



**SUMMER 2026**

# SWIM LESSONS

**JULY 6 – AUGUST 15**  
**6 weekly 30-minute lessons**

Only current swim students may use Priority Registration

**PROGRAM OPTIONS**

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

Priority Registration begins June 17  
 Open Registration begins June 24

Non-members welcome!

2026							JULY						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
									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	

2026							AUGUST						
SUN	MON	TUE	WED	THU	FRI	SAT	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
							<b>MAKE UP WEEK IF NEEDED</b>						

**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.

**6 WEEK SESSION RATES**

	Member	Guest
<i>Private</i>	240.00	276.00
<i>Semi-Private</i>	195.00	224.25
<i>Group</i>	132.00	151.50

**REGISTER NOW**

**(908) 782-4009 ext. 250**

**hill@hqfit.com**



# SUMMER 2026

# GROUP LESSON SCHEDULE

**SUBJECT TO CHANGE**

## 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 Dolphin

## Tuesday w/ Olivia

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

## Wednesday w/ Sam

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

## Wednesday w/ Sophie

5:30pm Noodlefish  
6:00pm Tadpole & Me  
6:30pm Lil Dipper

## Thursday w/ Faith

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

## Thursday w/ Sam

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

## Friday w/ Nicole

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

## Friday w/ Alyvia

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

## Saturday w/ Miranda

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

# CRASH COURSE SCHEDULE

**MONDAY - THURSDAY**

**JULY 6-9 & 13-16**

**JULY 20-23 & 27-30**

**AUGUST 3-6 & 10-13**

## CRASH COURSE RATES (8 WEEKS)

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

## Ksenya

11:00am Guppy  
11:30am Noodlefish  
12:00pm Muddskipper  
12:30pm Lil Dipper

## Miranda

5:30pm Guppy  
6:00pm Noodlefish  
6:30pm Muddskipper  
7:00pm Lil Dipper

