

Parenting Center - Programs for Infants and Toddlers

PROGRAMS FOR SPRING 2019

Registrations Opens on Sunday, March 10, 2019. Classes begin on Sunday, March 31, 2019.

Pre-Nursery Classes (Without Parents)

TOTALLY TOTS - Ages 24-36+ Months

8 Mon. & 10 Wed. beg April 1

9:00-11:45 a.m.

\$900 members/ \$990 non-members

9 Tues. & 9 Thurs. beg April 2

9:00-11:45 a.m.

\$900 members/ \$990 non-members

10 Fri. beg April 5

9:00-11:45 a.m.

\$500 members/ \$550 non-members

*Friday is available as an add-on to another section only

**Enroll in two sections of Totally Tots at the beginning of a semester and receive a \$50 discount

NEARLY NURSERY - Ages 36-42+ Months

8 Mon./ 10 Wed./ 10 Fri. beg April 1

9:00-11:45 a.m.

\$1,400 members/\$1,540 non-members

MY FIRST CLASSROOM EXPERIENCE (With an Adult)

MOMMY AND ME - Ages 18-42+ Months

10 Tues. beg April 2

Section 1 (24-36+months) 9:00-10:30 a.m.

Section 11 (18-23 months) 10:45 a.m.-12:15 p.m.

\$250 members/ \$300 non-members

Music & Craft Program (With an Adult)

PETITE PICASSOS - Ages 20-36+ Months

9 Thurs. beg April 4

9:15-10:00 a.m.

\$216 members/ \$252 non-members

DANCIN' TOTS - Ages 20-36+ Months

9 Thurs. beg April 4

10:15-11:00 a.m.

\$189 members/ \$216 non-members

ROCKIN' TOTS - Ages 20-36+ Months

10 Weds. beg April 3

10:00-10:45 a.m.

\$220 members/ \$280 non-members

**For more information or to register please
contact Robin Kaufman at
(718) 268-5011 ext. 482 or by email at
RKaufman@CommonpointQueens.org**

Class Descriptions:

TOTALLY TOTS - The first step in making the transition to our Nursery School. This part-time separation program includes creative play, crafts, storytime, music, circle time, movement, snack and gym time. Join us for special holiday celebrations.

NEARLY NURSERY - This educationally oriented separation program affords your child the best aspects of "Totally Tots" plus unique enrichment tailored to this age group. Our instructor will teach your child the first steps toward reading, math and science.

MOMMY AND ME - The perfect class before "Totally Tots"! A structured play-and-learn experience for children and their parent or caregiver. Our instructor introduces toddlers to paint, crafts, stories, circle time and more.

PETITE PICASSOS - No feeling is greater than the joy of seeing your child create. Our program enables children to express themselves through artwork under the supervision of our experienced instructor. We guide the children as they make crafts with paint, sand, glue and even edible materials. Make a mess in our house, not yours!

DANCIN' TOTS - Enhance your toddler's coordination, listening skills, fine and gross motor skills, and ability to follow instructions while learning simple dances and having a blast at the same time.

ROCKIN' TOTS - Treat your child to the wonderful experience of hearing live music each week, as played by our very talented guitar instructor. Class participation is encouraged through the use of shakers, bells, and other props. Class helps children develop language & listening skills, memory and socialization.



INFANT TODDLER GYM PROGRAM

(with a Parent or Caregiver)

TINY TUMBLERS- Ages 7-13 Months

9 Mon. beg. Apr 1

11:20 a.m. - 12:05 p.m.

\$144 members / \$180 non-members

GYM EXPLORERS

Ages 12-18 Months

10 Tues. beg. Apr 2

11:15 a.m. - 12:00 p.m.

\$160 members / \$200 non-members

11 Wed. beg. Apr 3

10:35 - 11:20 a.m.

\$176 members / \$220 non-members

Ages 18-24 Months

9 Mon. beg. Apr 1

10:30 - 11:15 a.m.

\$144 members / \$180 non-members

10 Thurs. beg. Apr 4

9:45 - 10:30 a.m.

\$160 members / \$200 non-members

GYM ADVENTURERS - Ages 2 - 3

11 Wed. beg. Apr 3

9:45 - 10:30 a.m.

\$176 members / \$220 non-members

KIDDIE SPORTS - Ages 2.5-4

10 Tues. beg. Apr 2

12:10 - 12:55 p.m.

\$160 members / \$200 non-members

* No Class Feb 19

DISCOVERY OPEN PLAY GYM

Ages 6-17 Months

11 Wed. beg. Apr. 3

11:30 a.m. - 12:15 p.m.

Ages 18-36 Months

10 Thurs. beg. Apr 4

12:15 - 1:00 p.m.

Ages 6-36 Months

9 Mon. beg. Apr 1

12:15 - 1:00 p.m.

For more information or to register please contact Mira Nitzberg at (718) 268-5011 ext. 504 or by email at MNitzberg@CommonpointQueens.org

Class Descriptions:

TINY TUMBLERS - With the use of colorful and stimulating equipment, your child will be guided through creative activities that develop strength, coordination and balance.

GYM EXPLORERS - Children gain confidence and strength while they balance, climb, roll, swing, Central Queens' playgym with slides, bridges, and more. Parents assist as their children learn, explore, and most of all have fun!

GYM ADVENTURERS - Watch as your child improves their gross motor, coordination, and listening skills. We combine movement and sport activities with tumbling on our dynamic play equipment for this fun-filled class.

KIDDIE SPORTS - Introduce your toddler to the fundamental skills that are associated with soccer, baseball, basketball and hockey.

DISCOVERY OPEN PLAY GYM - Choose a free extra session to play with your toddler on our wonderful tumbling equipment. Sign up when you register for classes in all Health & Fitness, Infant and Toddler gym programs.

YOUTH SPORTS AND GYMNASTICS

JR. GYMNASTICS - Ages 3.5-5

10 Thurs. beg. Apr 4

3:00 - 3:45 p.m.

\$170 members / \$210 non-members

GYMNASTICS

GRADES K-4

9 Mon. beg. Apr 1

4:00 - 5:00 p.m.

\$153 members / \$189 non-members

GRADES 2-6

9 Mon. beg. Apr 1

5:00 - 6:00 p.m.

\$153 members / \$189 non-members

OBSTACLE NINJAS

GRADES 1-2

10 Thurs. beg. Apr 4

4:00 - 5:00 p.m.

\$180 members / \$220 non-members

GRADES 3-6

10 Thurs. beg. Apr 4

5:00 - 6:00 p.m.

\$180 members / \$220 non-members

TRIPLE PLAY - Ages 3-4

10 Tues. beg. Apr 2

2:45 - 3:30 p.m.

\$160 members / \$200 non-members

KIDDIE SPORTS - Ages 2.5-4 w/ parent or caregiver

10 Tues. beg. Apr 2

12:10 - 12:55 p.m.

\$160 members / \$200 non-members

ALL SORTS OF SPORTS - Ages 4-5

11 Wed. beg. Apr 3

2:45 - 3:30 p.m.

\$176 members / \$220 non-members

BALL BONANZA - Ages 3-4

11 Wed. beg. Apr 3

3:45 - 4:30 p.m.

\$176 members / \$220 non-members

SUPER SPORTS - Grades K-6

Grades K-2

10 Tuesdays. beg Apr 2

4:00-4:45pm

\$160 members / \$200 non-members

Grades 2-6

10 Tuesdays. beg Apr 2

4:45-5:30pm

\$160 members / \$200 non-members

For more information or to register please contact Mira Nitzberg at (718) 268-5011 ext. 504 or by email at MNitzberg@CommonpointQueens.org

Class Descriptions:

JR. GYMNASTICS - Junior Gymnasts improve their skills on our tumbling equipment through a comprehensive warm-up, movement games, floor exercises, and activities to strengthen tumbling and balancing techniques.

GYMNASTICS - Join our formal gymnastics classes using music and adapted equipment, featuring stretching, warm-up, floor exercise, balance beam, vaulting horse, and uneven parallel bars. Participants should wear gymnastics wear or leggings. No shoes/sneakers permitted.

OBSTACLE NINJAS - Your child will be challenged while increasing their fitness level with this fun class. Similar to what you have seen on TV, children will balance, climb and swing move through obstacle courses. Open for all abilities.

TRIPLE PLAY - Even young children can learn and enjoy the fundamental skills of basketball, baseball and soccer. While using child-sized equipment, instructors use mini-game play situations and drills to develop understanding of the sport.

KIDDIE SPORTS - Introduce your toddler to the fundamental skills associated with baseball, basketball, hockey, soccer, and gymnastics. Our child-sized equipment helps encourage participation, excitement, and fun!

ALL SORTS OF SPORTS - Introduce your child to a variety of sports skills. Modified equipment and games are used to create a fun and active environment. Sports include baseball, soccer, tee-ball, hockey and more.

BALL BONANZA - For the child who loves to bounce, throw, kick, and play ball. Children learn skills that utilize balls and incorporate them into movement activities and games such as tee-ball, soccer, and basketball.

SUPER SPORTS - Your child will experience and increase his/her fitness level as s/he learns new skills in various sports such as basketball, soccer, kickball and much more!

YOUTH SPORTS PROGRAMS AND LEAGUES

Instructional Outdoor Youth Soccer - Ages 3-12

6 Sun. - Apr 7, 14, 28, May 5, 19, Jun 2
1:15 - 2:10 p.m. (Ages 3-4 + 5-6)
2:15 - 3:10 p.m. (Ages 7-9 + 10-12)
\$100 members / \$115 non-members

Outdoor Lacrosse - Ages 7-10

6 Sun. - Apr 7, 14, 28, May 5, 19, Jun 2
1:15 - 2:10 p.m.
\$100 members / \$115 non-members
*Bring your own lacrosse stick

Outdoor Tee Ball League/Baseball Skills - Ages 3-8

6 Sun. - Apr 7, 14, 28, May 5, 19, Jun 2
Tee Ball (Ages 3-5) - 12:15 - 1:05 p.m.
Baseball (Ages 5-8) - 12:15 - 1:05 p.m.
\$100 members / \$115 non-members
*Bring your own glove

Outdoor Kids Tennis - Ages 5-12

6 Sun. - Apr 7, 14, 28, May 5, 19, Jun 2
Ages 5-6 - 2:15 - 3:10 p.m.
Ages 7-12 - 12:15 - 1:10 p.m.
\$100 members / \$115 non-members
*Bring your own racket

JR. WNBA BASKETBALL LEAGUE - Ages 8-12

GIRLS ONLY - 13 total sessions
Sun. beg. Apr 7 - 2:00 - 3:00 p.m.
Wed. beg. Apr 10 - 7:00 - 8:00 p.m.
\$150 members / \$170 non-members

JR. NBA BASKETBALL LEAGUE EASTERN - Ages 10-11

9 Sun. beg. Apr 7 - 3:00 - 5:00 p.m.
9 Tues beg. Apr 9 - 5:30 - 7:30 p.m.
\$210 members / \$230 non-members

JR. NBA BASKETBALL LEAGUE WESTERN - Ages 12-13

9 Sun. beg. Apr 7 - 5:00 - 7:00 p.m.
9 Thurs. beg. Apr 11 - 6:30-8:30 p.m.
\$210 members / \$230 non-members

JR. NBA BASKETBALL LEAGUE SENIOR - Ages 14-16

9 Sun. beg. Apr 7 - 8:00 - 10:00 p.m.
Required Skills Evaluation
Sunday, March 31 - 7:00 - 9:00 p.m.
Tuesday, April 2 - 7:30 - 8:30 p.m.
\$170 members / \$190 non-members

*All leagues have required skills evaluation/clinics.
Game/practice schedules will be based on schedule
provided on **April 14th*** **\$25 Uniform Fee.**

*All youth leagues require an additional \$15 insurance fee, if not already paid for this year (July 1, 2018 - June 30, 2019)

For more information/to register please contact Adam Ostroff at (718) 268-5011 ext. 505 or email Aostroff@CommonpointQueens.org

COMMONPOINT QUEENS CHILDREN'S SCHOOL OF DANCE AT CENTRAL QUEENS

This is a 10-month program with classes registered by semester.

PRE-BALLET - Ages 3.5-4

9 Mon. beg. Apr 1
3:00 - 3:45 p.m.
\$144 members / \$180 non-members

LITTLE STARS - Ages 3-4

7 Sun. beg. Apr 7
11:30 a.m. - 12:15 p.m.
\$112 members / \$140 non-members

ELEMENTS OF BALLET - Ages 5-9

7 Sun. beg. Apr 7
12:15 - 1:15 p.m.
\$112 members / \$140 non-members

PRE-BALLET - Ages 3.5-4

10 Tues. beg. Apr 2
3:45 - 4:30 p.m.
\$160 members / \$200 non-members

BALLET

Ages 5-9
9 Mon. beg. Apr 1
4:00 - 5:00 p.m.
\$144 members / \$180 non-members

Ages 6-10

10 Tues. beg. Apr 2
4:45 - 5:45 p.m.
\$160 members / \$200 non-members

ZUMBA KIDS- Ages 4-6

11 Wed. beg. Apr 3
4:00 - 5:00 p.m.
\$176 members / \$220 non-members

ZUMBA/HIP-HOP - Ages 7-11

11 Wed. beg. Apr 3
5:00 - 6:00 p.m.
\$176 members / \$220 non-members

FLAMENCO/LATIN DANCE - Ages 5-9

10 Fri. beg. Apr 5
4:00 - 5:00 p.m.
\$160 members / \$200 non-members

For more information contact Mira Nitzberg at (718) 268-5011 ext. 504 or email MNitzberg@Commonpointqueens.org

SWIM SCHOOL AT COMMONPOINT QUEENS

SWIM CLASS POLICIES

- * Parents may view the first and last lessons of the semester only. Parents on the deck create a distraction for your child as well as the teacher. We want to minimize the distraction so your child is better able to focus and learn more. This policy does not apply to the classes where parents are in the water with their children.
- * Please: All parents are required to take off their shoes when bringing their children onto the pool deck. All the children will be barefoot and we would like to keep the pool deck as clean as possible.
- * Every child over five years of age must wear a swimming cap.
- * All infants are required to wear a swimming diaper and a bathing suit.
- * Each participant is allowed only one make-up per session. That make-up must 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.

SWIM CLASS PRICING

PRIVATE SWIM LESSONS

- *1 Lesson: \$40 members/ \$50 non-members
- *5 Lessons: \$175 members / \$225 non-members
- *10 Lessons: \$300 members / \$400 non-members

Semi-Private Lessons (2 people)

- *1 Lesson: \$60 members / \$75 non-members
- *5 Lessons: \$265 members / \$355 non-members
- *10 Lessons: \$475 members / \$575 non-members

CREATE A CLASS - HALF HOUR SWIM CLASSES - Create your own lass! Any time, whatever you want, however you want it. For all ages! Find 3 or more interested individuals and we will find you an instructor.

THREE HALF HOUR CLASSES - \$60 members / \$75 non-members per swimmer

SWIM CLASSES FOR INFANTS AND TODDLERS

PAMPER PADDLERS - Ages 7-24 Months (with parent)

10 Sun. beg. Mar 31
12:00-12:30 p.m.
\$180 members/ \$220 non-members

8 Mon. beg. Apr 1
11:30 a.m.-12:00 p.m.
\$144 members/ \$176 non-members

10 Thurs. beg. Apr 4
12:30-1:00 p.m.
\$180 members/ \$220 non-members

SWIM TIME WITH MOMMY

Ages 7-36 Months (with parent)
10 Thurs. beg. Apr 4
(Female Only)
9:30-10:00 a.m.
\$180 members/ \$220 non-members

SWIM TIME WITH MOMMY (cont.)

10 Sun. beg. Mar 31
(Co-Ed)
1:30-2:00 p.m.
\$180 members / \$220 non-members

LITTLE FISHES - Ages 2-3

(with parent)
10 Sun. beg. Mar 31
12:30-1:00 p.m.
\$180 members/ \$220 non-members

FANTASTIC FISHES - Ages 3-4

(non swimmer with parent)
10 Sun. beg. Mar 31
1:00-1:30 p.m.
\$180 members/ \$220 non-members

10 Thurs. beg. Apr 4
12:00-12:30 p.m.
\$180 members/ \$220 non members

JUNIOR FISHES - Ages 3-5

10 Sun. beg. Mar 31
12:30-1:00 p.m.
1:30-2:00 p.m..
\$180 members/ \$220 non-members

8 Mon. beg. Apr 1
12:00-12:30 p.m.
\$144 members /\$176 non-members

10 Wed. beg. Apr 3
4:30-5:00 p.m.
\$180 members / \$220 non-members

10 Thurs. beg. Apr 4
11:30 a.m.-12:00 p.m.
3:30-4:00 p.m.
\$180 members/ \$220 non-members

9 Fri., beg. Apr 5
4:00 p.m.- 4:30 p.m.
\$162 members/ \$198 non-members

Class Descriptions -

- PAMPER PADDLERS** - Introduce your child to the water through fun activities.
- SWIM TIME W/MOMMY** - Introduce your child to the water through fun activities. Thurs. class is given during female only swim time.
- LITTLE FISHES** - Familiarize your youngster with the water.
- FANTASTIC FISHES** - Teach your youngster to become more independent in the water with the use of games and small equipment.
- JUNIOR FISHES** - Class focuses on safety skills through kicking blowing bubbles, back and front floating. Introduce basic front & back crawl.

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

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.

WATER EXPLORATION (LEVEL I)

Ages 5-7 - 10 Sun. beg. Mar 31
12:00-12:30 p.m.
\$180 members/ \$220 non-members

8 Mon. beg. Apr 1
4:30-5:00 p.m.
\$144 members/ \$176 non-members

10 Wed beg. Apr 3
4:00-4:30 p.m.
5:30-6:00 p.m.
\$180 members/ \$220 non-members

45 min swim class
10 Tues beg. Apr 2
3:30-4:15 p.m.
\$240 members/ \$300 non-members

Ages 8-11 - 10 Sun beg. Mar 31
12:30-1:00 p.m.
\$180 members/ \$220 non-members

8 Mon. beg Apr 1
5:00-5:30 p.m.
\$144 members/ \$176 non-members

10 Thurs. beg. Apr 4
3:30-4:00 p.m.
4:30-5:00 p.m.
\$180 members/ \$220 non-members

9 Fri. beg. Apr 5
3:30-4:00 p.m.
\$162 members/ \$198 non-members

PRIMARY SKILLS (LEVEL II)

Ages 5-7 - 10 Sun. beg. Mar 31
12:00-12:30 p.m.
12:30-1:00 p.m.
1:00-1:30 p.m.
\$180 members/ \$220 non-members

8 Mon. beg. Apr 1
3:30-4:00 p.m.
4:30-5:00 p.m.
\$144 members/ \$176 non-members

10 Wed beg. Apr 3
4:00-4:30 p.m.
5:00-5:30 p.m.
\$180 members/ \$220 non-members

10 Thurs. beg. Jan 10
4:00-4:30 p.m.
\$180 members/ \$220 non-members

PRIMARY SKILLS (LEVEL II) Cont.

9 Fri beg. Apr 5
3:30-4:00 p.m.
4:30-5:00 p.m.
\$162 members/ \$198 non-members

Ages 5-11 - 10 Sun. beg. Mar 31
1:30-2:00 p.m.
\$180 members/ \$220 non-member

Ages 8-11 - 10 Sun. beg. Mar 31
12:00-12:30 p.m.
\$180 members/ \$220 non-members

8 Mon. beg. Apr 1
4:00-4:30 p.m.
5:30- 6:00 p.m.
\$162 members/ \$198 non-members

10 Wed. beg. Apr 3
3:30-4:00 p.m.
5:30-6:00 p.m.
\$180 members/ \$220 non-members

Ages 13+ - 10 Sun. beg. Mar 31
1:30-2:00 p.m.
\$180 members/ \$220 members

10 Wed. beg. Apr 3
7:00-7:30 p.m.
\$180 members/ \$220 non-members

45 Min Swim Class
10 Tues. beg. Apr 2
3:30-4:15 p.m.
4:15-5:00 p.m.
5:00-5:45 p.m.
\$240 members/ \$300 non-members

9 Fri. beg. Apr 5
5:00-5:45 p.m.
\$216 members/ \$270 non-members

One Hour Swim Classes

10 Sun. beg. Mar 31
2:00-3:00 p.m.
\$300 members/ \$350 non-members

10 Thurs. beg. Apr 4
5:00-6:00 p.m.
\$300 members/ \$350 non-members

STROKE READINESS (LEVEL III)

Ages 5-7 - 10 Sun. beg. Mar 31
12:00-12:30 p.m.
\$180 members/ \$220 non-members

8 Mon. beg. Apr 1
3:30 - 4:00 p.m.
4:00 - 4:30 p.m.
5:30 - 6:00 p.m.
\$144 members/ \$176 non-members

10 Wed. beg. Apr 3
3:30-4:00 p.m.
5:00-5:30 p.m.
180 members/ \$220 non-members

9 Fri beg. Apr 5
4:00 - 4:30 p.m.
\$162 members/\$198 non-members

Ages 5-11 - 10 Sun. beg. Mar 31
1:30-2:00 p.m.
\$180 members/ \$220 non-members

Ages 8-11 - 10 Sun. beg. Mar 31
12:30-1:00 p.m.
\$180 members/ \$220 non-members

10 Wed. beg. Apr 3
4:30-5:00 p.m.
\$180 members/ \$220 non-members

10 Thurs. beg. Apr 4
4:00-4:30 p.m.
\$180 members/ \$220 non-members

Ages 13+ - 10 Wed. beg. Apr 3
7:30-8:00 p.m.
\$180 members/ \$220 non-members

45 Min Swim Class - 10 Tues. beg. Apr 2
4:15-5:00 p.m.
5:00-5:45 p.m.
\$240 members/ \$300 non-members

9 Fri. beg. Apr 5
5:00-5:45 p.m.
\$216 members/ \$270 non-members

One Hour Swim Class - 10 Sun. beg. Mar 31
2:00-3:00 p.m.
\$300 members / \$350 non-members

10 Thurs beg Apr 4
5:00-6:00 p.m.
\$300 members/ \$350 non-members

American Red Cross Swim Program - Continued

LEVEL IV/V (45 MINUTES)
9 Fri beg Apr 5
5:00-5:45 p.m.
\$216 members/ \$270 non-members

LEVEL IV/V (ONE HOUR)
10 Sun beg Mar 31
2:00-3:00 p.m.
\$300 members/ \$350 non-members

STROKE REFINEMENT (LEVEL V)
10 Sun. beg. Mar 31
1:00-1:30 p.m.
\$180 members/ \$220 non-members

STROKE DEVELOPMENT (LEVEL IV)

10 Sun. beg. Mar 31
1:00-1:30 p.m.
\$180 members/ \$220 non-members

10 Thurs. beg. Apr 4
4:30-5:00 p.m.
\$180 members/ \$220 non-members

8 Mon beg. Apr 1
5:00-5:30 p.m.
\$144 members/ \$176 non-members

9 Fri beg. Apr 5
4:30-5:00 p.m.
\$162 members/ \$198 non-member

Class Descriptions:

WATER EXPLORATION - For first time swimmers or children fearful of the water. Skills include safety, floating, bubbles, kicking and arm action.

PRIMARY SKILLS - For children ready to learn to swim independently. Skills include floating, front & back glide & crawl stroke. Children must be comfortable putting their face in the water.

STROKE READINESS - Children learn rotary breathing, backstroke, water safety and improve upon skills learned in Level II.

STROKE DEVELOPMENT - Learn rhythmic breathing, crawl stroke, backstroke; survival floating and safety skills are improved. Breaststroke and sidestroke are introduced.

STROKE REFINEMENT - Children learn breaststroke, turns and rescue skills, improve their front crawl, back crawl, and endurance. The purpose of this class is to facilitate lap swimming skills.

Tryouts for our USA Aquaflores Competitive, Non-Competitive teams and Dynamic Dolphins Swim Club are held on Mondays-Thursdays at 5PM.

Please call for more information on our Lifeguarding and and Water Safety Instruction Certification.

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

FITNESS CENTER - PERSONALIZED TRAINING AND ADULT/SENIOR FITNESS CLASSES

PERSONAL TRAINING

ONE HOUR SESSIONS

1 Session: \$65 members / \$75 non-members
5 Sessions: \$285 members / \$300 non-members
10 Sessions: \$550 members / \$570 non-members

HALF HOUR SESSIONS

1 Session: \$42 members / \$47 non-members
5 Sessions: \$190 members / \$215 non-members
10 Sessions: 360 members / 380 non-members

BALANCED BODY PILATES

9 Mon beg. Apr 1
7:00-8:00 p.m.
\$117 members / \$144 non-members

TAI CHI (MEDITATION IN MOTION)

11 Tues beg. Apr 2
7:30 - 8:30 p.m.
\$143 members / \$176 non-members

WATER EXERCISE: AQUADYNAMICS

11 Wed beg. Apr 3
10:00 - 10:30 a.m.
FREE members/ 130 non-members

11 Thurs beg. Apr 4

10:05 - 11:05 a.m.
\$143 members/ \$176 non-members

YOGA IN MOTION

9 Mon beg. Apr 1
10:20-11:20 a.m.
\$117 members/ \$144 non-members

10 Fri beg. Apr 5

10:00 - 10:30 a.m.
FREE members/ \$120 non-members

POWER YOGA

5 Classes - Thursdays
7:00 p.m. - 8:00 p.m.
\$50 members / \$75 non-members

TAI CHI

9 Mon. beg. Apr 1
11:30 a.m. - 12:20 p.m.
\$45 members / \$74 non-members

65+ FITNESS CLASSES

BALANCE TRAINING (BEGINNERS)

11 Tues. beg. Apr 2
11:20 - 12:20 p.m.
\$72 members / \$102 non-members

BALANCE TRAINING III (INTERMEDIATE)

11 Thurs. beg. Apr 4
12:00 - 1:00 p.m.
\$72 members / \$102 non-members

YOGA IN MOTION

9 Mon. beg. Apr 1
10:20-11:20 a.m.
\$50 members / \$83 non-members

BALANCE TRAINING II (INTERMEDIATE)

11 Tues. beg. Apr 2
12:30 - 1:30 p.m.
\$72 members / \$102 non-members

ISRAELI & INTERNATIONAL FOLK DANCE

10 Wed. beg. Apr 3
1:15 - 2:45 p.m.
\$80 members / \$120 non-members

EXERCISE FOR DAILY LIVING

9 Mon. beg. Apr 1
10:00 - 10:50 a.m.
\$63 members / \$86 non-members

For more information or to register please contact Adam Ostroff at (718) 268-5011 ext. 505 or by email at Aostroff@CommonpointQueens.org