

## INFANT/TODDLER GYM PROGRAM

Infant/Toddler Gym Program		
8 Mondays beg. Apr. 6	9 Tuesdays beg. Apr. 7	9 Wednesdays beg. Apr. 22
<p><b><u>*Shake, Rattle, &amp; Roll</u></b>                      Ages 12-36 Months                      10:00-10:45 AM</p>	<p><b><u>Mommy &amp; Me Yoga</u></b>                      Ages 2.5-4                      10:20-11:05 AM</p>	<p><b><u>Gym Adventurers</u></b>                      Ages 2-3                      9:45-10:30 AM</p>
<p><b><u>Discovery Open Play Gym</u></b>                      Ages 6-36 Months                      11:00 AM-12:00 PM</p>	<p><b><u>Gym Explorers</u></b>                      Ages 12-18 Months                      11:15 AM-12:00 PM</p>	<p><b><u>Discovery Open Play Gym</u></b>                      Ages 6-36 Months                      10:30-11:15 AM</p>
		<p><b><u>Gym Explorers</u></b>                      Ages 18-24 Months                      11:30 AM-12:15 PM</p>
		<p><b><u>Open Gym Drop-in Only</u></b>                      Ages 7-24 Months                      12:15-1:00 PM</p>



Classes require a parent or caregiver.

**No Class 5/24, 5/25, 5/29, 6/4, 6/9**

**\*Free Trial Class for new Shake, Rattle & Roll class offered Apr 6th**

8 sessions: \$128 members / \$160 non-members

9 sessions: \$144 members / \$180 non-members

Discovery Play Open Gym (not including Wednesday at 12:15 PM session) is free for all registrants of Infant & Toddler Gym Programs. Guest drop-in fee is \$10 per child per Open Gym.

\$25 Drop-in rate for Shake Rattle & Roll, Mommy & Me Yoga, and Gym Explorers.

**\$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](mailto:mnitzberg@commonpointqueens.org)

## YOUTH DANCE

Youth Dance					
8 Sundays beg. Apr. 5	9 Mondays beg. Apr. 6	9 Tuesdays beg. Apr. 7	9 Wednesdays beg. Apr. 22	8 Thursdays beg. Apr. 23	8 Fridays beg. Apr. 24
<p><b><u>Mommy &amp; Me Elements of Ballet**</u></b>                      Ages 2-4                      11:30 AM-12:15 PM</p>	<p><b><u>Jazz/Contemporary</u></b>                      Ages 5-7                      4:00-5:00 PM</p>	<p><b><u>Pre-Ballet</u></b>                      Ages 3.5-4                      3:45-4:30 PM</p>	<p><b><u>Zumba Kids Jr.</u></b>                      Ages 4-7                      4:00-5:00 PM</p>	<p><b><u>Hip-Hop Jr.</u></b>                      Ages 5-7                      4:00-5:00 PM</p>	<p><b><u>Pre-Ballet</u></b>                      Ages 3-4                      3:00-3:45 PM</p>
<p><b><u>Ballet/Tap</u></b>                      Ages 5-9                      12:15-1:15 PM</p>	<p><b><u>*POM</u></b>    <b><u>8 Mondays</u></b>  <b><u>beg. Apr. 20</u></b>                      Ages 5+                      5:00-6:00 PM</p>	<p><b><u>Ballet</u></b>                      Ages 5-9                      5:00-6:00 PM</p>	<p><b><u>Zumba Kids</u></b>                      Ages 8-12                      5:00-6:00 PM</p>	<p><b><u>Hip-Hop</u></b>                      Ages 8-12                      5:00-6:00 PM</p>	<p><b><u>Ballet</u></b>                      Ages 5-7                      4:00-5:00 PM</p>
					<p><b><u>Ballet</u></b>                      Ages 8-12                      5:00-6:00 PM</p>

8 sessions: \$128 members / \$160 non-members

9 sessions: \$144 members / \$180 non-members

\*POM 8 sessions: \$131.20 members / \$164 non-members

Free trial of new Pom class will be offered April 6th

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

**No Class 5/24, 5/25, 5/29, 6/4, 6/9**

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

For more information or to register, contact Mira Nitzberg at 718-268-5011 ext. 504 or email [mnitzberg@commonpointqueens.org](mailto:mnitzberg@commonpointqueens.org)

## YOUTH SPORTS AND GYMNASTICS

### Youth Sports & Gymnastics

8 Sundays beg. Apr. 5	9 Mondays beg. Apr. 6	9 Tuesdays beg. Apr. 7	9 Wednesdays beg. Apr. 22	8 Thursdays beg. Apr. 23
<b>Outdoor Lacrosse</b> Ages 7-10 1:15-2:10 PM	<b>Jr. Gymnastics</b> Ages 3.5-5 3:00-3:45 PM	<b>Super Sports</b> Grades K-2 4:00-4:45 PM	<b>All Sorts of Sports</b> Ages 4-6 3:30-4:15 PM	<b>Triple Play</b> Grades 3.5-5 3:00-3:45 PM
<b>Outdoor Soccer</b> 1:15-2:10 PM (Ages 3-4 & 5-6) 2:15-3:10 PM (Ages 7-9 & 10-12)	<b>Gymnastics</b> Grades K-4 4:00-5:00 PM	<b>Super Sports</b> Grades 2-6 4:45-5:30 PM		<b>Floor Hockey &amp; Kickball</b> Grades 1-2 4:00-5:00 PM
<b>Outdoor Tennis</b> 12:15-1:10 PM (Ages 5-12) 1:15-2:10 PM (Ages 7-12) 2:15-3:10 PM (Ages 5-6)	<b>Gymnastics</b> Grades 2-6 5:00-6:00 PM			<b>Floor Hockey &amp; Kickball</b> Grades 3-6 5:00-6:00 PM

Sunday classes (8 sessions): \$120 members / \$150 non-members

8 Sessions \$128 members / \$160 non-members

9 sessions: \$144 members / \$180 non-members

Gymnastics (9 sessions): \$158.40 members / \$198 non-members

**No Class 4/8, 4/9, 4/12, 4/14, 4/15, 4/16, 5/24, 5/25, 6/4**

**\$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](mailto:mnitzberg@commonpointqueens.org)

## YOUTH SPORTS LEAGUES

### Youth Sports Leagues

8/10 Sundays beg. Apr. 5	8 Tuesdays beg. Apr. 7	8 Wednesdays beg. Apr. 22	8 Thursdays beg. Apr. 24	9 Saturdays beg. Apr. 4
<b>Outdoor Tee Ball League*</b> Ages 3-5 12:15-1:05 PM				<b>Kiddie Sports</b> Ages 2-4 10:00-10:55 AM
<b>Outdoor Baseball Skills*</b> Ages 5-8 12:15-1:05 PM				<b>Lil' Hoopsters</b> Ages 5-7 10:00-10:55 AM
<b>Jr. WNBA Basketball League</b> Ages 8-12 2:00-3:00 PM				<b>Jr. Indoor Soccer Shooters</b> Ages 4-5 11:00-11:55 AM
<b>Jr. NBA Basketball Eastern Division</b> Ages 10-11 12:00, 1:00, 3:00 PM				<b>Basketball Superstars</b> Ages 8-11 11:00-11:55 AM
<b>Jr. NBA Basketball Western Division</b> Ages 12-13 5:00, 6:00, 7:00 PM	<b>Jr. NBA Basketball Eastern Division</b> Ages 10-11 5:30, 6:30, 7:30 PM	<b>Jr. WNBA Basketball League</b> Ages 8-12 7:00-7:45 PM, 7:45-8:30 PM	<b>Jr. NBA Basketball Western Division</b> Ages 12-13 6:15, 7:00, 7:45 PM	

\*Tee Ball/Baseball (8 sessions): \$120 members / \$150 non-members

9 sessions: \$132 members / \$165 non-members

Jr. WNBA & NBA Basketball League: \$196 members / \$245 non-members

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

\$25 Uniform Fee for Jr. 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 4/8, 4/9, 4/12, 4/14, 4/15, 4/16, 5/24, 5/25, 6/4**

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

**10 sessions:** \$176 members / \$220 non-members

**11 sessions:** \$193.60 members / \$242 non-members

**45 minute class:** \$264 members / \$330 non-members

**1 hour class:** 10 sessions, \$280 members / \$350 non-members,

**1 hour class:** 11 sessions, \$308 members, \$385 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

11 Sundays beg. Mar. 22	11 Mondays beg. Mar. 23	11 Wednesdays beg. Mar. 25	10 Thursdays beg. Mar. 26	11 Fridays beg. Mar. 27
<b><u>Pampers Paddlers</u></b> Ages 7-24 Months 12:00-12:30 PM	<b><u>Pampers Paddlers</u></b> Ages 7-24 Months 11:30 AM-12:00 PM		<b><u>Pampers Paddlers</u></b> Ages 7-24 Months 12:30-1:00 PM	
<b><u>Swim Time w/ Mommy</u></b> Ages 7-36 Months, Co-Ed 1:30-2:00 PM or 3:00-3:30 PM			<b><u>Swim Time w/ Mommy</u></b> Ages 7-36 Months, female only 9:30-10:00 AM	
<b><u>Little Fishes</u></b> Ages 2-3 years 12:30-1:00 PM		<b><u>Open Swim</u></b> 10:30-11:30 AM	<b><u>Open Swim</u></b> 10:30-11:30 AM	
<b><u>Fantastic Fishes</u></b> Ages 3-4 years 1:00-1:30 PM			<b><u>Fantastic Fishes</u></b> Ages 3-4 years 12:00-12:30 PM	
<b><u>Jr. Fishes</u></b> Ages 3-5 years 12:30-1:00 PM 1:30-2:00 PM	<b><u>Jr. Fishes</u></b> Ages 3-5 years 12:00-12:30 PM	<b><u>Jr. Fishes</u></b> Ages 3-5 years 4:30-5:00 PM	<b><u>Jr. Fishes</u></b> Ages 3-5 years 11:30 AM - 12:00 PM 3:30-4:00 PM	<b><u>Jr. Fishes</u></b> Ages 3-5 years 4:00-4:30 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.

<b>11 Sundays beg. Mar. 22</b>	<b>11 Mondays beg. Mar. 23</b>	<b>11 Tuesdays beg. Mar. 24</b>	<b>11 Wednesdays beg. Mar. 25</b>	<b>10 Thursdays beg. Mar. 26</b>	<b>11 Fridays. beg. Mar. 27</b>	<b>11 Saturdays beg. Mar. 28</b>
<p><b>Level 1</b> Ages 5-7 12:00-12:30 PM</p> <p>Ages 8-11 12:30-1:00 PM</p>	<p><b>Level 1</b> Ages 5-7 4:30-5:00 PM</p> <p>Ages 8-11 5:00-5:30 PM</p>	<p><b>Level 1</b> Ages 5-11 3:30-4:15 PM (45 minutes)</p>	<p><b>Level 1</b> Ages 5-7 4:00-4:30 PM 5:30-6:00 PM</p>	<p><b>Level 1</b> Ages 8-11 3:30-4:00 PM 4:30-5:00PM</p>	<p><b>Level 1</b> Ages 8-11 3:30-4:00 PM</p>	<p><b>Level 1</b> Ages 3-11 10:00-10:30 AM 10:30-11:15 AM (45 minutes)</p> <p>Ages 5-11 11:15 AM-12:15 PM (1 hour)</p>
<p><b>Level 2</b> Ages 5-7 12:00-12:30 PM 12:30-1:00 PM 1:00-1:30 PM</p> <p>Ages 5-11 1:30-2:00 PM 2:00-3:00 PM (1 hour)</p> <p>Ages 8-11 12:00-12:30 PM</p> <p>Ages 12+ 1:30-2:00 PM</p>	<p><b>Level 2</b> Ages 5-7 3:30-4:00 PM 4:30-5:00 PM</p> <p>Ages 8-11 4:00-4:30 PM 5:30-6:00 PM</p>	<p><b>Level 2</b> Ages 5-11 3:30-4:15 PM 4:15-5:00 PM 5:00-5:45 PM (45 minutes)</p>	<p><b>Level 2</b> Ages 5-7 4:00-4:30 PM 5:00-5:30 PM</p> <p>Ages 8-11 3:30-4:00 PM 5:30-6:00 PM</p> <p>Ages 12+ 7:00-7:30 PM</p>	<p><b>Level 2</b> Ages 5-7 4:00-4:30 PM</p> <p>Ages 5-11 5:00-6:00 PM (1 hour)</p>	<p><b>Level 2</b> Ages 5-7 4:30-5:00 PM</p> <p>Ages 8-11 3:30-4:00 PM</p> <p>Ages 5-11 5:00-5:45 PM (45 minutes)</p>	<p><b>Level 2</b> Ages 3-11 10:00-10:30 AM 10:30-11:15 AM (45 minutes)</p> <p>Ages 5-11 11:15 AM-12:15 PM (1 hour)</p> <p><b>Level 2/3</b> Ages 12+ 10:30-11:15 AM (45 minutes)</p>
<p><b>Level 3</b> Ages 5-7 12:00-12:30 PM</p> <p>Ages 5-11 1:30-2:00 PM 2:00-3:00 PM (1 hour)</p> <p>Ages 8-11 12:30-1:00 pm</p>	<p><b>Level 3</b> Ages 5-7 3:30-4:00 PM 4:00-4:30 PM 5:30-6:00 PM</p>	<p><b>Level 3</b> Ages 5-11 4:15-5:00 PM 5:00-5:45 PM (45 minutes)</p>	<p><b>Level 3</b> Ages 5-7 3:30-4:00 PM 5:00-5:30 PM</p> <p>Ages 8-11 4:30-5:00 PM</p> <p>Ages 12+ 7:30-8:00 PM</p>	<p><b>Level 3</b> Ages 8-11 4:00-4:30 PM</p> <p>Ages 5-11 5:00-6:00 PM (1 hour)</p>	<p><b>Level 3</b> Ages 5-7 4:00-4:30 PM</p> <p>Ages 5-11 5:00-5:45 PM (45 minutes)</p>	<p><b>Level 3</b> Ages 3-11 10:00-10:30 AM 10:30-11:15 AM (45 minutes)</p> <p>Ages 5-11 11:15 AM-12:15 PM (1 hour)</p>
<p><b>Level 4</b> 1:00-1:30 PM</p> <p><b>Level 4/5</b> 2:00-3:00 PM (1 hour)</p> <p><b>Level 5</b> 1:00-1:30 PM</p> <p><b>Adaptive Swim Class</b> 3:00-3:30 PM</p>	<p><b>Level 4</b> 5:00-5:30 PM</p>			<p><b>Level 4</b> 4:30-5:00 PM</p>	<p><b>Level 4</b> 4:30-5:00 PM</p> <p><b>Level 4/5</b> 5:00-5:45 PM (45 minutes)</p>	<p><b>Level 4</b> Ages 5-11 11:15 AM-12:15 PM (1 hour)</p> <p><b>Level 5</b> Ages 5-11 11:15 AM-12:15 PM (1 hour)</p>

- **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 or to register, contact Lior Harpaz at (718) 268-5011 ext. 502 or [LHarpaz@CommonpointQueens.org](mailto:LHarpaz@CommonpointQueens.org)