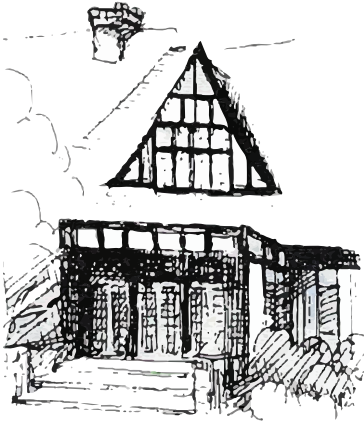




The Chatter

SUMMER 2015

The Community House • 15 Borage Place Forest Hills, NY 11375
Phone: (718) 268-7710 • Fax: (718) 268-8771 • Email: info@citgch.org



**CITG
COMMUNITY HOUSE
SERVING THE
COMMUNITY FOR
OVER 85 YEARS!**

15 Borage Place
Forest Hills, NY 11375-6012
Phone: 718-268-7710
Fax: 718-268-8771
www.citgch.org

OFFICE HOURS

Monday-Friday 9am-9:00pm
Saturday 9am-5pm

EXECUTIVE COMMITTEE

Mr. Jack Seng, Chairperson
Mrs. Lily Zivkovic, Vice-Chairperson
Mr. Joseph Keane, Past-Chairperson
Mrs. Clotilde Eng, Treasurer
Mrs. Mary O'Connell, Secretary

COMMITTEE MEMBERS

Mr. John Kinahan
Mr. Edward Llerandi
Mr. George Mauro
Mrs. Shirley Moy
Mrs. Randy St. Germain

Mrs. JoJo Serventi, Director

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CH NEWS

MARK YOUR 2015 CALENDARS

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POOL REGULATIONS

**Fall Class schedules
will be available by
late August.
Information will be
posted on our website
www.citgch.org**



*Sports
Clinics
Zumba*



*Swim
Classes*



CH Summer Program

There is limited availability in the CH Summer Program. Call the office for more details.



SUMMER CLOSING
The Community House will be closed beginning Saturday, August 22nd and will re-open Tuesday, September 8th. During this time period the building will undergo its annual maintenance.

**HAVE A SAFE AND EXCITING
SUMMER!**

SUMMER CLASSES AND CH NEWS



Summer Swim Lessons - There are still some spots available for swim classes- call the CH office for availability



Mark your 2015 calendars with the following dates...

September 26 - CH Member's Barbecue
 October 17 - CH Oktoberfest
 December 5 - CH Family Holiday Dinner Dance
 December 12 - Men's Club Christmas Dinner Dance

Martial Arts Classes

Saturdays
 July 11, 18, 25
 August 1, 8, 15

Please remember all classes must have at least 5 students in each class for classes to continue

Parking Rules

Please be reminded the Forest Hills Gardens Corporation strictly enforces its parking code and Community House members must have an updated parking pass in their car when visiting the CH.

Monday night Zumba classes for members only

July 6, 13, 20, 27
 August 3, 10

NOTICE FOR ALL "ADULT" SWIMMERS

Always remember the Lifeguard is in charge of the pool.

Any detrimental misconduct by swimmers can result in their suspension from the Community House.

SUMMER POOL SCHEDULE

for July 6 through August 22

Morning Adult Lap swim will end at 10:15 AM
 Monday through Friday

Adult No Lap will be from 1:30PM - 2PM ONLY
 Monday through Friday

Afternoon Family Swim will be 3PM - 4PM on Monday through Thursday and

3:30PM - 7:30PM on Fridays

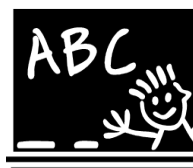
The evening pool hours and Saturday pool hours will not be effected! These changes are necessary to accommodate the Summer Program



From the Community House School

The CH School office opens on Thursday September 10th. The first day of school is Wednesday September 16th.

The CH after school program will begin on Wednesday, September 9th.



Yoga Classes

Tuesdays
 July 14, 21, 28
 August 4, 11, 18
 Wednesdays
 July 1, 15, 22, 29
 August 5, 12, 19
 Thursdays
 July 2, 16, 23, 30
 August 6, 13, 20
 Saturdays
 July 18
 August 1, 8, 15

Men's Over the Hill Basketball

Wednesdays
 July 1, 8, 15, 22, 29
 August 5, 12, 19

JULY & AUGUST POOL SCHEDULE

**Please follow the CH rules while using the pool!!
NO FOOD OR DRINKS IN THE LOCKER ROOMS OR POOL AREA!!**

Swimmers will not be admitted to the pool 15 minutes prior to the PM closing time!

**SAVE WATER
Remember to turn off the showers.
Kindly keep our locker rooms clean...
Thank you!!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 6:00 am-1:00 pm Adult Lap 1:00 pm - 2 pm Adult No Lap 3 - 6:00 pm Family Swim 7 - 8:00 pm Family Swim 8:00 - 9:15 pm Adult Lap	2 6:00 am-1:00 pm Adult Lap 1:00 pm - 2 pm Adult No Lap 3 - 5:00 pm Family Swim 7 - 8:00 pm Family Swim 8:00 - 9:15 pm Adult Lap	3 CH CLOSED	4 CH CLOSED
6 6:00 am-10:15 am Adult Lap 1:30 pm - 2 pm Adult No Lap 3 - 4:00 pm Family Swim 4:00 - 6:00 pm Lessons 7 - 8:00 pm Family Swim 7 - 8:00 pm Beyond Level 5 Swim class 8:00 - 9:15 pm Adult Lap	7 6:00 am-10:15 am Adult Lap 1:30 pm - 2 pm Adult No Lap 3 - 4:00 pm Family Swim 4:00 - 6:00 pm Lessons 7 - 8:00 pm Family Swim 8:00 - 9:15 pm Adult Lap	8 6:00 am-10:15 am Adult Lap 1:30 pm - 2 pm Adult No Lap 3 - 4:00 pm Family Swim 4:00 - 6:00 pm Lessons 7 - 8:00 pm Family Swim 7 - 8:00 pm Beyond Level 5 Swim class 8:00 - 9:15 pm Adult Lap	9 6:00 am-10:15 am Adult Lap 1:30 pm - 2 pm Adult No Lap 3 - 4:00 pm Family Swim 4:00 - 6:00 pm Lessons 7 - 8:00 pm Family Swim 8:00 - 9:15 pm Adult Lap	10 6:00 am-10:15 am Adult Lap 1:30 pm - 2 pm Adult No Lap 3 - 7:30 pm Family Swim 7:30 - 9:15 pm Adult Lap	11 6:30 - 11:00 am Adult Lap 11:00 am - Noon Adult No Lap 1 - 5:30 pm Family Swim
13 SAME AS ABOVE	14 SAME AS ABOVE	15 SAME AS ABOVE	16 SAME AS ABOVE	17 SAME AS ABOVE	18 SAME AS ABOVE
20 SAME AS ABOVE	21 SAME AS ABOVE	22 SAME AS ABOVE	23 SAME AS ABOVE	24 SAME AS ABOVE	25 SAME AS ABOVE
27 SAME AS ABOVE	28 SAME AS ABOVE	29 SAME AS ABOVE	30 SAME AS ABOVE	31 SAME AS ABOVE	1 AUGUST SAME AS ABOVE
3 SAME AS ABOVE	4 SAME AS ABOVE	5 SAME AS ABOVE	6 SAME AS ABOVE	7 SAME AS ABOVE	8 SAME AS ABOVE
10 SAME AS ABOVE	11 SAME AS ABOVE	12 SAME AS ABOVE	13 SAME AS ABOVE	14 SAME AS ABOVE	15 SAME AS ABOVE
17 SAME AS ABOVE	18 SAME AS ABOVE	19 SAME AS ABOVE	20 SAME AS ABOVE	21 POOL CLOSSES at 12PM	22 CH CLOSED through September 8th pool re-opens September 9th

CLASS SCHEDULES:

Adults only yoga

Tuesdays and Thursdays

evenings 7:15-8:30 pm

Wednesday Mornings

6:30-7:45 am

Saturday Mornings

7:30-8:45 am

Family yoga

Saturday Mornings

8:45-9:30 am

Martial arts

Saturdays

4-5 year olds 12:30 pm

6-10 year olds 1:30 pm

6-10 year olds 2:30 pm

11 years & up 3:30 pm

Zumba Classes

Mondays 7:30 pm

Pool Rules and Reminders

- The lifeguard is in charge of the pool while on duty!
- Swimmers **MUST** remember to shower before they get into the pool.
- Admission to the pool ends 15 MINUTES BEFORE the pool closes.
- Entrance to the pool **MUST** be made through the locker rooms.
- Young adults (13 or older) who are proficient in swimming **MAY** swim during adult lap swim.
- To avoid unnecessary injuries, swimmers should swim in lanes designated for their swimming ability.
- **THERE WILL BE NO LAP SWIMMING DURING ADULT NO LAP SWIM (THIS IS NON NEGOTIABLE!)**
- Absolutely **NO** eating in the locker rooms, **NO** exceptions.
- Children under the age of ten **MUST** be accompanied by an adult.
- Diving and/or jumping in **NOT** permitted.
- Food and drinks are **NOT** permitted in the locker/pool area.
- Street shoes are **NOT** permitted on the pool deck.
- **Yearly locker rental fees will be \$60 for small lockers and \$120 for large lockers.** You must register and pay for your locker in the CH office. Locks not registered will be removed from lockers.
- During Family swim time **ADULTS MUST** be accompanied by a child.

SUMMER CALENDAR

UPCOMING EVENTS

CH Summer Program begins

July 6th ends August 21st

CH Building closed from

August 22nd through

September 7th

Building re-opens

September 8th

Pool re-opens

September 9th at 6am

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 AM Yoga Over the Hill Basketball	2 PM Yoga	3 CH CLOSED	4 CH CLOSED
6 ZUMBA	7	8 Over the Hill Basketball	9	10	11 Open Gym Martial Arts
13 ZUMBA	14 PM Yoga	15 AM Yoga Over the Hill Basketball	16 PM Yoga	17	18 Yoga Open Gym Martial Arts
20 ZUMBA	21 PM Yoga	22 AM Yoga Over the Hill Basketball	23 PM Yoga	24	25 Open Gym Martial Arts
27 ZUMBA	28 PM Yoga	29 AM Yoga Over the Hill Basketball	30 PM Yoga	31	1 AUGUST Yoga Open Gym Martial Arts
3 ZUMBA	4 PM Yoga	5 AM Yoga Over the Hill Basketball	6 PM Yoga	7	8 Yoga Open Gym Martial Arts
10 ZUMBA	11 PM Yoga	12 AM Yoga Over the Hill Basketball	13 PM Yoga	14	15 Yoga Open Gym Martial Arts
17	18 PM Yoga	19 AM Yoga Over the Hill Basketball	20 PM Yoga	21 Pool Closes 12pm	22 CH CLOSED
24 CH CLOSED	25 CH CLOSED	26 CH CLOSED	27 CH CLOSED	28 CH CLOSED	29 CH CLOSED
31 CH CLOSED	1 SEPTEMBER CH CLOSED	2 CH CLOSED	3 CH CLOSED	4 CH CLOSED	5 CH CLOSED