

INFANT/TODDLER GYM PROGRAM

Infant/Toddler Gym Program		
10 Mondays beg. Sept. 16	9 Tuesdays beg. Sept. 17	13 Wednesdays beg. Sept. 18
Discovery Open Play Gym Ages 18-36 Months 10:00-11:00 AM	Tiny Tumblers Ages 7-13 Months 10:30-11:15 AM	Gym Adventurers Ages 2-3 9:45-10:30 AM
Discovery Open Play Gym Ages 6-17 Months 11:00 AM-12:00 PM	Gym Explorers Ages 12-18 Months 11:15 AM-12:00 PM	Gym Explorers Ages 12-18 Months 10:35-11:20 AM
	Mommy & Me Yoga Ages 2.5-4 12:00-12:45 PM	Gym Explorers Ages 18-24 Months 11:25 AM-12:10 PM
		Kiddie Sports Ages 2.5-4 12:15-1:00 PM

Classes require a parent or caregiver.

***No Class 09/30, 10/1, 10/8, 10/9, 10/14, 10/15, 10/21, 10/22, 11/5, 11/11**

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

10 sessions: \$160 members / \$200 non-members

13 sessions: \$208 members / \$260 non-members

*50% off Kiddie Sports or Mommy & Me Yoga if enrolled in Totally Tots or Nearly Nursery

*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. Sept. 15	10 Mondays beg. Sept. 16	9 Tuesdays beg. Sept. 17	13 Wednesdays beg. Sept. 18	13 Thursdays beg. Sept. 19	13 Fridays beg. Sept. 20
Creative Movement Ages 3-4 11:30 AM-12:15 PM	Jazzy Juniors Ages 3.5-4.5 3:00-3:45 PM	Pre-Ballet Ages 3.5-4 3:45-4:30 PM	Zumba Kids Jr. Ages 4-7 4:00-5:00 PM	Creative Movement Ages 5-9 4:00-5:00 PM	Pre-Ballet Ages 3-4 3:00-3:45 PM
Ballet/Tap Ages 5-9 12:15-1:15 PM	Jazz/Contemporary Ages 5-9 4:00-5:00 PM	Ballet Ages 5-9 5:00-6:00 PM	Zumba Kids Ages 8-12 5:00-6:00 PM	Hip-Hop Ages 10-14 5:00-6:00 PM	Ballet Ages 5-9 4:00-5:00 PM
	Jazz/Contemporary Ages 10-14 5:00-6:00 PM				Ballet Ages 10-14 5:00-6:00 PM

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

10 sessions: \$160 members / \$200 non-members

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

13 sessions: \$208 members / \$260 non-members

***No Class 9/29, 9/30, 10/1, 10/8, 10/9, 10/14, 10/15, 10/21, 10/22, 11/5, 11/11, 11/28, 11/29, 12/1**

\$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			
10 Mondays beg. Sept. 16	9 Tuesdays beg. Sept. 17	13 Wednesdays beg. Sept. 18	13 Thursdays beg. Sept. 19
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

9 sessions: \$144 members / \$180 non-members
11 sessions: \$170 members / \$205 non-members

10 sessions: \$170 members / \$210 non-members
13 sessions: \$208 members / \$260 non-members

***No Class 9/30, 10/1, 10/8, 10/9, 10/14, 10/15, 10/21, 10/22, 11/5, 11/11, 11/28**

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

YOUTH SPORTS LEAGUES

Youth Sports Leagues			
10/11 Sundays beg. Sept. 15	9 Tuesdays beg. Sept. 17	13 Wednesdays beg. Sept. 18	12 Thursdays beg. Sept. 19
Kiddie Soccer Express Ages 2-3 10:15-11:00 AM			
Jr. Indoor Soccer Shooters Ages 3.5-4.5 11:00-11:45 AM			
Hoop It Up Ages 5-7 12:00-12:55 PM			
Basketball Skills Clinic Ages 8-11 1:00-1:55 PM			
Jr. WNBA Basketball League Games (every other week) Ages 8-12 2:00-3:00 PM		Jr. WNBA Basketball League Practices Ages 8-12 7:00-7:45 PM, 7:45-8:30 PM	
Jr. NBA Basketball League Eastern Ages 10-11 3:00-4:00, 4:00-5:00, 5:00-6:00 PM	Jr. NBA Basketball League Eastern Ages 10-11 5:30-6:35, 6:35-7:00, 7:00-7:45 PM		
Jr. NBA Basketball League Western Ages 12-13 6:00-7:00, 7:00-8:00, 8:00-9:00 PM			Jr. NBA Basketball League Western Ages 12-13 6:30-7:15, 7:15-8:00, 8:00-8:45 PM

Basketball Skills Clinic: 10 sessions, \$170 members / \$205 non-members

Jr. WNBA Basketball League: \$225 members / \$245 non-members

Jr. NBA Basketball League Eastern: \$250 members / \$270 non-members

Jr. NBA Basketball League Western: \$275 members / \$295 non-members

***\$20 mandatory Insurance Fee for all sports classes and clinics \$25 Uniform Fee for WNBA, Eastern League, and Western League**

***No Class 9/29, 10/1, 10/8, 10/9, 10/13 (Western only), 10/15, 10/20 (Western only), 10/22, 11/5, 11/28, 12/1**

SWIM SCHOOL AT COMMONPOINT QUEENS

PRIVATE SWIM LESSONS

- *1 Lesson: \$40 members / \$50 non-members
- *5 Lessons: \$175 members / \$225 non-members
- *10 Lessons: \$300 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: \$265 members / \$355 non-members
- *10 Lessons: \$475 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. Tryouts Mon., Sept. 9 from 4:00 - 7:00 p.m. 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. Tryouts Mon., Sept. 9 from 4:00 - 7:00 p.m.

COMMONPOINT QUEENS DYNAMIC DOLPHINS SWIM CLUB - Recreational club focused on developing swimmers ages 5-12. Tryouts held Mon., September 9 from 4:00 - 7:00 p.m. 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: \$144 mem / \$176 non-members

11 sessions: \$198 members / \$242 non-members

12 sessions: \$216 members / \$264 non-members

14 sessions: \$252 members / \$308 non-members

45 minute class: (10 sessions, \$240 members / \$300 non-members) 1 hour class: (12 sessions, \$360 members / \$420 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.

Swim Classes for Infants & Toddlers				
12 Sundays beg. Sept. 15	11 Mondays beg. Sept. 9	14 Wednesdays beg. Sept. 11	14 Thursdays beg. Sept. 12	8 Fridays beg. Sept. 13
<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	<u>Jr. Fishes</u> 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.

12 Sundays beg. Sept. 15	11 Mondays beg. Sept. 9	10 Tuesdays beg. Sept. 10	14 Wednesdays beg. Sept. 11	14 Thursdays beg. Sept. 12	8 Fridays beg. Sept. 13
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 minute class)	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 8-11 3:30-4:00 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 (One hour class) 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 minute classes)	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 5-7 3:30-4:00 PM 4:30-5:00 PM
Level 3 Ages 5-7 12:00-12:30 PM Ages 5-11 1:30-2:00 PM 2:00-3:00 PM (One hour class) 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 minute class)	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 5-7 4:00-4:30 PM
Level 4 1:00-1:30 PM Level 4/5 2:00-3:00 PM (One hour class) Level 5 1:00-1:30 PM				Level 4 4:30-5:00 PM	Level 4 4:30-5:00 PM

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

ADULT FITNESS CLASSES

Adult Fitness Classes				
12 Mondays beg. Sept. 9	13 Tuesdays beg. Sept. 3	15 Wednesdays beg. Sept. 4	15 Thursdays beg. Sept. 5	15 Fridays beg. Sept. 6
<u>Yoga in Motion</u> 10:20-11:20 AM \$156 members / \$192 non-members	<u>Tai Chi</u> 7:30-8:30 PM \$169 members / \$208 non-members	<u>Water Exercise:</u> <u>Aquadynamics</u> 10:00-10:30 AM free members / \$175 non-members	<u>Balanced Body Pilates</u> 10:05-11:05 AM \$195 members / \$240 non-members	<u>Water Exercise:</u> <u>Aquadynamics</u> 10:00-10:30 AM free members / \$175 non-members
<u>Balanced Body Pilates</u> 7:00-8:00 PM \$156 members / \$192 non-members			<u>Power Yoga</u> 7:00-8:00 PM \$50 members / \$75 non-members for package of 5 classes	

65+ FITNESS CLASSES

65+ Fitness Classes			
12 Mondays beg. Sept. 9	13 Tuesdays beg. Sept. 3	15 Wednesdays beg. Sept. 4	15 Thursdays beg. Sept. 5
<u>Exercise for Daily Living</u> 10:05-10:50 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 \$120 members / \$180 non-members	<u>Balance Training III</u> 12:00-1:00 PM \$98 members / \$140 non-members
<u>Yoga in Motion</u> 10:20-11:20 AM \$65 members / \$112 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 \$70 members / \$100 non-members			