

INFANT/TODDLER GYM PROGRAM

Infant/Toddler Gym Program		
11 Mondays beg. Jan. 6	12 Tuesdays beg. Jan. 7	12 Wednesdays beg. Jan. 8
<u>Discovery Open Play Gym</u> Ages 18-36 Months 10:00-11:00 AM	<u>Tiny Tumblers</u> Ages 7-13 Months 10:30-11:15 AM	<u>Gym Adventurers</u> Ages 2-3 9:45-10:30 AM
<u>Discovery Open Play Gym</u> Ages 6-17 Months 11:00 AM-12:00 PM	<u>Gym Explorers</u> Ages 12-18 Months 11:15 AM-12:00 PM	<u>Gym Explorers</u> Ages 12-18 Months 10:35-11:20 AM
	<u>Mommy & Me Yoga</u> Ages 2.5-4 12:00-12:45 PM	<u>Gym Explorers</u> Ages 18-24 Months 11:25 AM-12:10 PM
		<u>Kiddie Sports</u> Ages 2.5-4 12:15-1:00 PM

Classes require a parent or caregiver.

No Class 1/20, 2/17, 2/18, 2/19

12 sessions: \$192 members / \$240 non-members

Discovery Play Open Gym is free for all registrants of Infant & Toddler Gym Programs. Guest drop-in fee is \$10 per child per Open Gym.

\$20 mandatory insurance fee is required for all participants ages 2+. Insurance is paid once per year from the date of purchase.

For more information or to register, contact Mira Nitzberg at 718-268-5011 ext. 504 or email mnitzberg@commonpointqueens.org

YOUTH DANCE

Youth Dance					
11 Sundays beg. Jan. 5	11 Mondays beg. Jan. 6	12 Tuesdays beg. Jan. 7	12 Wednesdays beg. Jan. 8	12 Thursdays beg. Jan. 9	12 Fridays beg. Jan. 10
<u>Mommy & Me Elements of Ballet*</u> Ages 2-4 11:30 AM-12:15 PM	<u>Jazzy Juniors</u> Ages 3.5-4.5 3:00-3:45 PM	<u>Pre-Ballet</u> Ages 3.5-4 3:45-4:30 PM	<u>Zumba Kids Jr.</u> Ages 4-7 4:00-5:00 PM	<u>Hip-Hop Jr.</u> Ages 5-7 4:00-5:00 PM	<u>Pre-Ballet</u> Ages 3-4 3:00-3:45 PM
<u>Ballet/Tap</u> Ages 5-9 12:15-1:15 PM	<u>Jazz/Contemporary</u> Ages 5-7 4:00-5:00 PM	<u>Ballet</u> Ages 5-9 5:00-6:00 PM	<u>Zumba Kids</u> Ages 8-12 5:00-6:00 PM	<u>Hip-Hop</u> Ages 8-12 5:00-6:00 PM	<u>Ballet</u> Ages 5-7 4:00-5:00 PM
	<u>Jazz/Contemporary</u> Ages 8-12 5:00-6:00 PM				<u>Ballet</u> Ages 8-12 5:00-6:00 PM

11 sessions: \$176 members / \$220 non-members

12 sessions: \$192 members / \$240 non-members

*Parent/caregiver participation required for Mommy & Me Elements of Ballet

No Class 1/20, 2/16, 2/17, 2/18, 2/19, 2/20, 2/21

\$20 Mandatory Insurance fee, \$45 Costume Fee

For more information contact Mira Nitzberg at 718-268-5011 ext. 504 or email mnitzberg@commonpointqueens.org

YOUTH SPORTS AND GYMNASTICS

Youth Sports & Gymnastics			
11 Mondays beg. Jan. 6	12 Tuesdays beg. Jan. 7	12 Wednesdays beg. Jan. 8	12 Thursdays beg. Jan. 9
Jr. Gymnastics Ages 3.5-5 3:00-3:45 PM	Super Sports Grades K-2 4:00-4:45 PM	All Sorts of Sports Ages 4-6 3:30-4:15 PM	Triple Play Grades 3.5-5 3:00-3:45 PM
Gymnastics Grades K-4 4:00-5:00 PM	Super Sports Grades 2-6 4:45-5:30 PM		Volleyball & Gaga League Grades 1-2 4:00-5:00 PM
Gymnastics Grades 2-6 5:00-6:00 PM			Volleyball & Gaga League Grades 3-6 5:00-6:00 PM

11 sessions: \$184.80 members / \$231 non-members

12 sessions: \$192 members / \$240 non-members

No Class 1/20, 2/17, 2/18, 2/19, 2/20

\$20 mandatory insurance fee is required for all Gymnastics and Sports programs. Insurance is paid once per year from the date of purchase.

For more information or to register, contact Mira Nitzberg at 718-268-5011 ext. 504 or email mnitzberg@commonpointqueens.org

YOUTH SPORTS LEAGUES

Youth Sports Leagues				
11 Sundays beg. Jan. 5	12 Tuesdays beg. Jan. 7	12 Wednesdays beg. Jan. 8	12 Thursdays beg. Jan. 9	10 Saturdays beg. Jan. 11
Hoop It Up** Ages 5-7 12:00-12:55 PM				Kiddie Soccer Express* Ages 2-3 10:00-10:45 AM
Basketball Skills Clinic** Ages 8-11 1:00-1:55 PM				Lil' Hoopsters* Ages 5-7 10:00-10:55 AM
Jr. WNBA Basketball League Games (every other week) Ages 8-12 2:00-3:00 PM				Jr. Indoor Soccer Shooters* Ages 3.5-4.5 11:00-11:45 AM
Jr. NBA Basketball Eastern Division Ages 10-11 3:00, 4:00, 5:00 PM				Basketball Superstars* Ages 8-11 11:00-11:55 AM
Jr. NBA Basketball Western Division Ages 12-13 6:00, 7:00, 8:00 PM	Jr. NBA Basketball Eastern Division Ages 10-11 5:30, 6:35, 7:00 PM	Jr. WNBA Basketball League Practices Ages 8-12 7:00-7:45 PM, 7:45-8:30 PM	Jr. NBA Basketball Western Division Ages 12-13 6:30, 7:15, 8:00PM	

*10 sessions: \$148 members / \$185 non-members

**11 sessions: \$160 members / \$200 non-members

- Jr. WNBA Basketball League: \$160 members / \$200 non-members
- Jr. NBA Basketball League Eastern: \$216 members / \$270 non-members
- Jr. NBA Basketball League Western: \$216 members / \$270 non-members

\$20 mandatory Insurance Fee for all sports classes and clinics

\$25 Uniform Fee for WNBA, Eastern League, and Western League

Jr. NBA Basketball League schedules will be based on team assignments. Times will rotate for all divisions.

No Class 1/20, 2/17, 2/18, 2/19, 2/20, 2/22

For more information or to register, contact Adam Ostroff at 718-268-5011 ext. 505 or email aostroff@commonpointqueens.org

SWIM SCHOOL AT COMMONPOINT QUEENS

PRIVATE SWIM LESSONS

1 Lesson: \$40 members / \$50 non-members

5 Lessons: \$180 members / \$225 non-members

10 Lessons: \$320 members / \$400 non-members

For private lessons please contact Mira Nitzberg at (718) 268-5011 ext. 504 or mnitzberg@commonpointqueens.org.

SEMI-PRIVATE LESSONS (2 people)

1 Lesson: \$60 members / \$75 non-members

5 Lessons: \$284 members / \$355 non-members

10 Lessons: \$460 members / \$575 non-members

CREATE A CLASS - Find 3 or more interested individuals (approximately the same age) and we will find you an instructor! For all ages, must commit to complete session. \$20 members, \$25 non-members per swimmer per half hour. Contact Lior Harpaz at LHarpaz@CommonpointQueens.org

COMMONPOINT QUEENS AQUAFLAMES SWIM TEAM - Co-ed competitive USA sanctioned swim team for ages 6-18.

Practices held Mon.-Thurs. 4:00 - 6:00 p.m. or 5:00 - 7:00 p.m., Mon. & Wed. 6:00 - 8:00 p.m., & Sun. 7:00 - 9:00 p.m.

COMMONPOINT QUEENS NON-COMPETITIVE SWIM TEAM - Must know how to swim one length of the pool. Practices held

Mon.-Thurs. 5:00 - 6:00 p.m. (must choose two days) and Sun. 7:00 - 9:00 p.m. .

COMMONPOINT QUEENS DYNAMIC DOLPHINS SWIM CLUB - Recreational club focused on developing swimmers ages 5-12.

Practices held Mon. & Wed. 7:00 - 8:00 p.m. and Sun. 7:00 - 9:00 p.m.

ADAPTIVE SWIM LESSONS - 1:1 instruction focused on water safety and swim skills offered for children ages 6-12 years with Autistic Spectrum Disorders. Swim lessons are held in 5 half-hour sessions. \$120 members / \$150 non-members

GROUP SWIM CLASSES

8 sessions: \$140.80 members / \$176 non-members

9 sessions: \$158.40 members / \$198 non-members

45 minute class: 9 sessions, \$216 members / \$270 non-members

1 hour class: 9 sessions, \$252 members / \$315 non-members

- Parents may view the first and last lessons of the semester only.
- All parents are required to take off their shoes when bringing their children onto the pool deck.
- Each participant is allowed one make-up per session to be completed before the last class of the session.
- Class Refund Policy: After first class is held: 90% refund minus \$20 administrative fee. After the second class is held: 50% refund minus \$20 administrative fee. Non-Member registration fee is non-refundable.
- \$20 mandatory insurance fee is required for all participants ages 2+. Insurance is paid once per year from the date of purchase.

Swim Classes for Infants & Toddlers

9 Sundays beg. Jan. 5	8 Mondays beg. Jan. 6	9 Wednesdays beg. Jan. 8	9 Thursdays beg. Jan. 9
<u>Pampers Paddlers</u> Ages 7-24 Months 12:00-12:30 PM	<u>Pampers Paddlers</u> Ages 7-24 Months 11:30 AM-12:00 PM		<u>Pampers Paddlers</u> Ages 7-24 Months 12:30-1:00 PM
<u>Swim Time w/ Mommy</u> Ages 7-36 Months, Co-Ed 1:30-2:00 PM			<u>Swim Time w/ Mommy</u> Ages 7-36 Months, female only 9:30-10:00 AM
<u>Little Fishes</u> Ages 2-3 years 12:30-1:00 PM		<u>Open Swim</u> 10:30-11:30 AM	<u>Open Swim</u> 10:30-11:30 AM
<u>Fantastic Fishes</u> Ages 3-4 years 1:00 - 1:30 PM			<u>Fantastic Fishes</u> Ages 3-4 years 12:00 - 12:30 PM
<u>Jr. Fishes</u> Ages 3-5 years 12:30-1:00 PM 1:30-2:00 PM	<u>Jr. Fishes</u> Ages 3-5 years 12:00 - 12:30 PM	<u>Jr. Fishes</u> Ages 3-5 years 4:30 - 5:00 PM	<u>Jr. Fishes</u> Ages 3-5 years 11:30 AM - 12:00 PM 3:30 - 4:00 PM

Class Descriptions:

- **PAMPER PADDLERS (7 to 24 months with parent)** - Introduce your child to the water through fun activities.
- **SWIM TIME W/MOMMY (7 to 36 months with parent)** - Teach your child swim skills through songs and toys.
- **LITTLE FISHES (2 to 3 years with parent)** - Familiarize your youngster with the water.
- **FANTASTIC FISHES (3 to 4 years non-swimmers with parent)** - Teach your child to be more independent in the water.
- **JUNIOR FISHES (3 to 5 years without parent)** - Learn safety skills through kicking, blowing bubbles, back and front floating
- **OPEN SWIM** - Free to registrants of Pamper Paddlers, Swim Time with Mommy, Little Fishes, & Fantastic Fishes only

AMERICAN RED CROSS SWIM PROGRAM

There are five levels in this program that offer a wide variety of activities. Skills taught include: personal safety, rescue skills, diving skills, and stroke skills. To be able to accommodate everyone's needs, we offer half hour, 45 minutes and one hour classes. Each level is designed to stimulate interest and motivate students to advance to the next section.

9 Sundays beg. Jan. 5	8 Mondays beg. Jan. 6	9 Tuesdays beg. Jan. 7	9 Wednesdays beg. Jan. 8	9 Thursdays beg. Jan. 9	9 Saturdays beg. Jan. 11
Level 1 Ages 5-7 12:00-12:30 PM Ages 8-11 12:30-1:00 PM	Level 1 Ages 5-7 4:30-5:00 PM	Level 1 Ages 5-11 3:30-4:15 PM (45 minutes)	Level 1 Ages 5-7 4:00-4:30 PM	Level 1 Ages 8-11 3:30-4:00 PM 4:30-5:00PM	Level 1 Ages 3-11 10:00-10:30 AM 10:30-11:00 AM Ages 5-11 11:00 AM-12:00 PM
Level 2 Ages 5-7 12:00-12:30 PM 12:30-1:00 PM 1:00-1:30 PM Ages 5-11 1:30-2:00 PM 2:00-3:00 PM (1 hour) Ages 8-11 12:00-12:30 PM Ages 12+ 1:30-2:00 PM	Level 2 Ages 5-7 3:30-4:00 PM 4:30-5:00 PM Ages 8-11 4:00-4:30 PM	Level 2 Ages 5-11 3:30-4:15 PM 4:15-5:00 PM (45 minutes)	Level 2 Ages 5-7 4:00-4:30 PM Ages 8-11 3:30-4:00 PM Ages 12+ 7:00-7:30 PM	Level 2 Ages 5-7 4:00-4:30 PM	Level 2 Ages 3-11 10:00-10:30 AM 10:30-11:00 AM Ages 5-11 11:00 AM-12:00 PM (1 hour)
Level 3 Ages 5-7 12:00-12:30 PM Ages 5-11 1:30-2:00 PM 2:00-3:00 PM (1 hour) Ages 8-11 12:30-1:00 pm	Level 3 Ages 5-7 3:30-4:00 PM 4:00-4:30 PM	Level 3 Ages 5-11 4:15-5:00 PM (45 minutes)	Level 3 Ages 5-7 3:30-4:00 PM Ages 8-11 4:30-5:00 PM Ages 12+ 7:30-8:00 PM	Level 3 Ages 8-11 4:00-4:30 PM	Level 3 Ages 3-11 10:00-10:30 AM 10:30-11:00 AM Ages 5-11 11:00 AM-12:00 PM (1 hour)
Level 4 1:00-1:30 PM Level 4/5 2:00-3:00 PM (1 hour) Level 5 1:00-1:30 PM Adaptive Swim Class				Level 4 4:30-5:00 PM	Level 4 Ages 5-11 11:00 AM-12:00 PM (1 hour) Level 5 Ages 5-11 11:00 AM-12:00 PM (1 hour)

- **Level 1** - For first time swimmers or children fearful of the water. Skills include safety, floating, bubbles, kicking, and arm action.
- **Level 2** - For children ready to learn to swim independently. Skills include floating, front and back glide and crawl stroke.
- **Level 3** - Children learn rotary breathing, backstroke, and water safety.
- **Level 4** - Improve stroke and safety skills. Learn rhythmic breathing, crawl stroke, backstroke; breast stroke and side stroke.
- **Level 5** - Facilitate lap swimming. Learn breast stroke, turns, and rescue skills.

AMERICAN RED CROSS LIFEGUARDING - Upon successful completion of the class, participants will obtain a Red Cross Lifeguarding Certification and certifications in CPR/AED and First Aid. Cost is \$400 members / \$450 non-members .

WATER SAFETY INSTRUCTOR COURSE - Dates to be announced, \$450 for all.

For more information/to register please contact Lior Harpaz at (718) 268-5011 ext. 502 or LHarpaz@CommonpointQueens.org

PERSONAL TRAINING

30 MINUTE TRAINING

1 Lesson: \$42 members / \$60 non-members
5 Lessons: \$190 members / \$240 non-members
10 Lessons: \$360 members / \$450 non-members

1 HOUR TRAINING

1 Lesson: \$64 members / \$80 non-members
5 Lessons: \$280 members / \$350 non-members
10 Lessons: \$540 members / \$680 non-members

For personal training please contact Adam Ostroff at (718) 268-5011 ext. 505 or aostroff@commonpointqueens.org.

ADULT FITNESS CLASSES

Adult Fitness Classes			
12 Mondays beg. Jan. 6	13 Wednesdays beg. Jan. 8	14 Thursdays beg. Jan. 2	14 Fridays beg. Jan. 3
<u>Yoga in Motion</u> 10:20-11:20 AM \$156 members / \$192 non-members	<u>Water Exercise: Aquadynamics</u> 10:00-10:30 AM free members / \$175 non-members	<u>Balanced Body Pilates</u> 10:05-11:05 AM \$180 members / \$224 non-members	<u>Vinyasa Flow Yoga*</u> 9:00-10:00 AM \$80 members / \$100 non-members
<u>Balanced Body Pilates</u> 7:00-8:00 PM \$154 members / \$192 non-members	<u>Tai Chi</u> 7:30-8:30 PM \$169 members / \$208 non-members	<u>Power Yoga</u> 7:00-8:00 PM \$50 members / \$75 non-members for package of 5 classes	<u>Water Exercise: Aquadynamics</u> 10:00-10:30 AM free members / \$175 non-members

*10 Fridays beg. Jan. 10, Drop-ins \$15/class

For more information contact Adam Ostroff at (718) 268-5011 ext. 505 or aostroff@commonpointqueens.org.

65+ FITNESS CLASSES

65+ Fitness Classes			
12 Mondays beg. Jan. 6	13 Tuesdays beg. Jan. 7	13 Wednesdays beg. Jan. 8	14 Thursdays beg. Jan. 2
<u>Exercise for Daily Living</u> 10:00-10:50 AM \$84 members / \$114 non-members	<u>Balance Training (Beginners)</u> 11:20 AM-12:20 PM \$85 members / \$120 non-members	<u>Israeli & International Folk Dance</u> 1:15 -2:45 PM \$104 members / \$156 non-members	<u>Balance Training III</u> 12:00-1:00 PM \$91 members / \$130 non-members
<u>Yoga in Motion</u> 10:20-11:20 AM \$66 members / \$111 non-members	<u>Balance Training II</u> 12:30-1:30 PM \$85 members / \$120 non-members		
<u>Tai Chi</u> 11:30 AM-12:20 PM \$60 members / \$100 non-members			

For more information contact Shelly Channan at 718-268-5011 ext. 421 or email schannan@commonpointqueens.org