

# SUMMER 2025 SWIM LESSONS

**PRIORITY REGISTRATION\*: JUNE 18**

**OPEN REGISTRATION: JUNE 25**

\*For current swim lesson students only

Members & Non-Members Welcome

**Register through the Aquatics Office**

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

## WEEKLY CLASSES JULY 7 - AUG 16

Group Sessions Consists of Six Weekly 30-Minute Lessons

Semi-Private & Private Lessons May Choose 6 Week option OR Crash Course

<b>Mondays</b>	<b>w/ Laura</b>	<b>Wednesdays</b>	<b>w/ Shivum</b>
5:30	Guppy	5:30	Muddskipper
6:00	Noodlefish	6:00	Dolphin
6:30	Muddskipper	6:30	Shark
<b>Tuesdays</b>	<b>w/ Faith</b>	<b>Thursdays</b>	<b>w/ Jenn</b>
5:30	Guppy	5:30	Muddskipper
6:00	Tadpole & Me	6:00	Dolphin
6:30	Mini Me	6:30	Shark
7:00	Muddskipper		
<b>Tuesdays</b>	<b>w/ Isabelle</b>	<b>Thursdays</b>	<b>w/ Isabelle</b>
5:30	Noodlefish	5:30	Guppy
6:00	Muddskipper	6:00	Tadpole & Me
6:30	Lil Dipper	6:30	Noodlefish
<b>Wednesdays</b>	<b>w/ Claire</b>	<b>Fridays</b>	<b>w/ Ksenya</b>
5:30	Guppy	5:30	Lil Dipper
6:00	Noodlefish	6:00	Dolphin
6:30	Lil Dipper	6:30	Shark

### 6 WEEK SESSION:

	<u>HQ Mem</u>	<u>Guest</u>
Group	132.00	151.50
Semi-Private	195.00	224.50
Private	240.00	276.00

### CRASH COURSE:

	<u>HQ Mem</u>	<u>Guest</u>
Group	176.00	202.00
Semi- Private	260.00	299.00
Private	320.00	368.00

## CRASH COURSES

Eight 30-Minute Daily Group Lessons

Meeting Mon - Thur for 2 Weeks

<b>July 7-10, 14-17</b>	<b>w/ Ksenya</b>
5:30	Guppy
6:00	Noodlefish
6:30	Muddskipper
7:00	Lil Dipper
<b>July 14-17, 21-24</b>	<b>w/ Miranda</b>
5:30	Guppy
6:00	Noodlefish
6:30	Muddskipper
7:00	Lil Dipper
<b>July 21-24, 28-31</b>	<b>w/ Shayna</b>
11:00	Guppy
11:30	Noodlefish
12:00	Muddskipper
12:30	Lil Dipper
<b>Aug 4-7, 11-14</b>	<b>w/ Ksenya</b>
5:30	Guppy
6:00	Noodlefish
6:30	Muddskipper
7:00	Lil Dipper

## LESSON DATES

Summer 2025	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		
August	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
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

# SWIM LESSONS

GROUP • SEMI-PRIVATE • PRIVATE **SUMMER 2025**

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*Open to Non-Members*

**PRIORITY REGISTRATION\* STARTS JUNE 18**

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## CRASH COURSES

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

### KSENYA

July 7-10  
July 14-17  
Aug 4-7  
Aug 11-14

### MIRANDA

July 14-17  
July 21-24

### SHAYNA

July 21-24  
July 28-31

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**HEALTHQUEST**  
FITNESS CLUB