HQ

SPRING II: 2026

SWIM LESSONS

MAY 11 - JUNE 27

8 weekly 30-minute lessons

Priority Registration begins Apr 22
Open Registration begins Apr 29

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: 2026

GROUP LESSON SCHEDULE

SUBJECT TO CHANGE

Monday *w/ Laura*

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

Monday *w/ Faith*

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

Tuesday *w/ Faith*

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

Tuesday *w/ Olivia*

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

Wednesday *w/ Sam*

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

Wednesday *w/ Ksenya*

5:30pm Dolphin
6:00pm Shark

Thursday *w/ Faith*

5:30pm Guppy
6:00pm Tadpole & Me
6:30pm Noodlefish

Thursday *w/ Sam*

5:30pm Muddskipper
6:00pm Guppy
6:30pm Lil Dipper

Friday *w/ Ksenya*

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

Friday *w/ Isabelle*

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

Saturday *w/ Isabelle*

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

2026 MAY

SUN	MON	TUE	WED	THU	FRI	SAT
	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

2026 JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
	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				

2026 JULY

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	

MAKE UP WEEK IF NEEDED

NO CLASSES

7 WEEK SESSION RATES

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

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.

HEALTHQUEST FITNESS CLUB