



FALL 2026

SWIM LESSONS

AUG 31 – OCT 26
8 weekly 30-minute
lessons

Priority Registration begins Aug 10
Open Registration begins Aug 17

Only current swim
students may use
Priority Registration

Non-members welcome!

PROGRAM OPTIONS

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

QUESTIONS & INFO

(908) 782-4009 ext. 250 

hill@hqfit.com 

FALL 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 Lil Dipper

Tuesday w/ Olivia

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

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 Lil Dipper

Friday w/ Ksenya

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

Saturday w/ Ksenya

10:00am Tadpole & Me

Sunday w/ Nicole

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

2026		SEPTEMBER					
SUN	MON	TUE	WED	THU	FRI	SAT	
	31	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		OCTOBER					
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	31	

2026		NOVEMBER					
SUN	MON	TUE	WED	THU	FRI	SAT	
1							

NO LESSONS
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.

8 WEEK SESSION RATES

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



HEALTHQUEST
FITNESS CLUB