm Guppy 5:30pm Noodlefish 6:00pm Lil Dipper	Monday w/ <i>Miranda</i> 5:30pm Guppy 6:00pm Tadpole & Me 6:30pm Noodlefish 7:00pm Muddskipper	Tuesday w/ <i>Faith</i> 5:30pm Guppy 6:00pm Noodlefish 6:30pm Muddskipper	Tuesday w/ <i>Ksenya</i> 5:30pm Lil Dipper 6:00pm Dolphin 6:30pm Shark
Wednesday w/ <i>Claire</i> 5:30pm Mini Me 6:00pm Guppy 6:30pm Muddskipper	Wednesday w/ <i>Isabelle</i> 5:30pm Guppy 6:00pm Noodlefish 6:30pm Lil Dipper	Thursday w/ <i>Jenn</i> 5:30pm Muddskipper 6:00pm Lil Dipper 6:30pm Dolphin	Thursday w/ <i>Faith</i> 5:30pm Guppy 6:00pm Noodlefish 6:30pm Muddskipper
	Friday w/ <i>Ksenya</i> 5:30pm Lil Dipper 6:00pm Dolphin 6:30pm Shark	Saturday w/ <i>Miranda</i> 10:00am Tadpole & Me 10:30am Guppy 11:00am Noodlefish 11:30am Muddskipper	

8 WEEK SESSION RATES

WITH QUEILA

	Member	Guest	Member	Guest
<i>Private</i>	304.00	352.00	352.00	360.00
<i>Semi-Private</i>	240.00	282.00	280.00	285.00
<i>Group</i>	160.00	195.00	197.00	215.00

CANCELLATION POLICY

- Cancellations under 12 hour's notice will not be given a make-up, refund, or credit.
- No refunds will be given after the session has begun.
- Classes must have at least three (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.
- One (1) make-up class will be given, regardless of how many times class is missed.