



SPRING II: 2025 SWIM LESSONS

MAY 11 – JUNE 28
8 weekly 30-minute lessons

Priority Registration begins Apr 23
Open Registration begins Apr 30

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 II: 2025

GROUP LESSON SCHEDULE

SUBJECT TO CHANGE

Monday w/ Ksenya

5:30pm 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/ Shayna

5:30pm Guppy
6:00pm Noodlefish
6:30pm Mini Me

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/ Ksenya

5:30pm Lil Dipper
6:00pm Dolphin
6:30pm Shark

Thursday w/ Jenn

5:30pm Muddskipper
6:00pm Dolphin
6:30pm Shark

Thursday w/ Shayna

5:30pm Guppy
6:00pm Noodlefish
6:30pm Muddskipper

Friday w/ Ksenya

5:30pm Lil Dipper
6:00pm Dolphin
6:30pm Shark

Saturday w/ Miranda

9:00am Guppy
10:00am Tadpole & Me
10:30am Guppy
11:00am Noodlefish

Saturday w/ Shivum

10:30am Muddskipper
11:00am Lil Dipper
11:30am Dolphin

Sunday w/ Shayna

10:30am Guppy
11:00am Noodlefish
11:30am Muddskipper

7 WEEK SESSION RATES

	Member	Guest
Private	280.00	322.00
Semi-Private	227.50	261.65
Group	154.00	176.75

QUEILA 7 WEEK SESSION RATES

	Member	Guest
Private	315.00	362.25
Semi-Private	262.50	302.00
Group	189.00	217.00

MAY 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

JUNE 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

MAKE UP WEEK IF NEEDED

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.