



PROGRAMS FOR WINTER 2019

Registrations Opens on Sunday, Dec. 9, 2018. Classes begin on Sunday, Jan. 6, 2019.

Parenting Center - Programs for Infants and Toddlers

Pre-Nursery Classes (Without Parents)

TOTALLY TOTS - Ages 24-36+ Months

9 Mon. & 10 Wed. beg Jan. 7

9:00-11:45 a.m.

\$950 members/ \$1,045 non-members

10 Tues. & 10 Thurs. beg Jan. 8

9:00-11:45 a.m.

\$1,000 members/ \$1,100 non-members

10 Fri. beg Jan. 11

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

9 Mon./ 10 Wed./ 10 Fri. beg Jan. 7

9:00-11:45 a.m.

\$1,450 members/\$1,595 non-members

MY FIRST CLASSROOM EXPERIENCE (With an Adult)

MOMMY AND ME - Ages 18-42+ Months

10 Tues. beg Jan. 8

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

10 Thurs. beg Jan. 10

9:15-10:00 a.m.

\$240 members/ \$280 non-members

DANCIN' TOTS - Ages 20-36+ Months

10 Thurs. beg Jan. 10

10:15-11:00 a.m.

\$210 members/ \$240 non-members

ROCKIN' TOTS - Ages 20-36+ Months

10 Weds. beg Jan. 9

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 Jan 7
11:20 a.m. - 12:05 p.m.
\$144 members / \$180 non-members
*No Classes Jan 21, Feb 18

GYM EXPLORERS

Ages 12-18 Months

10 Tues. beg. Jan 8
11:15 a.m. - 12:00 p.m.
\$160 members / \$200 non-members
*No Class Feb 19

10 Wed. beg. Jan 9

10:35 - 11:20 a.m.
\$160 members / \$200 non-members
*No Class Feb 20

Ages 18-24 Months

9 Mon. beg. Jan 7
10:30 - 11:15 a.m.
\$144 members / \$180 non-members
*No Classes Jan 21, Feb 18

10 Thurs. beg. Jan 10

9:45 - 10:30 a.m.
\$160 members / \$200 non-members
*No Classes Feb 21

GYM ADVENTURERS - Ages 2 - 3

10 Wed. beg. Jan 9
9:45 - 10:30 a.m.
\$160 members / \$200 non-members
*No Class Feb 20

KIDDIE SPORTS - Ages 2.5-4

10 Tues. beg. Jan 8
12:10 - 12:55 p.m.
\$160 members / \$200 non-members
* No Class Feb 19

DISCOVERY OPEN PLAY GYM

Ages 6-17 Months

10 Wed. beg. Jan. 9
11:30 a.m. - 12:15 p.m.
* No Class Feb 20

Ages 18-36 Months

10 Thurs. beg. Jan 10
12:15 - 1:00 p.m.
* No Class Feb 21

Ages 6-36 Months

9 Mon. beg. Jan 7
12:15 - 1:00 p.m.
* No classes Jan 21, Feb 18

**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. Jan 10

3:00 - 3:45 p.m.

\$170 members / \$210 non-members

*No Class Feb 21

TRIPLE PLAY - Ages 3.5-5

10 Tues. beg. Jan 8

2:45 - 3:30 p.m.

\$160 members / \$200 non-members

*No Classes Feb.19

GYMNASTICS

GRADES K-4

9 Mon. beg. Jan 7

4:00 - 5:00 p.m.

\$153 members / \$189 non-members

*No Classes Jan 21, Feb 18

SUPER SPORTS

GRADES K-2

10 Tues. beg. Jan 8

4:00 - 4:45 p.m.

\$160 members / \$200 non-members

*No Classes Feb.19

GRADES 2-6

9 Mon. beg. Jan 7

5:00 - 6:00 p.m.

\$153 members / \$189 non-members

*No Classes Jan 21, Feb 18

GRADES 2-6

10 Tues. beg. Jan 8

4:45 - 5:30 p.m.

\$160 members / \$200 non-members

*No Classes Feb.19

OBSTACLE NINJAS -

GRADES 1-2

10 Thurs. beg. Jan 10

4:00 - 5:00 p.m.

\$180 members / \$220 non-members

*No Classes Feb. 21

ALL SORTS OF SPORTS - Ages 3.5-5

10 Wed. beg. Jan 9

2:45 - 3:30 p.m.

\$160 members / \$200 non-members

*No Classes Feb. 20

GRADES 3-6

10 Thurs. beg. Jan 10

5:00 - 6:00 p.m.

\$180 members / \$220 non-members

*No Classes Feb.21

BALL BONANZA - Ages 3.5-5

10 Wed. beg. Jan 9

3:45 - 4:30 p.m.

\$160 members / \$200 non-members

* No Classes on Feb. 20

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.

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

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.

YOUTH SPORTS PROGRAMS

JR. INDOOR SOCCER SHOOTERS - Ages 2-3 & 3.5-4.5

10 Sun. beg. Jan 6

10:15 - 11:00 a.m. (Ages 2-3)

11:00 - 11:45 a.m. (Ages 3.5-4.5)

\$155 members / \$185 non-members

*No Classes on Feb 17, Mar 17

HOOP IT UP - Ages 5-7

10 Sun. beg. Jan. 6

12:00 - 12:55 p.m.

\$155 members / \$185 non-members

*No Classes on Feb 17, Mar 17

BASKETBALL SKILLS CLINIC - Ages 8-11

10 Sun. beg. Jan. 6

1:00 - 1:55 p.m.

\$155 members / \$185 non-members

*No Classes on Feb 17, Mar 17

JR. WNBA BASKETBALL LEAGUE - Ages 8-12

GIRLS ONLY - 15 total sessions

Sun. beg. Jan 6 - 2:00 - 3:00 p.m.

Wed. beg. Jan 9 - 7:00 - 8:00 p.m.

\$180 members / \$200 non-members

* No Classes on Feb 17, Feb 20, Mar 17

JR. NBA BASKETBALL LEAGUE EASTERN - Ages 10-11

10 Sun. beg. Jan 6 - 4:00 - 6:00 p.m.

10 Tues beg. Jan 8 - 5:30 - 7:30 p.m.

\$230 members / \$250 non-members

* No Classes on Feb 17, Feb 19, Mar 17

JR. NBA BASKETBALL LEAGUE WESTERN - Ages 12-13

10 Sun. beg. Jan 6 - 6:00 - 8:00 p.m.

10 Thurs. beg. Jan 10 - 6:30-8:30 p.m.

\$240 members / \$270 non-members

* No Classes Feb 17, Feb 21, Mar 17

*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.

LITTLE STARS - Ages 3-4

10 Sun. beg. Jan 6

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

\$160 members / \$200 non-members

* No Classes on Feb 17, Mar 17

ELEMENTS OF BALLET - Ages 5-9

10 Sun. beg. Jan 6

12:15 - 1:15 p.m.

\$160 members / \$200 non-members

* No Classes on Feb 17, Mar 17

PRE-BALLET- Ages 3.5-4

9 Mon. beg. Jan 7

3:00 - 3:45 p.m.

\$144 members / \$180 non-members

* No Classes on Jan 21, Feb 18

10 Tues. beg. Jan 8

3:45 - 4:30 p.m.

\$160 members / \$200 non-members

* No Classes on Feb 19

BALLET - Ages 5-9

9 Mon. beg. Jan 7

4:00 - 5:00 p.m.

\$144 members / \$180 non-members

* No Classes on Jan 21, Feb 18

10 Tues. beg. Jan 8

4:45 - 5:45 p.m.

\$160 members / \$200 non-members

* No Classes on Feb 19

ZUMBA KIDS- Ages 4-6

10 Wed. beg. Jan 9

4:00 - 5:00 p.m.

\$160 members / \$200 non-members

* No Classes on Feb 20

ZUMBA/HIP-HOP - Ages 7-11

10 Wed. beg. Jan 9

5:00 - 6:00 p.m.

\$160 mem / \$200 non mem

* No Classes on Feb 20

FLAMENCO/LATIN DANCE - Ages 5-9

10 Fri. beg. Jan 11

4:00 - 5:00 p.m.

\$160 members / \$200 non-members

* No Classes on Feb 22

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 Jan 6
12:00-12:30 p.m.
\$180 members/ \$220 non-members
* No Classes on Feb 17, Mar 17

- 9 Mon. beg. Jan 7
11:30 a.m.-12:00 p.m.
\$162 members/ \$198 non-members
* No Classes on Jan 21, Feb 18

- 10 Thurs. beg. Jan 10
12:30-1:00 p.m.
\$180 members/ \$220 non-members
* No Classes on Feb 21

SWIM TIME WITH MOMMY

- Ages 7-36 Months (with parent)
- 10 Thurs. beg. Jan 10
9:30-10:00 a.m.
\$180 members/ \$220 non-members
* No Classes on Feb 21

SWIM TIME WITH MOMMY (cont.)

- 10 Sun. beg. Jan 6
1:30-2:00 p.m.
\$180 members / \$220 non-members
* No Classes on Feb 17, Mar 17

LITTLE FISHES - Ages 2-3

- (with parent)
- 10 Sun. beg. Jan 6
12:30-1:00 p.m.
\$180 members/ \$220 non-members
* No Classes on Feb 17, Mar 17

FANTASTIC FISHES - Ages 3-4

- (non swimmer with parent)
- 10 Sun. beg. Jan 6
1:00-1:30 p.m.
\$180 members/ \$220 non-members
* No Classes on Feb 17, Mar 17
- 10 Thurs. beg. Jan 10
12:00-12:30 p.m.
\$180 members/ \$220 non members
* No Classes on Feb 21

JUNIOR FISHES - Ages 5-7

- 10 Sun. beg. Jan 6
12:30-1:00 p.m.
1:30-2:00 p.m..
\$180 members/ \$220 non-members
* No Classes on Feb 17, Mar 17

- 9 Mon. beg. Jan 7
12:00-12:30 p.m.
\$162 members / \$198 non-members
* No Classes on Jan 21, Feb 18

- 10 Wed. beg. Jan 9
4:30-5:00 p.m.
\$180 members / \$220 non-members
* No Classes on Feb 20

- 10 Thurs. beg. Jan 10
11:30 a.m.-12:00 p.m.
3:30-4:00 p.m.
\$180 members/ \$220 non-members
* No Classes on Feb 21

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 1)

Ages 5-7 - 10 Sun. beg. Jan 6
12:00-12:30 p.m.
\$180 members/ \$220 non-members
* No Classes on Feb 17, Mar 17

9 Mon. beg. Jan 7
4:30-5:00 p.m.
\$162 members/ \$198 non-members
* No Classes on Jan 21, Feb 18

10 Wed beg. Jan 9
4:00-4:30 p.m.
\$180 members/ \$220 non-members
* No Classes on Feb 20

45 min swim class
10 Tues beg. Jan 8
3:30-4:15 p.m.
\$240 members/ \$300 non-members
* No Classes on Feb 19

Ages 8-11 - 10 Sun beg. Jan 6
12:30-1:00 p.m.
\$180 members/ \$220 non-members
* No Classes on Feb 17, Mar 17

10 Thurs. beg. Jan 10
3:30-4:00 p.m.
4:30-5:00 p.m.
\$180 members/ \$220 non-members
* No Classes on Feb 21

PRIMARY SKILLS (LEVEL II)

Ages 5-7 - 10 Sun. beg. Jan 6
12:00-12:30 p.m.
12:30-1:00 p.m.
1:00-1:30 p.m.
\$180 members/ \$220 non-members
* No Classes on Feb 17, Mar 17

9 Mon. beg. Jan 7
3:30-4:00 p.m.
4:30-5:00 p.m.
\$162 members/ \$198 non-members
* No Classes on Jan 21, Feb 18

10 Wed beg. Jan 9
4:00-4:30 p.m.
\$180 members/ \$220 non-members
* No Classes on Feb 20

10 Thurs. beg. Jan 10
4:00-4:30 p.m.
\$180 members/ \$220 non-members
* No Classes on Feb 21

Ages 5-11 - 10 Sun. beg. Jan 6
1:30-2:00 p.m.
\$180 members/ \$220 non-member
* No Classes on Feb 17, Mar 17

Ages 8-11 - 10 Sun. beg. Jan 6
12:00-12:30 p.m.
\$180 members/ \$220 non-members
* No Classes on Feb 17, Mar 17

9 Mon. beg. Jan 7
4:00-4:30 p.m.
\$162 members/ \$198 non-members
* No Classes on Jan 21, Feb 18

10 Wed. beg. Jan 9
3:30-4:00 p.m.
\$180 members/ \$220 non-members
* No Classes on Feb 20

Ages 13+ - 10 Sun. beg. Jan 6
1:30-2:00 p.m.
\$180 members/ \$220 members
* No Classes on Feb 17, Mar 17

10 Wed. beg. Jan 9
7:00-7:30 p.m.
\$180 members/ \$220 non-members
* No Classes on Feb 20

45 Min Swim Class
10 Tues. beg. Jan 8
3:30-4:15 p.m.
4:15-5:00 p.m.
\$240 members/ \$300 non-members
* No Classes on Feb 19

One Hour Swim Classes
10 Sun. beg. Jan 6
2:00-3:00 p.m.
\$300 members/ \$350 non-members
* No Classes on Feb 17, Mar 17

STROKE READINESS (LEVEL III)
Ages 5-7 - 10 Sun. beg. Jan 6
12:00-12:30 p.m.
\$180 members/ \$220 non-members
* No Classes on Feb 17, Mar 17

9 Mon. beg. Jan 7
3:30-4:00 p.m.
4:00-4:30 p.m.
\$162 members/ \$198 non-members
* No Classes on Jan 21, Feb 18

10 Wed. beg. Jan 9
3:30-4:00 p.m.
180 members/ \$220 non-members
* No Classes on Feb 20

Ages 5-11 - 10 Sun. beg. Jan 6
1:30-2:00 p.m.
\$180 members/ \$220 non-members
* No Classes on Feb 17, Mar 17

Ages 8-11 - 10 Sun. beg. Jan 6
12:30-1:00 p.m.
\$180 members/ \$220 non-members
* No Classes on Feb 17, Mar 17

10 Wed. beg. Jan 9
4:30-5:00 p.m.
\$180 members/ \$220 non-members
* No Classes on Feb 20

10 Thurs. beg. Jan 10
4:00-4:30 p.m.
\$180 members/ \$220 non-members
*No Classes on Feb 21

Ages 13+ - 10 Wed. beg. Jan 9
7:30-8:00 p.m.
\$180 members/ \$220 non-members
* No Classes on Feb 2

45 Min Swim Class - 10 Tues. beg. Jan 8
4:15-5:00 p.m.
\$240 members/ \$300 non-members
* No Classes on Feb 19

One Hour Swim Class - 10 Sun. beg. Jan 6
2:00-3:00 p.m.
\$300 members / \$350 non-members
*No Classes on Feb 1, Mar 17

STROKE DEVELOPMENT (LEVEL IV)
10 Sun. beg. Jan 6
1:00-1:30 p.m.
\$180 members/ \$220 non-members
*No Classes on Feb 17, Mar 17

10 Thurs. beg. Jan 10
4:30-5:00 p.m.
\$180 members/ \$220 non-members
*No Classes on Feb 21

Swim Clinic- One Hour 10 Sun. beg. Jan 6
2:00-3:00 p.m.
\$300 members/ \$350 non-members
*No Classes on Feb 17, Mar 17

American Red Cross Swim Program - Continued

STROKE REFINEMENT (LEVEL V)

10 Sun. beg. Jan 6
1:00-1:30 p.m.
180 members/ \$220 non-members
*No Classes on Feb 17, Mar 17

Swim Clinic- One Hour

10 Sun. beg. Jan 6
2:00-3:00 p.m.
\$300 members/ \$350 non-members
*No Classes on Feb 17, Mar 17

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

10 Mon. beg. Jan 7
7:00 - 8:00 p.m.
\$130 members / \$160 non-members

TAI CHI (MEDITATION IN MOTION)

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

WATER EXERCISE: AQUADYNAMICS

11 Wed. beg. Jan 9
10:00 - 10:30 a.m.
FREE members / \$130 non-members

11 Thurs. beg. Jan 10

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

YOGA IN MOTION

10 Mon. beg. Jan 7
10:20 - 11:20 a.m.
\$55 members / \$93 non-members

11 Fri. beg. Jan 11

10:00 - 10:30 a.m.
FREE members / \$130 non-members

65+ FITNESS

EXERCISE FOR DAILY LIVING

10 Mon. beg. Jan 7
10:05 - 10:50 a.m.
\$70 members / \$95 non-members

BALANCE TRAINING III (INTERMEDIATE)

11 Thurs. beg. Jan 10
12:00 - 1:00 p.m.
\$72 members / \$102 non-members

TAI CHI

10 Mon. beg. Jan 7
11:30 a.m. - 12:20 p.m.
\$50 members / \$83 non-members

BALANCE TRAINING (BEGINNERS)

11 Tues. beg. Jan 8
11:20 - 12:20 p.m.
\$72 members / \$102 non-members

ISRAELI & INTERNATIONAL FOLK DANCE

11 Wed. beg. Jan 9
1:15 - 2:45 p.m.
\$88 members / \$132 non-members

YOGA IN MOTION

10 Mon. beg. Jan 7
10:20-11:20 a.m.
\$55 members / \$93 non-members

BALANCE TRAINING II (INTERMEDIATE)

11 Tues. beg. Jan 8
12:30 - 1:30 p.m.
\$72 members / \$102 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

CULTURAL ARTS AND JEWISH HERITAGE PROGRAMS - CLASSES

BEHIND THE HEADLINES - Digging Deeper: The Politics & Law Behind the News

In 2018 voters in many states repudiated the Trump agenda, leading to the election of a Democratic majority in the House of Representatives. Voters worried about problems such as accelerating climate change, voter suppression, threats to Medicare and Social Security, the possibility of a recession, and attacks on the Constitution and the rule of law. At each session, we'll dig deeper into an issue in the news, including the history, law, and politics. Alan Hevesi is former NYS Comptroller, a former member of the Electoral College & former Political Science Professor.

3 Tuesdays, 1:00 - 2:15 p.m.

Jan. 29, Feb. 26, March 26

\$30 members / \$36 non-members

FILM DISCUSSION with FILM CRITIC MATTHEW WEISS

Watch some of the greatest films of the last century and enjoy lively discussions with a film critic. How do great films defy our expectations and deepen our experience of the world? Matthew Weiss has done everything on a film set from acting and producing to directing. He has appeared along with Sarah Silverman, Janeane Garofalo, and Rosie Perez and has done improv comedy. Bring your lunch. We'll provide great entertainment!

4 Tues., 12:20 - 2:50 p.m.

February 12 & 19, March 5 & 19

\$40 members / \$48 non-members

PIRKEI AVOT (ETHICS OF THE ANCESTORS) - A Guide for Social Justice

Pirkei Avot is the most beloved text from the Talmud. Over the centuries, Pirkei Avot has been interpreted in many ways, such as a guide to personal and communal ethics. We will focus on the text through the lens of social justice, primarily using a commentary by Rabbi Shmuly Yanklowitz, who regards this as "the first recorded manifesto of social justice in Western civilization." We'll discuss the text in the context of broader ethical questions such as how our society treats the poor, the homeless, the environment, and women, and how it understands justice, truth, and peace. A retired Reform rabbi, Rabbi Irwin Goldenberg has taught at St. John's University and several colleges.

8 Wednesdays, 1:00 - 2:15 p.m.

January 9, 16, 23 & 30, February 6 & 27, March 6 & 13

\$72 members / \$88 non-members

LIGHT, COLOR AND SHADOW - Watercolors Without Fear

We'll continue with our exploration of the simple techniques of watercolor to create landscapes from imagination or from photographs. This is a no-failure class! Learn to play with color, form, and texture to create beautiful images. Newcomers are welcome. No experience needed, just a spirit of curiosity and adventure! A working artist, Susan Ross taught art for 40 years in the public school system.

5 Thurs., 11:15 a.m. - 12:45 p.m.

January 10 & 24, February 7 & 28, March 28

\$50 members / \$60 non-members

BOOK GROUP

Thoughtful, lively, provocative discussions focus on the best new and classic literature and non-fiction. Moderated discussions dig into the books to get the most from them, yet we also have a lot of fun. New participants are always welcome.

Third Thurs. of month, 12:15 - 2:15 p.m.

FREE, but advance registration strongly suggested. Call Peggy Kurtz at ext. 151.

Thurs., January 17 - *The Secret Agent*, by Joseph Conrad

A spellbinding story of a terrorist plot in 19th century London that goes horribly awry.

Thurs., February 21 - *Their Eyes Were Watching God*, by Zora Neale Hurston

This beloved 1937 love story sparkles with wit, beauty, and heartfelt wisdom. Told in the voice of a woman who refuses to live in sorrow, bitterness, or fear, it is the story of a fiercely independent woman.

INTERFAITH DISCUSSION - CLIMATE DISORDER: Healing the Planet - Feb. 7, 7 pm at the First Presbyterian Church of Forest Hills

Worried? Or Hopeful? How are we responding to the very serious news on climate? We'll discuss how faith and community can lead to constructive action and how we can work together as interfaith partners for the dramatic policy and lifestyle changes needed to heal our planet. We'll also share the spiritual tools we're using to cope with the challenges of change.

For more information or to register please contact Peggy Kurtz, Director of Cultural Arts & Jewish Heritage Programs at (718) 268-5011 ext. 151 or by email at PKurtz@CommonpointQueens.org

COMMONPOINT QUEENS'

CENTRAL QUEENS - WINTER 2019 CALENDAR

Programs Begin Sunday, January 6th, 2019

Programs End on March 24th, 2019

Mondays - 9 children's classes, 10 adult classes

Jan. 7, 14, *21, 28

Feb. 4, 11, **18, 25

Mar. 4, 11, 18

Holidays

Jan. 21- MLK Day, no children's or sr. adult classes

Feb. 18 - Winter Break, no children's classes

Tuesdays - 10 children's classes, 11 adult classes

Jan. 8, 15, 22, 29

Feb. 5, 12, *19, 26

Mar. 5, 12, 19

Holidays -

Feb. 19 - Winter Break, no children's classes

Wednesdays - 10 children's classes, 11 adult classes

Jan. 9, 16, 23, 30

Feb. 6, 13, *20, 27

Mar. 6, 13, 20

Holidays

Feb. 20 - Winter Break, no children's classes

Thursdays - 10 children's classes, 11 adult classes

Jan. 10, 17, 24, 31

Feb. 7, 14, *21, 28

Mar. 7, 14, 21

Holidays

Feb. 21 - Winter Break, no children's classes

Fridays - 10 children's classes, 11 adult classes

Jan. 11, 18, 25

Feb. 1, 8, 15, *22

Mar. 1, 8, 15, 22

Holidays

Feb. 22 - Winter Break, no children's classes

Sundays - 10 children's classes, 12 adult classes

Jan. 6, 13, 20, 27

Feb. 3, 10, *17, 24

Mar. 3, 10, **17, 24

Holidays

Feb. 17 - Winter Break-no children's classes

Mar. 17 - Purim Carnival-no children's classes

For more information or to register please contact:

Health & Wellness Registrar

Danielle Berman (718) 268-5011 ext. 503/DBerman@CommonpointQueens.org

Swim Lessons and Programs

Lior Harpaz, (718) 268-5011 ext. 502/LHarpaz@CommonpointQueens.org

Infant/Toddler and Parenting Center Programs

Robin Kaufman, (718) 268-5011 ext. 482/RKaufman@CommonpointQueens.org

Birthday Parties, Dance Program, Toddler/Youth Sports

Mira Nitzberg, (718) 268-5011 ext. 504/MNitzberg@CommonpointQueens.org

Adult Fitness, Youth Leagues

Adam Ostroff, (718) 268-5011 ext. 505/AOstroff@CommonpointQueens.org

For all other programs including
Summer Camp, Nursery School,
Senior Programs and more,
please visit
www.commonpointqueens.org
or call us at (718) 268-5011


Commonpoint Queens'
Central Queens
67-09 108th Street
Forest Hills, NY 11375



Commonpoint Queens' Central Queens Winter Fitness Schedule

JANUARY 2 – MARCH 24, 2019

Paid classes begin January 6, 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 – 9:45 a.m. ★ Chair Yoga MPR ABC Robin S. ●	8:00 – 8:45 a.m. ★ Muscular Strength MPR AB Colette ● <small>Silver Sneakers</small>	9:00 – 10:00 a.m. ★ Danza – Dance Fitness 4 th Floor Nora	8:00 – 8:45 a.m. ★ Cardio Circuit 4 th Floor Colette ● <small>Silver Sneakers</small>	9:00 – 9:50 a.m. ★ Cardio Fit 4 th Floor Nora	9:00 – 9:45 a.m. ★ Exercise & Dance MPR ABC Arlene ●
9:15 – 10:15 a.m. ★ Zumba™ 4 th Floor Jennifer	9:00 – 9:45 a.m. ★ Cardio Circuit MPR AB Colette ● <small>Silver Sneakers</small>	10:10 – 11:10 a.m. ★ Long & Lean 4 th Floor Jessica	9:00 – 9:50 a.m. ★ Total Conditioning 4 th Floor Nora	10:05 – 11:05 a.m. Balanced Body Pilates 4 th Floor Monica	9:10 – 10:10 a.m. ★ Zumba™/Barbell Fitness (Alternate Weeks) 4 th Floor Jessica
10:20 – 11:20 a.m. ★ Total Conditioning 4 th Floor Jennifer	9:10 – 10:10 a.m. ★ Barbell Fitness 4 th Floor Jessica	11:20 a.m. – 12:20 p.m. ● Balance Training 1 4 th Floor Colette	10:00 – 10:30 a.m. ★ Aquadynamics Pool Luba ●	11:10 – 11:55 a.m. ★ Exercise for Daily Living 4 th Floor Nora ●	10:00 – 10:30 a.m. ★ Aquadynamics Pool Luba ●
	10:00 – 10:50 a.m. ● Exercise for Daily Living MPR ABC Nora	12:30 – 1:30 p.m. ● Balance Training 11 4 th Floor Colette	10:00 – 10:45 a.m. ★ Chair Yoga MPR AB Jessica ●	12:00 – 1:00 p.m. ● Balance Training 4 th Floor Colette	10:20 – 11:20 a.m. ★ Sculpt. Strengthen & Tone 4 th Floor Sheila ●
	10:20 – 11:20 a.m. ● Yoga (Beg./Int.) 4 th Floor Judy	7:00 – 8:00 p.m. ★ Zumba™ MPR Ellada	11:00 – 11:45 a.m. ★ Chair Yoga MPR AB Jessica ●	1:15 – 2:00 p.m. ★ Muscular Strength MPR ABC Colette ●	11:00 – 11:50 a.m. ★ Ex. w/Lt Weights MPR ABC Robin S. ●
	11:00 – 11:45 a.m. ★ Chair Yoga MPR ABC Jessica ●	7:00 – 8:00 p.m. ★ Barbell Fitness 4 th Floor Adam	11:10a.m. – 12:00p.m. ★ Stretch & Flex 4 th Floor Robin S. ●		
	11:30 a.m. – 12:20 p.m. ● Senior Tai Chi 1 4 th Floor Ann	7:30 – 8:30 p.m. Tai Chi Youth Lounge Andrew	12:10 – 1:00 p.m. ★ Ex w/ Lt Weights MPR ABC Robin S. ●		
	12:00 – 12:45 p.m. ★ Chair Yoga MPR ABC Jessica ●		1:15 – 2:45 p.m. ● Israeli Dance 4 th Floor Honey	<p>KEY MPR – Multi Purpose Room ★ - Free Fitness Class ● - Recommended for Seniors  - Silver Sneakers</p>	
	12:30 – 1:20 p.m. ★ Zumba™ Gold 4 th Floor Coco ●		6:25 – 7:25 p.m. ★ Zumba™ 4 th Floor Jessica		
	7:00 – 8:30 p.m. Balanced Body Pilates 4 th Floor Monica			<p>CLASS SCHEDULE IS SUBJECT TO CHANGE. Please note: minimum age is 14 years except for Barbell Fitness where the minimum age is 17 years old. In the event an instructor is unable to teach, we will make every effort to find a sub. Commonpoint Queens reserves the right to cancel or change classes that have consistent low enrollment. All classes require sign-in at the 1st floor membership desk prior to the start of the class. There is no admittance to class 10 minutes after the scheduled start time. Pick-up the complete Group Exercise Policies at the 1st floor membership desk or at www.commonpointqueens.org</p>	
	7:00 – 7:30 p.m. ★ POUND™ Jessica MPR ABC				
	7:30 – 8:30 p.m. ★ Zumba™ MPR ABC (Women Only) Jessica				