



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

## REGISTER NOW FOR THE CH SUMMER PROGRAM

The Community House is offering a 7-week Summer Program beginning July 3rd and ending August 18th.

The CH Summer Program has proven to be a wonderful experience for children and counselors alike.

Daily hours are 8:30 am - 4:00 pm

Early drop off (8:00 am) & Extended Care (4:00 pm - 6:00 pm)

Kinder Program for Grades pre-K and K

Junior Program for Grades 1 through 6

CIT Program for CH member students who have completed grades 7 or 8

Applications are available NOW at the CH Office or you can download one at

[www.citgch.org](http://www.citgch.org)

Register early to assure a place for your child.

Orientation June 12th at 7pm



**CITG  
COMMUNITY HOUSE  
SERVING THE  
COMMUNITY FOR  
OVER 90 YEARS!**

15 Borage Place  
Forest Hills, NY 11375-6012  
Phone: 718-268-7710  
Fax: 718-268-8771  
[www.citgch.org](http://www.citgch.org)

### OFFICE HOURS

Monday-Friday 9am-9:00pm  
Saturday 9am-5:30pm

### EXECUTIVE COMMITTEE

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

### COMMITTEE MEMBERS

Mr. Joseph Keane  
Mr. John Kinahan  
Mr. Edward Llerandi  
Mrs. Randy St. Germain  
Mr. Robert Webb

Mrs. JoJo Serventi, Director

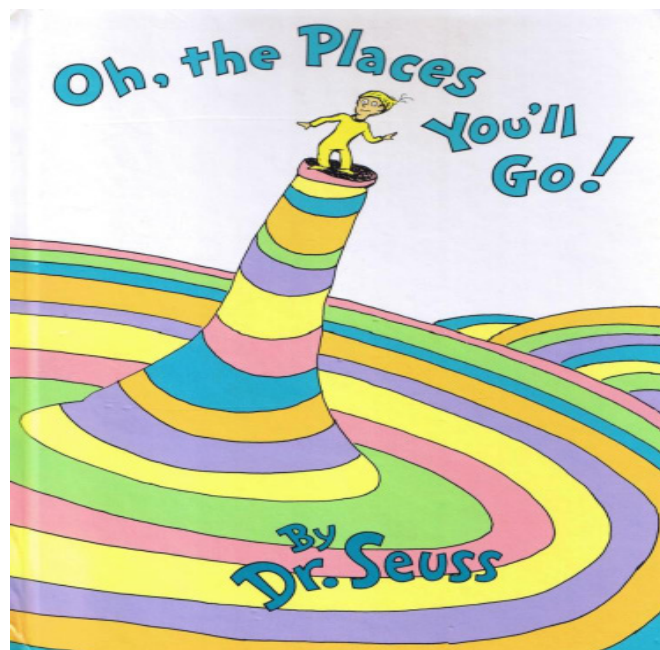
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# CLASSES AND CH NEWS

## Swim Classes



**There is still limited availability in some of the winter swim classes. Call the CH office for more information.**



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**"Over the Hill"**  
 Men's Basketball  
 Wednesday evenings  
 7:15 pm  
 .....

The CITG is sponsoring a blood drive on Sunday, March 5. For more information call the church office at 718-268-6704



**MARK YOUR 2017 CALENDARS**

March 24 - CH Member's Karaoke Night  
 April 28 & 29 - Women's Club Rehearsal & Guest Night  
 September 23 - CH Members' Barbecue  
 November 27-Decorate the CH for the Holidays  
 December 2 - CH Family Christmas Dinner Dance  
 December 9 - Men's Club Christmas Dinner Dance



The after school program follows the NYC public school calendar therefore there will be **NO AFTER SCHOOL** on and Monday February 20th through Friday, February 24th

.....  
**NOTICE TO ALL MEMBERS**  
 Please be reminded if the complimentary classes we offer to our members do not have at least 5 people attending the classes, the classes will then have to be canceled.  
 .....

### Saturday morning soccer clinic

11:30 am-12:30 pm for children ages 5-10  
 2/4, 2/11, 2/18, 2/25  
 3/4, 3/11, 3/18  
 Classes will remain as scheduled based on enrollment size.

### Parking Rules

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 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.



## From the Community House School

This month, we will be visited by Dr. Larsen a pediatric dentist. This presentation will teach our children about the proper care of teeth and gums. In addition to our fun-filled curriculum we will celebrate the Lunar New Year with participation from many families from the various classes.

We are so excited to have Dragon Dancers come to our school and present an authentic dance to the families of the school.

Of course we will also be celebrating Valentine's Day and they will be learning about two of our past presidents whose birthdays we celebrate this month. We look forward to a very busy February.

### Dates to Remember

Friday, February 10th - Lunar New Year Celebration  
 Wear Red today Dragon Dancers will be performing at 1:00 p.m. in the gym  
 Tuesday, February 14th - Wear some hearts or dress for Valentine's Day Celebration  
 Monday, February 20th - February 24th School is closed Winter Break



# FEBRUARY POOL SCHEDULE

Please follow the CH rules while using the pool!!  
**NO FOOD OR DRINKS IN THE 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  |
|--|---|---|--|--|---|
|  |   | <b>1</b><br><b>Adult Lap</b><br>6:00 am - 1:00 pm<br><b>Adult No Lap</b><br>1:00 - 2:00 pm<br><b>Family Swim</b><br>3:00 - 4:00 pm<br><b>Lessons</b><br>4:00 - 6:00 pm<br><b>Family Swim</b><br>7:00 - 8:00 pm<br><b>Beyond Level 5</b><br>7:00 - 8:00 pm<br><b>Adult Lap</b><br>8:00 - 9:00 pm | <b>2</b><br><b>Adult Lap</b><br>6:00 am - 1:00 pm<br><b>Adult No Lap</b><br>1:00 - 2:00 pm<br><b>Lessons</b><br>3:00 - 3:30 pm<br><b>Family Swim</b><br>3:30 - 5:00 pm<br><b>Family Swim</b><br>7:00 - 8:00 pm<br><b>Adult Lap</b><br>8:00 - 9:00 pm | <b>3</b><br><b>Adult Lap</b><br>6:00 am - 1:00 pm<br><b>Adult No Lap</b><br>1:00 - 2:00 pm<br><b>Family Swim</b><br>3:00 - 4:00 pm<br><b>Lessons</b><br>4:00 - 6:30 pm<br><b>Family Swim</b><br>6:30 - 7:30 pm<br><b>Adult Lap</b><br>7:30 - 9:00 pm | <b>4</b><br><b>Adult Lap</b><br>6:30 - 10:30am<br><b>Adult No Lap</b><br>10:30 - 11:00am<br><b>Water Aerobics</b><br>11:00am-11:45am<br><b>Family Swim</b><br>1:00 - 5:30pm |
| <b>6</b><br><b>Adult Lap</b><br>6:00 am - 1:00 pm<br><b>Adult No Lap</b><br>1:00 - 2:00 pm<br><b>Family Swim</b><br>3:00 - 4:00 pm<br><b>Lessons</b><br>4:00 - 6:00 pm<br><b>Family Swim</b><br>7:00 - 8:00 pm<br><b>Beyond Level 5</b><br>7:00 - 8:00 pm<br><b>Adult Lap</b><br>8:00 - 9:00 pm  | <b>7</b><br><b>Adult Lap</b><br>6:00 am - 1:00 pm<br><b>Adult No Lap</b><br>1:00 - 2:00 pm<br><b>Lessons</b><br>3:00 - 3:30 pm<br><b>Family Swim</b><br>3:30 - 5:00 pm<br><b>Family Swim</b><br>7:00 - 8:00 pm<br><b>Beyond Level 5</b><br>7:00 - 8:00 pm<br><b>Adult Lap</b><br>8:00 - 9:00 pm | <b>8</b><br>SAME AS ABOVE   | <b>9</b><br>SAME AS ABOVE  | <b>10</b><br>SAME AS ABOVE   | <b>11</b><br>SAME AS ABOVE  |
| <b>13</b><br>SAME AS ABOVE   | <b>14</b><br>SAME AS ABOVE  | <b>15</b><br>SAME AS ABOVE  | <b>16</b><br>SAME AS ABOVE   | <b>17</b><br>SAME AS ABOVE   | <b>18</b><br>SAME AS ABOVE  |
| <b>20</b><br><b>CH CLOSED</b><br><b>PRESIDENT'S DAY</b>  | <b>21</b><br>SAME AS ABOVE  | <b>22</b><br>SAME AS ABOVE<br><br>NO GROUP SWIM LESSONS   | <b>23</b><br>SAME AS ABOVE   | <b>24</b><br>SAME AS ABOVE<br><br>NO GROUP SWIM LESSONS  | <b>25</b><br>SAME AS ABOVE  |
| <b>27</b><br><b>Adult Lap</b><br>6:00 am - 1:00 pm<br><b>Adult No Lap</b><br>1:00 - 2:00 pm<br><b>Family Swim</b><br>3:00 - 4:00 pm<br><b>Lessons</b><br>4:00 - 6:00 pm<br><b>Family Swim</b><br>7:00 - 8:00 pm<br><b>Beyond Level 5</b><br>7:00 - 8:00 pm<br><b>Adult Lap</b><br>8:00 - 9:00 pm | <b>28</b><br>SAME AS ABOVE  |   |  |  |   |

**CLASS SCHEDULES:**

**Adults only yoga**

Tuesdays and Thursdays evenings  
7:15-8:30 pm

Wednesday Mornings (suspended)

Saturday Mornings 7:30-8:45 am

**Family yoga**

Saturday Mornings 8:45-9:30 am

**Art Classes**

Saturday mornings 11:00 am

**Martial arts**

Saturdays

4-5 year olds 1:00 pm

6-10 year olds 2:00 pm

6-10 year olds 3:00 pm

11 years & up 4:00 pm

**Soccer clinic Saturdays**

Ages 5-10 11:30 am - 12:30 pm

**Water Aerobics**

Saturday mornings 11:00-11:45am

**Zumba Class**

Mondays 7:30 pm

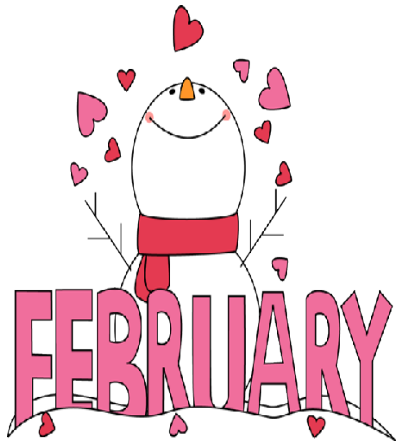
**Zumba Kids Jr. Class**

Children ages 4-11

Saturdays 10:00 - 10:45 am

# Pool Notes 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.



**UPCOMING EVENTS**

- March 5 - CITG Blood Drive
- March 6 - Women's Club General Meeting
- March 13 - Swim registration for CH Members begins
- March 20 - Women's Club Board & Bridge
- March 24 - CH Member's Karaoke Night
- April 3 - Women's Club General Meeting & Men's Club NCAA finals
- April 10 through 18 - Spring break No After School
- April 11 - Women's Club Floral Luncheon
- April 17 - Women's Club Board & Bridge
- April 28 & 29 - Women's Club Rehearsal & Guest Night

| MONDAY  | TUESDAY                  | WEDNESDAY                             | THURSDAY                 | FRIDAY    | SATURDAY   |
|---|--------------------------|---------------------------------------|--------------------------|-----------|--|
|   |                          | <b>1</b><br>Over the Hill Basketball  | <b>2</b><br><br>PM Yoga  | <b>3</b>  | <b>4</b><br>Yoga<br>Water Aerobics<br>Soccer Clinic<br>Martial Arts                |
| <b>6</b><br>Women's Club General Meeting<br><br>Zumba | <b>7</b><br><br>PM Yoga  | <b>8</b><br>Over the Hill Basketball  | <b>9</b><br><br>PM Yoga  | <b>10</b> | <b>11</b><br>Yoga<br>Zumba Kids<br>Water Aerobics<br>Soccer Clinic<br>Martial Arts |
| <b>13</b><br>Women's Club Board & Bridge<br><br>Zumba | <b>14</b><br><br>PM Yoga | <b>15</b><br>Over the Hill Basketball | <b>16</b><br><br>PM Yoga | <b>17</b> | <b>18</b><br>Yoga<br>Water Aerobics<br>Soccer Clinic<br>Martial Arts               |
| <b>20</b><br><br><b>CH CLOSED</b>                     | <b>21</b><br><br>PM Yoga | <b>22</b><br>Over the Hill Basketball | <b>23</b><br><br>PM Yoga | <b>24</b> | <b>25</b><br>Yoga<br>Zumba Kids<br>Water Aerobics<br>Soccer Clinic<br>Martial Arts |
| <b>27</b><br><br>Zumba                                | 28<br><br>PM Yoga        |                                       |                          |           |  |