



# 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](http://HealthQuestNC.org)  
**CALL 919-938-7581 to sign-up!**



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



## 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: \$40 | Non-Member: \$45

## 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

Five 45-minute Sessions:  
Member: \$70 | Non-Member: \$80

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.

## SEMI-PRIVATE SWIM LESSONS

Ratio: 2 - 3 individuals to 1 instructor

Five 45-minute Sessions:  
Member: \$90/person | Non-Member: \$100/participant

## PRIVATE SWIM LESSONS

Five 30-minute Sessions:  
Member: \$100 | Non-Member: \$110



# GROUP SWIM LESSONS

- December 2024 Swim Lessons
- Registration: Begins November 11th
- Registration Closes 24 hours prior to the 1st lesson

## Waterbabies

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

Classes will resume in January

## Water Tots

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

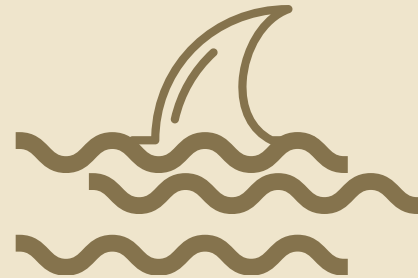
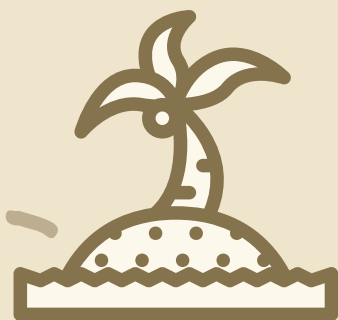
Classes will resume in January

## Preschool Levels 1 & 2

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

December 2nd- December 16th  
Mondays & Wednesdays:  
5:45p-6:30p

December 7th - January 4th  
Saturdays:  
9:00a-9:45a



## Preschool Levels 3 & 4

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

December 2nd- December 16th  
Mondays & Wednesdays:  
6:30p-7:15p

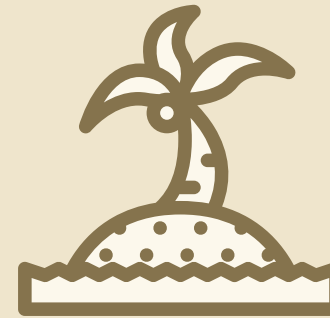
December 7th - January 4th  
Saturdays:  
10:30a-11:15a

## Youth Levels 1 & 2

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

December 2nd- December 16th  
Mondays & Wednesdays:  
5:00p-5:45p

December 7th - January 4th  
Saturdays:  
9:45a-10:30a



## Adults

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

December 2nd- December 30th  
Mondays - Mornings:  
10:00a-10:45a

Mondays - Evenings:  
7:00p-7:45p



## Youth Levels 3 & 4

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

December 2nd- December 16th  
Mondays & Wednesdays:  
7:15p-8:00p

December 7th - January 4th  
Saturdays:  
11:15a-12:00p

