



SPRING I: 2025

SWIM LESSONS

MARCH 9 – MAY 3
8 weekly 30-minute lessons

Priority Registration begins Feb 19
Open Registration begins Feb 26

Only current swim students may use Priority Registration

Non-members welcome!

PROGRAM OPTIONS

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

REGISTER NOW

(908) 782-4009 ext. 250 

hill@hqfit.com 

SPRING I: 2025

GROUP LESSON SCHEDULE

SUBJECT TO CHANGE

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

8 WEEK SESSION RATES

	Member	Guest
Private	320.00	368.00
Semi-Private	260.00	299.00
Group	176.00	202.00

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.

MARCH 2025						
S	M	T	W	T	F	S
						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	28	29
30	31					

APRIL 2025						
S	M	T	W	T	F	S
		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	28	29	30			

MAY 2025						
S	M	T	W	T	F	S
						1
				2	3	4
5	6	7	8	9	10	

MAKE UP WEEK IF NEEDED

PLEASE NOTE

QUEILA AND CONNOR ARE AVAILABLE FOR PRIVATE LESSONS ONLY. PRICES WILL DIFFER.

