



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 Aquafumes 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

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

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