



HEALTHQUEST

FITNESS & WELLNESS CENTER

Congratulations for taking the first step to living a healthier lifestyle!

HealthQuest Fitness & Wellness Center
514 N. Bright Leaf Blvd., Smithfield, NC 27577
919-938-7581 | HealthQuestNC.org

UNC
HEALTH®
Johnston

Facility Hours of Operation

Monday- Friday, 5:00 a.m.- 9:00 p.m.

Saturday, 8:00 a.m.- 5:00 p.m.

Sunday, 1:00 p.m.- 5:00 p.m.

(All pools and spa close 30 minutes prior to facility closing time)

Sitter Service Hours of Operation

Monday- Friday, 8:00 a.m.- 12:00 p.m., 4:00 p.m.- 8:00 p.m.

Saturday, 9:00 a.m.- 12:00 p.m.

Facility Information

HealthQuest Fitness & Wellness Center

Mailing Address: P.O. Box 1376, Smithfield, NC 27577

Physical Address: Johnston Medical Mall, Suite 1701, 514 N. Bright Leaf Blvd., Smithfield, NC 27577

Phone: 919-938-7581 | **Fax:** 919-989-6420

Email: healthquest@unchealth.unc.edu | healthquestbilling@unchealth.unc.edu

Website: www.HealthQuestNC.org

All services will expire 12 months from the date of purchase.

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OUR MISSION IS SIMPLE

To improve the health of the people in our community!

At HealthQuest Fitness & Wellness Center, we promise to...

- Uphold the ethics and mission of the medical fitness population.
- Set standards in the operation of fitness and wellness programs, facilities and services.
- Ensure safe and effective delivery of programs/information based on up-to-date research.
- Develop and implement programs/services that improves the quality of life and health.
- Share “best practice” strategies with our industry, clients and staff.

Getting Started

1. Obtain your HealthQuest Scan Card and have your photograph taken at the reception desk.

- Once you receive your card, please scan-in every time you enter the facility.
- A photo will be taken so that front desk staff can properly identify you.
- As you scan-in, listen for the sounds:
 - › **Bing**– This is your cue to move ahead and enjoy your workout.
 - › **Other sound** – Indicates a message is waiting for you. Stand-by and our front desk staff will read you the message.
 - › **No sound** – Indicates our computer may have fallen asleep. Stand-by to re-scan your card.
- Damaged scan cards will be replaced at no charge. There is a replacement fee for lost cards.

2. Scan-In/Sign-in required:

- **Everyone** must SCAN-IN or SIGN-IN to the facility upon entrance.
 - › Children ages 15 and under must be signed in by parent or guardian ages 16 & up.
 - › Ages 16 and up can sign-in themselves.
- Children/grandchildren of members going to the sitter room, must be signed into the sitter room by parent or guardian.
- Children/grandchildren of members going to the pool or basketball/racquetball courts must be signed in at the front desk by a parent or guardian ages 16 & up, and must be accompanied by a member, age 12 and up, at all times.
- Bringing guests. See page 6 for more information.

3. Participate in HQ 1.2.3. – FREE with your membership!

HQ1 – Attend GOAL SETTING session in-person in the HealthQuest Kitchen. See the back page of this booklet for days and times of each session. Visit the member portal for more information and to sign up. This 30-minute group session is a great way to learn more about all the features of our facility as well as identify and develop a plan to help you meet your health and wellness goals. See the HQ 1.2.3. rack card for designated times.

HQ2 – Sign-up for your personalized FITNESS CONSULTATION.

A 45-minute consultation conducted on land or in water with one of our certified Personal Trainers. This session can be used to establish baseline cardio activity, resistance training, body mass index, equipment orientation and provide sample workouts. Schedule your appointment at the front desk or by phone, 919-938-7581.

HQ3 – Attend NUTRITION session in-person in the HealthQuest Teaching Kitchen. See the back page of this booklet for days and times of each session. Visit the member portal for more information and to sign up. A 30-minute group educational session with HealthQuest Dietitian to discuss healthy eating patterns, while highlighting how to use our Nutrition Services to pursue wellness. See HQ 1.2.3. information on the back.

Stay Connected

- Weekly Newsletter: SUBSCRIBE at HealthQuestNC.org
- Facebook: LIKE HealthQuest @healthquest.fwc
- Instagram: FOLLOW us at healthquest_nc
- Virtual Reality: ATTEND meetings/classes in-person or by Zoom.us at 590 144 5794
- Signs, Flyers and Posters: Please look for and read printed media, located at the front entrance and throughout the facility.
- Overhead Announcements: LISTEN for announcements over the in-house intercom system.
- Member App/ Portal: Manage your account anytime, anywhere. You can view land and water fitness class schedules, register for classes and programs, reserve swimming lanes or racquetball courts, view statements and check-ins, pay your bill, and stay up to date with facility news. You'll be able to scan into the facility using your membership barcode in the app, and also receive push notifications for closures and important updates.



Scan to download the app from the Apple App Store or Google Play Store to take control of your HealthQuest member experience.

Sitter Service

Our Sitter Service is complimentary for HealthQuest members up to 1.5 hours of service per day for children 6 months to 11 years of age.

- Members may not leave the facility while their child is being supervised in the sitter service area.
- Sick children may not be left in sitter service.
- Children that do not attend school due to illness are not allowed in the sitter room.
- Sitter service accommodates up to 12 children. Space is not guaranteed and is first come/first serve.
- HealthQuest does not guarantee sitters. If a sitter is not present, signs will be posted at the Reception Desk and on the door of the sitter room.
- With adult supervision, children ages 11 and under are allowed to participate in the pool, racquetball and basketball courts. For safety purposes, children ages 11 and under are **NOT ALLOWED** on the gym floor or any other fitness areas of the facility.



SITTER SERVICE HOURS OF OPERATION

Monday- Friday
8:00 a.m.- 12:00 p.m.
4:00- 8:00 p.m.

Saturday
9:00 a.m.- 12:00 p.m.

MEMBERSHIP

Friends and Family Referral Program

Members who refer new members to HQ will receive a FREE GIFT! The enrolling member **must complete the "Friends and Family Membership Referral form"** upon enrollment. This is unlimited so the more friends you tell about HQ the more FREE GIFTS you can earn! Help us spread the good news about HealthQuest Fitness & Wellness Center!

Guest Passes

Guest fees apply:

- Ages 3 and under is free
- Ages 4 to 17 is \$5.00
- Ages 18 to adult is \$10.00

Day passes are available at a discounted rate:

- GOLD: 12 Passes
- SILVER: 6 Passes

Members are allowed to bring their children and/or their grandchildren ages 11 and under to utilize the pool area, racquetball courts, and basketball court at no charge.



PLEASE NOTE

Ages 15 and under must have a parent/guardian or responsible youth ages 16 & up to sign them into the facility.

FACILITY

For Your Safety

All employees of HealthQuest are CPR certified. Service line personnel have degrees and/or certifications from national organizations in their field such as Personal Training, Massage Therapy, Aquatics, Sports Conditioning, Youth Fitness, Yoga, Aerobics, and much more!

HealthQuest has an emergency response plan in place to assist members and guests in the event of an emergency.

In the event of an emergency, simply pick up one of the emergency phones located throughout the facility, and it will immediately dial the Reception Desk. Notify the Reception Desk staff of your emergency and appropriate staff will quickly respond.

HealthQuest staff always carry whistles which are used to notify all staff of an emergency happening within the facility. Personnel will immediately respond upon a whistle alert and take appropriate action needed. In the event of a code emergency, an AED (automated external defibrillator) and first aid kit are located at the Reception Desk and 911 will be called, if deemed necessary.



EMERGENCY PHONE LOCATIONS

- Racquetball
near ping pong table
- Lap Pool
above lifeguard chair
- Gym Floor
near cardio machines
- Locker Rooms
beside main entrance door
- Training Loft
between window openings

FACILITY

Gym Area

HealthQuest Fitness and Wellness Center is Johnston County's leading fitness and wellness center. Within the 42,000 square foot facility, HealthQuest offers a wide range of equipment including:

- **Cardiovascular Equipment:** We have over 30 pieces of cardiovascular equipment including Life Fitness and Precor and Nu-Step machines.
- **Strength Equipment:** Over 20 pieces of Selectorized strength equipment including Tuff Stuff, Hammer Strength and Precor equipment. These machines accommodate a wide range of individuals that can easily adjust the resistance of the equipment with a simple change of a pin. 2 adjustable cable cross over machines, a single adjustable cable column and 2 pieces of Duo-Tek selectorized equipment.
- **Free Weight Equipment:** A wide range of weights including flat, incline and decline benches, adjustable benches to leg presses and squat racks. We feature Troy interlocking plates with an E-Z lift feature and Troy rubber encased rubber end cap dumbbell sets from 1 lb. – 130 lbs.
- Body bars, medicine balls, thera-bands, balance boards, a punching bag and speed bag are also available to help you complete your total wellness experience.
- **AudioFetch** allows you to listen to TV audio on your smartphone or tablet while working out anywhere on the gym floor.

Gym Etiquette

We strive to make the atmosphere of HQ safe, comfortable and conducive to you and everyone. Please read the following etiquette guidelines and be thoughtful, courteous and respectful of others at all times.

- Proper fitness attire and shoes are required at all times.
- Re-rack weights and replace equipment to its original location.
- Do not drop or slam weights as it may cause injury to yourself, others and the facility equipment.
- Wipe off any equipment (i.e.: handles, seats, etc.) after use. Hand towels and Sani-Wipes are provided for member use.
- Pick up personal items (i.e.: water bottles, towels, magazines, etc.) and dispose of any waste in the provided receptacles.
- Children ages 11 and under are not allowed in the gym area. Please refer to the Sitter Service for hours of operation.
- No loitering. Please do not sit or stand on equipment while you are not using it.
- All members are expected to share space and equipment.
- Please store all of your belongings in the locker room.

FACILITY

- Use of personal Bluetooth speakers are not allowed in the facility. If you would like to listen to your personal music, you must wear personal ear buds/pods.
- Be considerate of others by refraining phone conversations via speaker while in the facility.
- **Use equipment at your own risk.** Please see the Reception Desk staff to schedule an appointment with a HealthQuest Personal Trainer if you would like further assistance with learning how to appropriately use the equipment or how to meet your fitness goals.

Locker Rooms & Restrooms

HealthQuest offers two private restrooms located in the center hallway (near the Sitter Room); as well as a men and women locker rooms. Lockers are available for daily use by members/guest and are allowed and suggested to bring their own lock to secure personal belongings while in the facility. Personal locks and all belongings must be removed daily.

HealthQuest offers monthly locker rental for \$10 per month. Members are allowed to choose an unassigned locker and place a personal lock for the time of the rental. Choose a pay-in-full option for 1, 3, 6 or 12-month rentals. For month-to-month options, please visit the Reception Desk to set-up a monthly membership draft.

Children over the age of 8 must use the gender appropriate locker room. Exceptions will be granted for children with a disability or restriction. Children must be accompanied by a parent/guardian at all times within the locker rooms. It is recommended for all adults to use the privacy curtains. A family changing room is also available from the front entrance of the locker rooms.

Family Changing Room Etiquette/ Requests

This room is designed for family members to assist those of the opposite gender.

- Members/Guests may lock the entrance door. The side doors are for EXIT ONLY.
- UNLOCK the main door before leaving the changing room.
- Limit the use of this area to 15 minutes.
- This area cannot be reserved and is first come, first serve only.
- Be considerate of others who may also need to use this space.
- For your safety please do not tamper with the seating, doors, etc.
- Discard any trash prior to leaving this area.
- Do not leave any personal items in the changing area.
- Place all dirty towels in the soiled linen bins located inside the locker rooms.
- If you need emergency assistance, please utilize the wall phones located in each locker room.

PROGRAMS

Personal Training

All HealthQuest new members are entitled to a complimentary fitness consultation! Personal training is an invaluable tool used by millions of people to improve their physical fitness and overall quality of life. Since wellness and fitness is our primary concern at HealthQuest, we provide our members with access to highly qualified and experienced trainers. Our personal trainers are prepared to meet and exceed your fitness goals. We can assist to understand any previous failures, scheduling conflicts, or exercise apprehensions you may have. Our degreed and certified fitness professionals can offer a variety of training packages to meet your individual needs.

Talk to one of our personal trainers about beginning your fitness program TODAY! Our personal training packages are available in half hour, 45-minute or one-hour increments. Personal training sessions are available to be performed on land or in the water. These sessions are offered to members and non-members and fees vary. For more options above 12 sessions, ask one of our Health and Wellness Specialists or visit the front desk for more details. Visit the website for current pricing information.

Training Loft

Personal training loft is above the racquetball courts. Members may access this area by ascending the spiral staircase located near the racquetball courts. In this area you will find the punching and speed bags, as well as some hand weights, a couple of cycling bikes and mats. Members are allowed to use this room for their own workout unless it is occupied by a HQ personal trainer and his/her client. Please return all equipment taken to/from the loft to its original position within HealthQuest facility.

Healthy Kids & Healthy Families

Junior/Teen Fit Youth Program

The Junior/Teen Fit Youth Program is geared towards young people, ages 9-18, who are currently enrolled in middle or high school. We take these youth on a month-to-month exercise journey in efforts to mold them into healthier individuals and on to become healthy conscience adults. With hands-on fitness and nutrition education, each child will participate in pre and post fitness assessments to show themselves and parents/guardians their remarkable progress. There is a cost for members and non-members; however, please ask about scholarships that are available based upon financial and metabolic risk factors.

Healthy Families Program

The Healthy Families Program is an 8-week journey in effort to promote health and wellness that includes exercise routines and nutritional guidance for the entire family. A family is defined as immediate family members that live within the same household or are claimed as a legal dependent. The requirements include a cap of 5 family participants and must include at least one child between the ages of 9-18 years of age. Pre and post fitness assessments are performed for each family member. There is a cost for members and non-members; however, scholarships are available based upon metabolic risk factors. Visit the reception desk or call the main number at HealthQuest for more information.

PROGRAMS

Group Fitness

HealthQuest offers a wide range of group fitness classes on land and in the water to accommodate the needs of all of our members. We offer a variety of classes from beginner, intermediate to advance. These classes are held in various locations throughout the facility. Most all classes on land and water come with your membership. Depending on the class, pre-registration may be required. Please register at HealthQuest.ClubAutomation.com or download our app at the AppleApp Store or Google Play Store.

A monthly schedule is available in print and digital formats that includes a list of group fitness classes, their descriptions and class locations. The printed formats are located in the HealthQuest Information Station and the front desk. Digital formats are located online, at HealthQuestNC.org and in the HealthQuest App.

NOTE: Replacement instructors will be assigned in the event the assigned instructor is unable to teach the class. Should a class need to be canceled, HQ will post signs at the main desk and a text message will be sent to notify registered participants. Each class must have an average of 4 participants over 3 consecutive months or the class is subject to cancellation or a change in class format. For land classes wear loose clothing, such as shorts, t-shirt and rubber-soled shoes designed for aerobic activities.

Cycling Room

Please see the group exercise class schedule for the days and times of the group cycling classes. Pre-registration may be required, so please call the front desk one day prior to sign up. During the times that the cycling room is not being used for HQ classes, members are allowed to use the room for their own cycling workout. The cycling room also has a TV and a DVD player for our members to use. You may bring your own cycling DVD or check out a DVD owned by HQ available at the Reception Desk.

Basketball

HealthQuest offers an outdoor basketball half-court at no additional charge for all members



PLEASE NOTE

The Multipurpose Room, Aerobics Room, Cycling Room or Personal Training Loft cannot solely be used by one member. HQ reserves the right to reserve these areas for programs and services.

- Only HealthQuest Members and registered guests are permitted to use the basketball court.
- Unauthorized use of HealthQuest basketball court is illegal and violators will be prosecuted.
- When others are waiting, games in progress must be limited to one hour.
- No rough play, no profanity and no dunking/hanging on the rim of the basketball goal.
- No food or glass allowed on courts.
- An adult must accompany children 11 years of age and under on the court.
- A basketball can be checked out and returned at HealthQuest Reception Desk.

PROGRAMS

Racquetball

HealthQuest has 2 racquetball courts that can also be transformed into “Walleyball” and Pickleball Courts. These courts can be reserved in one-hour blocks up to 48 hours in advance. There is no charge for members. Guests must pay the appropriate per-person guest fee in advance, before entering the racquetball courts at the reception desk of HealthQuest.

- All members must check-in at the Reception Desk of HealthQuest before entering the racquetball courts.
- Reservations are made at the Reception Desk of HealthQuest by calling (919) 938-7581. Courts that are not reserved will be available on a walk-in basis.
- Reservations will be canceled after **10 minutes** of a no-show.
- Courts are limited to a maximum of 4 people for Racquetball play and maximum of 10 people per Walleyball play.
- Appropriate clothing is required, light-soled tennis shoes are required.
- Protective eye-wear is required on the racquetball courts.
- Please leave the court at the end of the scheduled time.
- No food or beverages are to be brought into the racquetball court area.
- Personal items must be left in the locker rooms or outside the racquetball court.
- Foul language and/or obnoxious behavior will not be tolerated.
- Children ages 11 and under must be accompanied by a parent/legal guardian in all court areas.
- One or both courts may be closed for special classes or other activities without prior notice.

Massage Therapy

Massage Therapy is a hands-on mobilization of muscles and other soft tissues of the body that helps overall feeling, relieves muscle spasms/tension, and helps reduce chronic pain. Anyone from infants to older adults can benefit from a massage. Our therapists are trained and qualified in multiple modalities to offer customized therapeutic massage to accommodate and acclimate to meet the individual's desired specific needs.

Types of Massage Therapy

- **Swedish Massage:** One of the most popular massages. Perfect for relaxation, de-stressing and improving circulation. Swedish massage utilizes long flowing strokes that relax and sooth the body.
- **Myofascial Release:** (Deep Tissue Massage) Slow, deep, muscle specific strokes for the purpose of contacting the deeper layers of body tissue. Myofascial massage helps reduce chronic pain and release muscle tension.
- **Other types of specialty massage sessions are offered such as Table Thai, Medical Massage, Reiki and Pre/Post Natal (Pregnancy) massage.** Please let the Reception Desk know if you are interested in specialty sessions so that your appointment can be scheduled with the appropriate massage therapist.

PROGRAMS

Based on your goals, here are a few of the treatments used to meet your specific needs:

- Sports Massage
- Reflexology
- Aromatherapy
- Chair Massage
- Cupping Therapy

Your Appointment

Appointments are scheduled at the Reception Desk according to each massage therapist's availability. Please inquire at the reception desk for specific pricing for 30, 60 and 90 minute massages and available dates/times.

- If there is a specific treatment requested, please indicate this when scheduling your massage.
- HealthQuest does not bill insurance for massage therapy.
- Please give 24-hour notice if you need to cancel.
- A no-show voids a gift certificate and may result in a \$25 cancellation fee.



Reloadable gift cards are available at the Reception Desk for all massage sessions and make GREAT gifts!

Loyalty Card Program:

Buy 5 MASSAGES and get 1 MASSAGE of equal or lesser value ABSOLUTELY FREE!

AQUATICS

Aquatic Fitness

- **Lap pool:** a 5-lane, 25-yard indoor pool with a temperature range between 82-86 degrees. Activities include water aerobics, swim lessons, recreational swim, pool parties, swim team/club practices and meets, lap pool rentals and much more.
- **Therapy pool:** a warm water therapeutic pool with a temperature range between 86-90 degrees. Designed for members with arthritis, fibromyalgia, or other existing joint diseases. Pool activities include strengthening and flexibility aerobic classes, aquatic physical therapy, swim lessons and more. Physical therapists and swim instructors utilize this pool at various times throughout the week. Please be considerate as jets are not allowed to be used during these sessions.
- **Spa:** a wonderful way to help relax and relieve sore muscles. The temperature range is between 100-104 degrees. There is a limit to the number of occupants in the spa at any one time, so please be considerate of others that may be waiting to use and limit your time to no more than 10-15 minutes.
- **Steam rooms:** great for relaxing, opening your sinuses and purifying your pores. They are located in the women's locker room and in the men's locker room. Please limit your time to no more than 10-15 minutes.

AQUATICS

- **Group fitness:** monthly schedules of aquatics group fitness classes are posted at the information center and the HQ website. For the aquatic group fitness classes, please wear appropriate swim attire, preferably a one-piece bathing suit for women and appropriate swim wear for men.

Aquatics Rules & Guidelines

Steam Rooms and Spa

- Children ages 11 and under are NOT ALLOWED IN THE SPA OR STEAM ROOM at any time.
- It is not recommended for pregnant women, elderly or persons with pulmonary, cardiac or compromised immune system to use the steam room or spa.
- 10–15-minute time limit in spa and steam rooms. Excessive rise in body temperature may cause dizziness or fainting.
- DO NOT enter spa or steam rooms if you feel lightheaded.
- Allow yourself at least 5 minutes after exercising to cool down before entering spa or steam rooms.
- The use of soaps, lotions and personal hygiene products are not allowed in the steam rooms.

Pool Safety

- All guests (parents and children) must read and sign the guest waiver upon entrance to the facility.
- **NOTE: LIFEGUARDS ARE NOT ON DUTY AT ALL TIMES. SWIM AT YOUR OWN RISK. DO NOT SWIM ALONE.**
- Children ages 5 & under **MUST** have parent/guardian **IN THE WATER** with them at all times.
- Children ages 11 and under **MUST** be accompanied by a parent/guardian at all times.
- Please shower and use the restroom before entering pools.
- Enter and exit pool area through locker rooms.
- Please enter the pool area utilizing the steps or ramp.
- No running jumps into the pool.
- Forward facing/feet first entry pool jumps is allowed if the area is clear.
- Appropriate swimsuits or t-shirt and gym shorts are required.
- No thongs, cut off shorts or revealing clothing allowed.
- Please wear water shoes or slip-resistant flip flops in pool area.
- No playing or swinging over lane lines in lap pool.
- No running or horseplay allowed in or around pool area.
- NO DIVING allowed for members/guests.
- Only swim team members are allowed to dive under the supervision of assigned swim coach during swim team practices/events.
- When therapy pool jets are allowed by HQ, please be cautious of other swimmers.
- Therapy pool jets are not allowed during therapy times or aquatic classes.

AQUATICS

Cleanliness and Sanitation

- Adult members/guests with bowel incontinence are required to wear adult swim pants.
- Children are required to wear “swim diapers” if not fully toilet trained.
- Do not spit or blow your nose in the pools or on deck areas.
- No persons with communicable disease allowed in the pool.
- Minor skin cuts must be covered with a waterproof bandage.
- Persons with blister, cuts, rashes and large open wounds are advised NOT to use the pool. It is recommended to stay out of pool until healed.
- Do not enter the pool if you have skin, eye, ear, nasal or vaginal infections.
- Do not tamper with pool equipment or rescue equipment.
- The emergency telephone is located above the lifeguard stand in the middle of the pool area.

General

- There is no food allowed in pool areas. (Notify the aquatic staff if medical conditions require food.)
- No gum or candy in pool areas. Deposit gum/candy in trash receptacles before entering pools.
- ONLY plastic bottles containing water, juice or soda are allowed. NO GLASS bottles/objects.
- Personal swimming and flotation devices are allowed but advising not to be shared.
- HealthQuest also offers various aquatic exercise equipment for personal use during exercise.
- One or two lap lanes will always be available for lap swimming of our members/guests during large group events such as swim team practices, group fitness classes, swim lessons, etc. Please refer to the monthly group fitness schedules for more information.
- During busy times in the lap pool, members will be asked to “Circle Swim” (2 or more swimmers per lap lane)
- No pets allowed in pool area.
- No headphones and no electronic equipment allowed in pools.
- Bluetooth speakers are not allowed in or by the pools.
- Pool closings for special events, pool parties, swim meets, cleaning, maintenance, etc will be posted at the reception desk of HealthQuest as well as the glass entrance to the pool area.
- No one under the influence of alcohol or drugs is allowed in the pool areas.
- Profanity/ vulgar/ offensive language will not be tolerated.

Note

- Management & HealthQuest Aquatic Staff reserves the right to ask anyone exhibiting unsafe or boisterous behavior to leave the pool area or facility.
- The pools will be closed in the event of a severe thunderstorm warning, tornado warning or hurricane warning for Smithfield, NC.

AQUATICS

Family Swim Times

Members may bring children ages 11 and under to the pool during the times listed below. **Please read all Pool Rules & Guidelines before coming to the pools.**

Lap Pool

Children of all ages are welcome to use the lap pool during the below times:

- Monday- Friday: 8:00 a.m.- 8:30 p.m.
- Saturday: 8:00 a.m.- 4:30 p.m.
- Sunday: 1:00 p.m.- 4:30 p.m.

Therapy Pool

Children ages 2-11 are welcome to use the therapy pool **on the weekends** during the below time:

- Saturday & Sunday: 1:00 p.m.- 4:30 p.m.



Learn to Swim with SwimQuest

- **Water Babies & Water Tots Classes:** group classes for babies (ages 9 – 24 months) and toddlers (ages 2 and 3 years). With the assistance of a parent/responsible adult, babies and toddlers will learn how to adjust to the wonders of water through songs and games. This package includes five 30-minute sessions.
- **Swim lessons:** offered in group, semi-private or private sessions for both children and adults. Participants must pre-register for each session.

GROUP LESSONS

45-minute sessions
Ages 4-13
(5 sessions)

SEMI-PRIVATE LESSONS

45-minute sessions
Ages 2- Adult
(5 sessions)

PRIVATE LESSONS

30-minute sessions
Ages 2- Adult
(Single session or 5 sessions)

- **Swim Club:** gives children the opportunity to improve their swimming techniques, gain new skills and make new friends! This program is offered at various times throughout the year.
- **Adult Swim Club:** Take your swimming to the next level with a clinic designed to refine stroke mechanics and build stamina. Perfect for fitness-focused swimmers, those maintaining peak condition, or athletes preparing for the Senior Games.

AQUATICS



HealthQuest Pirates Swim Team

A fun summer program that introduces the sport of swimming to children ages 18 and younger and competes weekly with local swim teams.

Participants enjoy:

- Weekly practices
- Weekly swim meets with ribbons for participating and placing
- Championship meets
- Team T-shirts, swim cap, and end-of-season party

Pool Parties

| | The Little Dipper | Wet & Wild | Splish Splash Bash |
|---|--------------------------|---|---|
| Pool Rental | One (1) hour pool rental | Two (2) hours Party room/ pool rental | Three (3) hours Party room/ pool rental |
| Choice of Float | Choice of 1 float | Choice of 2 floats Small pool toys | Choice of 3 floats Small pool toys |
| Use of HealthQuest Kitchen & included Amenities | | <ul style="list-style-type: none"> • Plates, napkins, utensils, cups • 1 gallon bucket of ice cream • Personalized sheet cake (or cupcakes) • Choice of beverages | |
| <p>One HQ logo item for Birthday child and guest ages 11 & under. If needed, a platform and life vest can be requested to use for smaller children.</p> | | | |

Note: All pool parties begin in the lap pool for the first half of the rental time and move to the HealthQuest Kitchen for the remaining time of rental.



HEALTHQUEST 1.2.3.

1

GOAL SETTING

A 30-minute group session where qualified HealthQuest staff will assist in developing realistic and attainable health goals.

Schedule at the front desk or via phone at 919-938-7581, for one of the following times:

- 2nd Tuesday at 9 a.m.
- 4th Thursday at 6:15 p.m.

YOUR APPOINTMENT

Date: ____ / ____ / ____

Time: ____ : ____ a.m. | p.m.

2

FITNESS CONSULTATION

A 45-minute one-on-one Personal Training Consultation conducted either on land or in water. This session is used to establish baselines in cardio activity, resistance training, body mass index, equipment orientation and/or provide sample workouts.

Schedule your appointment at the front desk or via phone at 919-938-7581.

YOUR APPOINTMENT

Date: ____ / ____ / ____

Time: ____ : ____ a.m. | p.m.

with: _____

3

NUTRITION SESSION

A 30-minute group education session with HealthQuest dietitian to discuss healthy eating patterns, while highlighting how to use our Nutrition Services to pursue wellness.

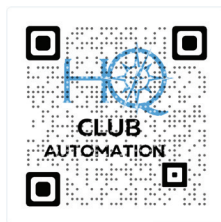
Schedule at the front desk or via phone at 919-938-7581, for one of the following times:

- 1st Monday at 5 p.m.
- 3rd Thursday at 11 a.m.

YOUR APPOINTMENT

Date: ____ / ____ / ____

Time: ____ : ____ a.m. | p.m.



Username: _____