

# Swim Lessons at HealthQuest

## **Group Lessons**

5 lessons, 45 minutes each  
(Members \$50.00, Non-members \$60.00)  
Preschool (4-6 yrs), Youth (7-16 yrs), Adult (17 yrs & up)

### **January 11 – January 25**

Instructor: Michael

Youth Level 1:

Mon/Wed from 6:00-6:45pm

Youth Level 3:

Mon/Wed from 7:00-7:45pm

Adult:

Mon/Wed from 1:00-1:45pm

### **January 12 – February 9**

Instructor: Michael

Youth Level 2:

Tues from 7:00-7:45pm

## **Private Lessons**

Five lessons – 30 minutes each  
(Members \$75.00, Non-members \$85.00)  
Can be scheduled by appointment with the instructor

For more information, please call 919-938-7581.