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All classes, regardless of the number of sessions, adhere to the “No Classes” schedule.

CONTACT NUMBERS:

Registration	212.415.5500	Membership	212.415.5729
Aquatics	212.415.5718	CPR	212.415.5722
Sports	212.415.5714	Children’s Phys Ed	212.415.5710
Fitness	212.415.5702	& Gymnastics	

Fall, 2018 Calendars

Fitness Classes

(excluding PEP!, Gleason's Adult Boxing Basics and Nakash Krav Maga),

Sports Classes, Children's Aquatics Classes, and Children's Gymnastics Classes

#/Wks	Day	Start	End	No Classes
18/17*/16	Sun	Sep 9*	Jan 20	Nov 25, Dec 30
NOTE: Sunday morning children's Aquatics classes meeting at the Sacred Heart pool will not meet on Marathon Sun, Nov 4 and Sun, Dec 23				
16	Mon	Sep 17	Jan 14	Dec 24, Dec 31
17/16*	Tue	Sep 18*	Jan 22	Dec 25, Jan 1
18	Wed	Sep 12	Jan 23	Sep 19, Dec 26
18	Thu	Sep 13	Jan 24	Nov 22, Dec 27
18	Fri	Sep 14	Jan 25	Nov 23, Dec 28
18	Sat	Sep 15	Jan 26	Nov 24, Dec 29

* Classes which begin *after* 5 pm will not meet.
 All classes, regardless of the number of sessions, adhere to the "No Classes" schedule.

CONTACT NUMBERS:

Registration	212.415.5500	Membership	212.415.5729
Aquatics	212.415.5718	CPR	212.415.5722
Sports	212.415.5714	Children's Phys Ed	212.415.5710
Fitness	212.415.5702	& Gymnastics	

Fall, 2018 Calendars

Youth Basketball Leagues

**JV Preseason Basketball League / Ages 14-16

#/Wks	Day	Start	End	No Classes
8	Sun	Sep 9*	Oct 28	

**Varsity Preseason Basketball League / Ages 16-18

#/Wks	Day	Start	End	No Classes
8	Sun	Sep 9*	Oct 28	

**Middle School Basketball League / Ages 11-13

#/Wks	Day	Start	End	No Classes
8	Sun	Nov 4	Oct 28	Nov 25

All classes, regardless of the number of sessions, adhere to the "No Classes" schedule.

* Classes which begin *after* 5 pm will not meet.

**Game schedules will be distributed by the Department Head in advance of the first game.

CONTACT NUMBERS:

Registration	212.415.5500	Membership	212.415.5729
Aquatics	212.415.5718	CPR	212.415.5722
Sports	212.415.5714	Children's Phys Ed	212.415.5710
Fitness	212.415.5702	& Gymnastics	

Fall, 2018 Calendars

Adult Aquatics Classes

#/Wks	Day	Start	End	No Classes
10	Sun	Sep 16	Nov 18	
10	Wed	Sep 12	Nov 21	Sep 19
10	Thu	Sep 13	Nov 15	
10	Sat	Sep 15	Nov 17	
7	Sun	Dec 2	Jan 20	Dec 30
8	Wed	Nov 28	Jan 23	Dec 26
8	Thu	Nov 29	Jan 24	Dec 27
8	Sat	Dec 1	Jan 26	Dec 29

All classes, regardless of the number of sessions, adhere to the “No Classes” schedule.

CONTACT NUMBERS:

Registration 212.415.5500
 Aquatics 212.415.5718
 Sports 212.415.5714
 Fitness 212.415.5702

Membership 212.415.5729
 CPR 212.415.5722
 Children’s Phys Ed 212.415.5710
 & Gymnastics

Fall, 2018 Calendars

Adult Gymnastics Classes

#/Wks	Day	Start	End	No Classes
8	Sun	Sep 9	Oct 28	
8	Mon	Sep 17	Nov 5	
8	Tue	Sep 25	Nov 13	
8	Wed	Sep 12	Nov 7	Sep 19
8	Thu	Sep 13	Nov 1	
8	Sun	Nov 11	Jan 13	Nov 25, Dec 30
8	Mon	Nov 12	Jan 14	Dec 24, Dec 31
8	Tue	Nov 20	Jan 22	Dec 25, Jan 1
8	Wed	Nov 14	Jan 9	Dec 26
8	Thu	Nov 15	Jan 17	Nov 22, Dec 27

Please note that Gymnastics Open Workout runs continuously except for the “No Class” dates.

All classes, regardless of the number of sessions, adhere to the “No Classes” schedule.

CONTACT NUMBERS:

Registration	212.415.5500	Membership	212.415.5729
Aquatics	212.415.5718	CPR	212.415.5722
Sports	212.415.5714	Children’s Phys Ed	212.415.5710
Fitness	212.415.5702	& Gymnastics	

PEP! (Parkinson's Exercise Program)

#/Wks	Day	Start	End	No Classes
8	Mon	Sep 24	Nov 12	
8	Wed	Sep 26	Nov 14	
8	Mon	Nov 26	Jan 28	Dec 24, Dec 31
8	Wed	Nov 28	Jan 23	Dec 26

Gleason's Adult Boxing Basics

8	Mon	Sep 24	Nov 12	
8	Thu	Sep 27	Nov 15	
8	Mon	Nov 26	Jan 28	Dec 24, Dec 31
8	Thu	Nov 29	Jan 24	Dec 27

Nakash Krav Maga

8	Mon	Sep 24	Nov 12	
8	Mon	Nov 26	Jan 28	Dec 24, Dec 31

All classes, regardless of the number of sessions, adhere to the "No Classes" schedule.

CONTACT NUMBERS:

Registration 212.415.5500
 Aquatics 212.415.5718
 Sports 212.415.5714
 Fitness 212.415.5702

Membership 212.415.5729
 CPR 212.415.5722
 Children's Phys Ed 212.415.5710
 & Gymnastics