

# EVERYBODY LOVES SATURDAY NIGHT

## IT'S THE PLACE TO BE IN CENTRAL QUEENS

We're open to ALL CQY MEMBERS & their guests!\*

STRETCH, SWIM & CELEBRATE!

**November 11, 2017 - March 10, 2018**

### POOL

Co-ed Family Swim

7:00-7:55 p.m.

Women & Girls Only

8:00-9:25 p.m.

(on some Saturdays, Lifeguard Training class  
will use half the pool)

Men & Boys Only

9:30-10:40 p.m.

### Body Shop

Co-ed Teen & Adult\*\*

7:00-8:20 p.m.

Men & Boys Only\*\*

8:25-9:25 p.m.

Women & Girls Only\*\*

9:30-10:40 p.m.



### Gym

Co-ed All Ages

7:00-8:00 p.m.

½ Men & Boys, ½ Women & Girls

8:00-9:00 p.m.

Men & Boys Only

9:00-10:40 p.m.

\* Guest Passes Available - (\$5, \$10 or \$15, see pool schedule)

## Central Queens YM & YWHA

67-09 108<sup>th</sup> Street, Forest Hills N.Y., 11375

For more information, call the Health & Fitness Department  
(718)268-5011 ext.500

