

GYM SCHEDULE

March 24th - June 21st 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 Adult Full Court Basketball	6:15 am - 9:00 am Half Court Basketball	6:15 am - 9:00 am Half Court Basketball	6:15 am - 9:00 am Half Court Basketball	6:15 am - 9:00 am Half Court Basketball	6:15 am - 9:00 am Half Court Basketball
10:00 am - 10:00 pm Gym CLOSED* For Leagues *Please call for possible openings.	9:00 am - 8:30 pm Gym CLOSED for Classes	9:00 am - 8:30 pm Gym CLOSED for Classes	9:00 am - 8:45 pm Gym CLOSED for Classes	9:00 am - 1:00 pm Gym CLOSED for Classes	9:00 am - 1:00 pm Gym CLOSED For Classes
				1:45 pm - 8:45 pm Gym CLOSED for Classes	1:00 pm - 3:45 pm Open Co-ed All Ages
	8:30 pm - 9:45 pm Adult/Teen (16+) Half Court Basketball	8:30 pm - 9:45 pm Co-Ed Teen Priority Basketball	8:45 pm - 9:45 pm Adult/Teen (18+) Half Court Basketball	8:45 pm - 9:45 pm Co-Ed Teen Priority Basketball	3:45 pm - 4:45 pm Gym CLOSED for Afterschool Program

GYM NOTES
<p>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.</p> <p>NO exceptions.</p> <p>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.</p>

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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 Co-ed Adult	6:15 am - 9:45 pm Co-ed Teen & Adult (16 +)	6:15 am - 8:55 am Co-ed Teen & Adult (16 +)	6:15 am - 9:45 pm Co-ed Teen & Adult (16 +)	6:15 am - 8:55 am Co-ed Teen & Adult (16 +)	6:15 am - 12:55 pm Co-ed Teen & Adult (16 +)
11:00 am - 4:55 pm Co-ed Teen/Adult (16 +)		9:00 am - 10:25 am <i>Women Only</i>		9:00 am - 10:25 am <i>Women Only</i>	1:00 pm - 1:55 pm <i>Men Only</i>
5:00 pm - 5:55 pm <i>Men Only</i>		10:30 am - 9:45 pm Co-ed Teen & Adult (16 +)		10:30 am - 9:45 pm Co-ed Teen & Adult (16 +)	2:00 pm - 4:45 pm Co-ed Teen & Adult (16 +)
6:00 pm - 6:55 pm <i>Women Only</i>					
BODY SHOP CLOSSES at 7:00pm					

BODY SHOP NOTES
<p>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.</p>

2019 Spring POOL SCHEDULE

March 24th - June 21st 2019



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 - 8:50 am <i>Men & Boys ONLY</i>	6:15 - 8:00 am Lap Swimming ONLY	6:15 - 8:50 am Co-ed All Ages	6:15 - 8:00 am Lap Swimming ONLY	6:15 - 8:50 am Co-ed All Ages	6:15 - 8:00 am Lap Swimming ONLY
9:00 - 10:30 am Co-ed Adult (18+)	8:00 - 3:50 pm Co-ed All Ages	9:00 - 10:30 am <i>Women & Girls ONLY</i>	8:00 - 3:50 pm Co-ed All Ages	9:00 - 10:30 am <i>Women & Girls ONLY</i>	8:00 - 11:50 am Co-ed All Ages
10:35 - 11:50 am <i>Women & Girls ONLY</i>		10:35 am - 12:50 pm Co-ed All Ages		10:35 am - 12:50 pm Co-ed All Ages	12:00-12:50 pm <i>Women & Girls ONLY</i>
12:00 - 3:00 pm POOL CLOSED for Classes	3:50 pm - 6:00 pm POOL CLOSED for Swim Team/Classes	1:00 - 2:30 pm <i>Men & Boys ONLY</i>	3:50 pm - 6:00 pm POOL CLOSED for Swim Team/Classes	1:00 - 2:30 pm <i>Men & Boys ONLY</i>	1:00 - 2:30 pm <i>Men & Boys ONLY</i>
3:00 - 4:50 pm Co-ed All Ages Family Swim NO LAP LANES	6:00 - 7:00 pm 2 Lanes Swim Team 2 Lap Lanes Lap Swimming ONLY <u>NO FREE LANE</u>	2:35 - 3:50 pm Co-ed All Ages	6:00 - 7:00 pm 2 Lanes Swim Team 2 Lap Lanes Lap Swimming ONLY <u>NO FREE LANE</u>	2:35 - 3:50 pm Co-ed All Ages	2:35 - 4:45 pm 2 Lanes Co-ed All Ages 2 Lanes Swim Classes
5:05 - 5:55 pm <i>Women & Girls ONLY</i>		3:50 pm - 6:00 pm POOL CLOSED for Swim Team/Classes		3:50 pm - 6:00 pm POOL CLOSED for Swim Team/Classes	
6:00 - 6:50 pm <i>Men & Boys ONLY</i>	7:00 - 8:00 pm 1 Free, 1 Lap Lanes 2 Lanes Swim Team	6:00 - 7:40 pm 2 Lanes Swim Team 2 Lap Lanes Lap Swimming ONLY <u>NO FREE LANE</u>	7:00 - 8:00 pm 1 Free, 1 Lap Lanes 2 Lanes Swim Team	6:00 - 7:40 pm 2 Lanes Swim Team 2 Lap Lanes Lap Swimming ONLY <u>NO FREE LANE</u>	POOL CLOSING at 4:45 pm
7:00 - 9:45 pm POOL CLOSED for Swim Team/Classes	8:00 - 8:40 pm Co-ed All Ages	7:45 - 8:45 pm <i>Women & Girls ONLY</i>	8:00 - 8:40 pm Co-ed All Ages	7:45 - 8:45 pm <i>Women & Girls ONLY</i>	
	8:45 - 9:45 pm <i>Men & Boys ONLY</i>	8:50 - 9:45 pm Co-ed Adult (18+)	8:45 - 9:45 pm <i>Men & Boys ONLY</i>	8:50 - 9:45 pm 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 - 7:20 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.**

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

STEAM ROOM HOURS - WOMEN ONLY

<u>TUES./THURS.</u> 9:00 - 10:25 am	<u>SUNDAYS</u> 11:15 - 11:45 am 5:20 - 5:50 pm
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SAUNA HOURS - MEN ONLY

<u>FRIDAYS</u> 1:30 - 2:25 pm	<u>SUNDAY</u> 6:45 - 7:15 pm
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