

Tips for Learn-to-Swim Programs @ HealthQuest



Babies & Toddlers

- Swimsuit and Swim Diaper (if not potty trained).
- Hooded towel
- Swim attire and towel for yourself.
- Some parents prefer to arrive 10-15 minutes early and dressed for lessons. This can make the transition into the pool a little easier and less stressful for you and baby.
- Flip-flops or non-slip shoes to wear on deck/locker rooms.
- A changing mat, car seat or stroller for your child to hang out while you get dressed.
- Something for your child to eat and/or drink after their lesson. Swimming is hungry work!
- Loose clothing - something that is quick and easy to change into after the lesson is completed.



Preschool/Youth

- A swimsuit and towel
- Goggles not recommended for beginner lessons. For water safety, we want children to learn to swim without goggles. Once children progress to goggles, purchase a pair with clear lenses.
- Flip-flops or non-slip shoes to wear on deck & in locker rooms.
- Loose clothing recommended for quick & easy changing after your swim lesson.



Please dry off well before leaving poolside.

This will prevent puddling and decrease slips and falls for you and others.

FILL OUT AN ONLINE PROGRAM REGISTRATION FORM @ HealthQuestNC.org

CALL 919-938-7581 to sign-up!

HEALTHQUEST
FITNESS & WELLNESS CENTER

514 N. Bright Leaf Blvd., Smithfield, NC 27577 | Johnston Medical Mall | South Entrance | Suite 1701

Oct. & Nov. 2025

SwimQUEST
HealthQuest Fitness & Wellness Center Swim School

WATERBABIES & TOTS

A fun water adjustment class for parent/child bonding. Class exposes children to the world of water with fun games, songs and play.

Ratio: 6 families to 1 instructor

Water Babies: 9 months to 23 months

Water Tots: 2 and 3-year-olds

Five 30-minute Sessions:

Member: \$60 | Non-Member: \$65

GROUP SWIM LESSONS

Preschool: 4 to 6 years of age

Youth: 7 to 12 years of age

Adults: 13 and older

Ratio: 4 children to 1 instructor

Level 1: No experience

Level 2: Move independently w/face in water. Float on back w/assistance.

Level 3: Front swim independently w/ rhythmic breathing for 5 yards and back 10 feet.

Level 4: Front swim independently 1/2 length of pool w/rotary breathing. Swim on back 1/2 length of pool. Float for 30 seconds.

Five 45-minute Sessions:

Member: \$90 | Non-Member: \$100

SEMI-PRIVATE SWIM LESSONS

Ratio: 2 - 3 individuals to 1 instructor

Five 45-minute Sessions:

Member: \$110/participant

Non-Member: \$120/participant

PRIVATE SWIM LESSONS

Five 30-minute Sessions:

Member: \$150 | Non-Member: \$160



GROUP SWIM LESSONS

- October/November 2025 Swim Lessons
- Registration: Begins September 1st
- Registration Closes 24 hours prior to the 1st lesson

Waterbabies

Ages 9-23 months
Ratio: 6 families to 1 instructor

Oct. 8 - Nov. 5
Wednesdays:
5:00p-5:30p

Preschool Levels 1 & 2

Ages 4 - 6 years
Ratio: 4 Swimmers to 1 Instructor

Oct. 6 - Nov. 3
Mondays:
5:15pm - 6:00p

Oct. 8 - Nov. 5
Wednesdays:
6:45p-7:30p

Oct.11 - Nov. 8
Saturdays:
9:00a-9:45a

Water Tots

Ages 2-3 years
Ratio: 6 families to 1 instructor

Oct. 8 - Nov. 5
Wednesdays:
5:30p-6:00p

Preschool Levels 3 & 4

Ages 4-6 years
Ratio: 4 Swimmers to 1 Instructor

Oct. 6 - Nov. 3
Mondays:
6:45pm - 7:30p

Oct. 8 - Nov. 5
Wednesdays:
6:00p - 6:45p

Oct. 11 - Nov. 8
Saturdays:
10:30a-11:15a

Youth Levels 1 & 2

Ages 7 - 12 years
Ratio: 4 Swimmers to 1 Instructor

Oct. 6 - Nov. 3
Mondays:
6:00pm - 6:45p

Oct. 8 - Nov. 5
Wednesdays:
7:30p - 8:15p

Oct.11 - Nov. 8
Saturdays:
9:45a - 10:30a

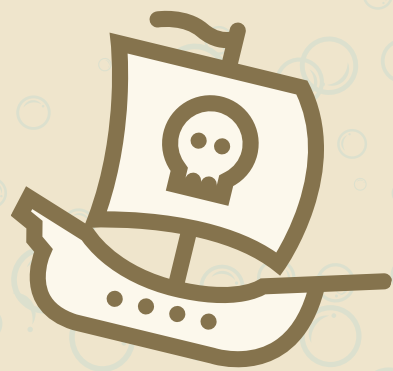
Adults

Ages 13 years & older
Ratio: 4 Swimmers to 1 Instructor

Oct. 7 - Nov. 4
Tuesdays:
10:00a-10:45a

Oct. 8 - Nov. 5
Wednesdays:
6:00p-6:45p

Oct. 9 - Nov. 6
Thursdays:
10:00a-10:45a



Youth Levels 3 & 4

Ages 7-12 years
Ratio: 4 Swimmers to 1 Instructor

Oct. 6 - Nov. 3
Mondays:
7:30p - 8:15p

Oct. 8 - Nov. 5
Wednesdays:
5:15p - 6:00p

Oct. 11 - Nov. 8
Saturdays:
11:15a - 12:00p

