

TABLE OF CONTENTS:

- Fitness Classes Page 2
- Sports Classes
- Children’s Aquatics Classes
- Children’s Gymnastics Classes

- Youth Basketball Leagues Page 3

- Adult Aquatics Classes Page 4

- Summer Swim Prep Aquatics Classes Page 5

- Adult Gymnastics Classes Page 6

- PEP!, Gleason’s Adult Boxing, Nakash Krav Maga Page 7

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

Spring, 2019 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	Sun	Jan 27	Jun 9	Apr 21, May 26 NOTE: Sunday morning children's Aquatics classes meeting at the Sacred Heart pool will not meet on Sunday, Feb 17
17	Mon	Jan 28	Jun 10	Feb 18, Apr 22, May 27
19/18*	Tue	Jan 29	Jun 11	Feb 5*, Apr 23
19	Wed	Jan 30	Jun 12	Apr 24
19	Thu	Jan 31	Jun 13	Apr 25
19/18**	Fri	Feb 1	Jun 14	Apr 19**, Apr 26
17	Sat	Feb 2	Jun 15	Apr 20, Apr 27, May 25

* Children and Teen classes which begin *after* 3:15 pm will not meet.

** Classes which begin after 5:15 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 Gymnastics	212.415.5710
Fitness	212.415.5702		

Youth Basketball Leagues

**JV Preseason Basketball Clinic / Ages 14-16

#/Wks	Day	Start	End	No Classes
8	Sun	Mar 3*	May 19	Apr 21, May 26

**Varsity Preseason Basketball League / Ages 16-18

#/Wks	Day	Start	End	No Classes
8	Sun	Mar 3*	May 19	Apr 21, May 26

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

* Children and Teen classes which begin after 3:15 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 Gymnastics	212.415.5710
Fitness	212.415.5702		

Spring, 2019 Calendars

Adult Aquatics Classes

#/Wks	Day	Start	End	No Classes
8	Sun	Jan 27	Mar 17	
8	Wed	Jan 30	Mar 20	
8	Thu	Jan 31	Mar 21	
8	Sat	Feb 2	Mar 23	
10	Sun	Mar 24	Jun 9	Apr 21, May 26
11	Wed	Mar 27	Jun 12	Apr 24
11	Thu	Mar 28	Jun 13	Apr 25
9	Sat	Mar 30	Jun 15	Apr 20, Apr 27, May 25

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 Gymnastics	212.415.5710
Fitness	212.415.5702		

Summer Swim Prep Classes

#/Wks	Day	Start	End	No Classes
6	Sun	Apr 28	Jun 9	May 26
6	Mon	Apr 29	Jun 10	May 27
7	Tue	Apr 30	Jun 10	
7	Wed	May 1	Jun 12	
7	Thu	May 2	Jun 13	
7	Fri	May 3	Jun 14	
6	Sat	May 4	Jun 15	May 25

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 Gymnastics	212.415.5710
Fitness	212.415.5702		

Spring, 2019 Calendars

Adult Gymnastics Classes

#/Wks	Day	Start	End	No Classes
8	Mon	Jan 28	Mar 25	Feb 18
8	Tue	Jan 29	Mar 19	
8	Wed	Jan 30	Mar 20	
8	Thu	Jan 31	Mar 21	
8	Mon	Apr 8	Jun 10	Apr 22, May 27
8	Tue	Apr 9	Jun 4	Apr 23
8	Wed	Apr 10	Jun 5	Apr 24
8	Thu	Apr 11	Jun 6	Apr 25

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 Gymnastics	212.415.5710
Fitness	212.415.5702		

PEP! (Parkinson's Exercise Program)

#/Wks	Day	Start	End	No Classes
8	Mon	Feb 25	Apr 15	
8	Wed	Feb 27	Apr 17	
8	Mon	May 6	Jul 1	May 27
8	Wed	May 8	Jun 26	

Gleason's Adult Boxing Basics

8	Thu	Feb 28	Apr 18
8	Thu	May 9	Jun 27

Nakash Krav Maga

8	Mon	Feb 25	Apr 15	
8	Mon	May 6	Jul 1	May 27

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 Gymnastics	212.415.5710
Fitness	212.415.5702		