

# GYM SCHEDULE

## June 23rd - August 16th 2019

Commonpoint Queens at Central Queens  
Community Happens Here

67-09 108th Street, Forest Hills NY, 11375 (718)268-5011, www.commonpointqueens.org

| SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|---|---|---|---|---|
| 8:00 - 10:00 am<br>Adult Full<br>Court Basketball  | 6:15 - 7:30 am<br>Half Court<br>Basketball                | 6:15 - 7:30 am<br>Half Court<br>Basketball            | 6:15 - 7:30 am<br>Half Court<br>Basketball                | 6:15 - 7:30 am<br>Half Court<br>Basketball            | 6:15 - 7:30 am<br>Half Court<br>Basketball                            |
| 10:00 - 4:00 pm<br>Open Co-Ed<br>All Ages when no<br>Birthday Parties<br>scheduled.<br>Call ahead for<br>availability. | 7:30 - 6:00 pm<br>Gym CLOSED<br>for Camp &<br>Classes     | 7:30 - 6:00 pm<br>Gym CLOSED<br>for Camp &<br>Classes | 7:30 - 6:00 pm<br>Gym CLOSED<br>for Camp &<br>Classes     | 7:30 - 6:00 pm<br>Gym CLOSED<br>for Camp &<br>Classes |   |
| 4:00 - 7:00 pm<br>Gym Closed for<br>Men's Basketball<br>League   |   |   |   |   |   |
| 7:30 - 9:30 pm<br>Gym Closed for<br>Volleyball Club  | 6:00 - 8:00 pm<br>Basketball Clinics<br>Gym CLOSED        | 6:00 - 8:00 pm<br>Basketball Clinics<br>Gym CLOSED    | 6:00 - 8:00 pm<br>Basketball Clinics<br>Gym CLOSED        | 6:00 - 8:00 pm<br>Basketball Clinics<br>Gym CLOSED    | 7:30 - 5:45 pm<br>Gym CLOSED*<br>*Call ahead for<br>possible openings |
|  | 8:00 - 9:45 pm<br>Adult/Teen (16+)<br>Priority Basketball | 8:00 - 9:45 pm<br>Co-ed Teen<br>Priority Basketball   | 8:00 - 9:45 pm<br>Adult/Teen (16+)<br>Priority Basketball | 8:00 - 9:45 pm<br>Co-ed Teen<br>Priority Basketball   |   |

| GYM NOTES  |
|--|
| No street clothes, street shoes or black soled athletic shoes are permitted in the gym. Games may be limited per our policies if people are waiting. Classes, leagues and birthday parties take precedence over open gym time. See posted schedule. Children 10 years and younger must be accompanied by an adult.<br><b>NO exceptions.</b><br>Morning aerobics classes and nursery school may use the gym during open time. Basketball playing procedures and rules are posted in the gym. Please refer to posted schedule changes for closings to do special programs. |

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## BODY SHOP SCHEDULE

Please Note

The Men's Shower and Steam Room will be closed  
Daily from 5:20 - 5:50 pm.



| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|--|---|--|---|--|
| 8:00 am - 11:00 am<br>Co-ed Adult                | 6:15 am - 9:45 pm<br>Co-ed<br>Teen & Adult<br>(16 +) | 6:15 am - 8:40 am<br>Co-ed<br>Teen & Adult (16 +)     | 6:15 am - 9:45 pm<br>Co-ed<br>Teen & Adult<br>(16 +) | 6:15 am - 8:40 am<br>Co-ed<br>Teen & Adult (16 +)     | 6:15 am - 12:55 pm<br>Co-ed<br>Teen & Adult (16 +)   |
| 11:00 am - 4:55 pm<br>Co-ed Teen/Adult<br>(16 +) |  | 8:45 am - 10:25 am<br>Women Only                      |  | 8:45 am - 10:25 am<br>Women Only                      | 1:00 pm - 1:55 pm<br>Men Only                        |
| 5:00 pm - 5:55 pm<br>Men Only                    |  | 10:30 am - 9:45 pm<br>Co-ed<br>Teen & Adult<br>(16 +) |  | 10:30 am - 9:45 pm<br>Co-ed<br>Teen & Adult<br>(16 +) | 2:00 pm - 4:45 pm<br>Co-ed<br>Teen & Adult<br>(16 +) |
| 6:00 pm - 6:55 pm<br>Women Only                  |  |   |  |   |  |
| <b>BODY SHOP<br/>CLOSES at 7:00pm</b>            |  |   |  |   |  |

### BODY SHOP NOTES

No one under 16 is permitted in the exercise room. No street clothes or street shoes permitted in the room; only proper gym attire and sneakers. Please observe fitness room etiquette. See an instructor or Body Shop attendant before using the machinery. Consult with your personal physician prior to beginning an exercise program. Special programs and fitness orientations take precedence for the use of the Body Shop equipment.

# 2019 Summer POOL SCHEDULE

## June 23rd - August 16th 2019

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**Community Happens Here**

67-09 108th Street, Forest Hills NY, 11375  
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| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|--|--|--|--|--|
| 8:00 - 8:50 am<br><i>Men &amp; Boys ONLY</i>                    | 6:15 - 8:00 am<br>Lap Swimming<br>ONLY                             | 6:15 - 8:40 am<br>Co-ed<br>3 Lap Lanes, 1 Free                   | 6:15 - 8:00 am<br>Lap Swimming<br>ONLY                             | 6:15 - 8:40 am<br>Co-ed<br>3 Lap Lanes, 1 Free                   | 6:15 - 8:00 am<br>Lap Swimming<br>ONLY                             |
| 9:00 - 10:30 am<br>Co-ed Adult (18+)                            | 8:00 - 9:00 am<br>Co-ed Adult (18+)                                | 8:45 - 10:20 am<br>Women & Girls<br>ONLY                         | 8:00 - 9:00 am<br>Co-ed Adult (18+)                                | 8:45 - 10:20 am<br>Women & Girls<br>ONLY                         | 8:00 - 9:00 am<br>Co-ed Adult (18+)                                |
| 10:35 - 11:50 am<br><i>Women &amp; Girls ONLY</i>               |  | 10:30 am - 11:55 am<br>POOL & Locker Room<br>CLOSED<br>for Camp  |  | 10:30 am - 11:55 am<br>POOL & Locker Room<br>CLOSED<br>for Camp  | 9:00 - 10:20 am<br>2 Lap Lanes<br>1/4 Classes<br>1/4 Open Swim     |
| 12:00 - 3:00 pm<br>POOL CLOSED<br>for Classes                   | 10:30 am - 11:55 am<br>POOL &<br>Locker Room<br>CLOSED<br>for Camp | 12:00 - 3:50 pm<br>2 Lap Lanes<br>1/4 Classes<br>1/4 Open Swim   | 10:30 am - 11:55 am<br>POOL &<br>Locker Room<br>CLOSED<br>for Camp | 12:00 - 3:50 pm<br>2 Lap Lanes<br>1/4 Classes<br>1/4 Open Swim   | 10:30 am - 11:55 am<br>POOL &<br>Locker Room<br>CLOSED<br>for Camp |
| 3:00 - 4:50 pm<br>Co-ed All Ages<br>Family Swim<br>NO LAP LANES | 12:00 - 3:50 pm<br>2 Lap Lanes<br>1/4 Classes<br>1/4 Open Swim     | 3:50 - 6:00 pm<br>POOL CLOSED for<br>Swim Team/Classes           | 12:00 - 3:50 pm<br>2 Lap Lanes<br>1/4 Classes<br>1/4 Open Swim     | 3:50 - 6:00 pm<br>POOL CLOSED for<br>Swim Team/Classes           | 12:00 - 12:55 pm<br>Co-ed All Ages                                 |
| 5:05 - 5:55 pm<br><i>Women &amp; Girls ONLY</i>                 |  | 6:00 - 7:00 pm<br>2 Lanes Swim Team<br>1 Lap Lane<br>1 Free Lane |  | 6:00 - 7:00 pm<br>2 Lanes Swim Team<br>1 Lap Lane<br>1 Free Lane |  |
| 6:00 - 6:50 pm<br><i>Men &amp; Boys ONLY</i>                    | 6:00 - 8:00 pm<br>2 Lanes Swim Team<br>1 Lap Lane<br>1 Free Lane   | 7:00 - 7:40 pm<br>Co-ed All Ages                                 | 6:00 - 8:00 pm<br>2 Lanes Swim Team<br>1 Lap Lane<br>1 Free Lane   | 7:00 - 7:40 pm<br>Co-ed All Ages                                 | 2:35 - 3:30 pm<br>Co-ed All Ages                                   |
| 7:00 - 9:45 pm<br>POOL CLOSED for<br>Swim Team/Classes          | 8:00 - 8:40 pm<br>Co-ed All Ages                                   | 7:45 - 8:45 pm<br>Women & Girls<br>ONLY                          | 8:00 - 8:40 pm<br>Co-ed All Ages                                   | 7:45 - 8:45 pm<br>Women & Girls<br>ONLY                          | 3:30 - 4:45 pm<br>2 Lap Lanes<br>1/4 Classes<br>1/4 Open Swim      |
|   | 8:45 - 9:45 pm<br><i>Men &amp; Boys ONLY</i>                       | 8:50 - 9:45 pm<br>Co-ed Adult (18+)                              | 8:45 - 9:45 pm<br>Men & Boys ONLY                                  | 8:50 - 9:45 pm<br>Co-ed Adult (18+)                              |  |

### POOL NOTES

- Classes will be going on concurrently with open swim times.
- Swim Caps must be worn by everyone 5 years and older.
- Everyone must shower in the locker room before entering the pool.
- Lifeguard's instructions must be heeded.
- Children under 8 years of age must be accompanied by an adult in the water.
- "Co-ed Adult" means members 18 years and up, only! (except for private swimming lessons)
- The fast lane may be closed when the free area is crowded and/or when classes meet and/or there are birthday parties.
- Tuesday & Thursday 7:00 - 7:40 pm will be Co-ed All Ages.
- A schedule of classes is available at the Health & Wellness Center control Desk on the Lower Level.
- NO outside shoes permitted on the pool deck
- **Commonpoint Queens Health & Wellness Department reserves the right to close all or part of the pool for special events. Check posted notices for closing times.**

### STEAM ROOM HOURS - WOMEN ONLY

| TUES./THURS.    | SUNDAYS                            |
|-----------------|------------------------------------|
| 9:00 - 10:15 am | 11:15 - 11:45 am<br>5:20 - 5:50 pm |

### SAUNA HOURS - MEN ONLY

| FRIDAYS        | SUNDAY         |
|----------------|----------------|
| 1:30 - 2:25 pm | 6:45 - 7:15 pm |

### GUEST PASSES

After 6:00 pm on weekdays and all Sundays, Commonpoint Queens reserves the right to limit the number of guest passes it issues for use of the Health & Wellness Center to accommodate its members during these peak hours of usage.

**CHILDREN ( up to 12 years ) : \$5**      **TEENS (13 - 18 years): \$10**      **ADULTS (19 YEARS & UP): \$15**