



**FALL II 2026**

# **SWIM LESSONS**

**NOV 1 – DEC 19**  
**7 weekly 30-minute**  
**lessons**

Only current swim  
students may use  
Priority Registration

Non-members welcome!

Priority Registration begins Oct 12  
Open Registration begins Oct 19

**REGISTER NOW**

## **PROGRAM OPTIONS**

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

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

**hill@hqfit.com** 

# FALL II 2026

## GROUP LESSON SCHEDULE

**SUBJECT TO CHANGE**

|                                                                                           |                                                                                                 |                                                                                                                    |                                                                                                  |
|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| <b>Monday</b> w/ <i>Faith</i><br>5:30pm Guppy<br>6:00pm Noodlefish<br>6:30pm Mini Me      | <b>Monday</b> w/ <i>Sam</i><br>5:30pm Noodlefish<br>6:00pm Guppy<br>6:30pm Muddskipper          | <b>Tuesday</b> w/ <i>Faith</i><br>5:30pm Mini Me<br>6:00pm Noodlefish<br>6:30pm Muddskipper                        | <b>Tuesday</b> w/ <i>Ksenya</i><br>5:30pm Dolphin<br>6:00pm Shark                                |
| <b>Wednesday</b> w/ <i>Sam</i><br>5:30pm Guppy<br>6:00pm Noodlefish<br>6:30pm Muddskipper | <b>Wednesday</b> w/ <i>Sophie</i><br>5:30pm Mini Me<br>6:00pm Tadpole & Me<br>6:30pm Lil Dipper | <b>Thursday</b> w/ <i>Faith</i><br>5:30pm Guppy<br>6:00pm Tadpole & Me<br>6:30pm Noodlefish                        | <b>Thursday</b> w/ <i>Alyvia</i><br>5:30pm Muddskipper<br>6:00pm Noodlefish<br>6:30pm Lil Dipper |
| <b>Friday</b> w/ <i>Ksenya</i><br>5:30pm Lil Dipper<br>6:00pm Dolphin<br>6:30pm Shark     | <b>Friday</b> w/ <i>Laura</i><br>5:30pm Guppy<br>6:00pm Noodlefish<br>6:30pm Muddskipper        | <b>Saturday</b> w/ <i>Sophie</i><br>10:00am Tadpole & Me                                                           | <b>Saturday</b> w/ <i>Greta</i><br>10:30am Guppy<br>11:00am Noodlefish<br>11:30am Muddskipper    |
|                                                                                           |                                                                                                 | <b>Sunday</b> w/ <i>Nicole</i><br>10:00am Guppy<br>10:30am Noodlefish<br>11:00am Muddskipper<br>11:30am Lil Dipper |                                                                                                  |

### 7 WEEK SESSION RATES

|              | Member | Guest  |
|--------------|--------|--------|
| Private      | 280.00 | 322.00 |
| Semi-Private | 227.50 | 261.70 |
| Group        | 154.00 | 176.75 |

### 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.

| 2026 | NOVEMBER |     |     |     |     |     |  |
|------|----------|-----|-----|-----|-----|-----|--|
| 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 | DECEMBER |     |     |     |     |     |  |
|------|----------|-----|-----|-----|-----|-----|--|
| 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  |     |     |     |  |

**MAKE UP WEEK IF NEEDED**

**NO LESSONS**