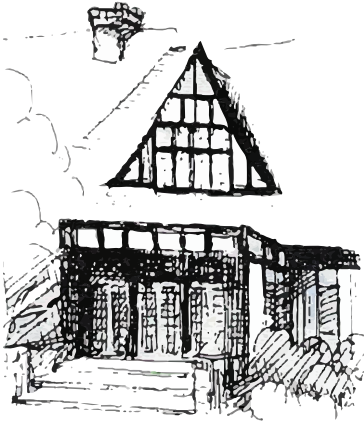




# THE CHATTER

SUMMER 2013

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**  
Mrs. Lily Zivkovic, Chairperson  
Mr. Jack Seng, Vice-Chairperson  
Mr. Joseph Keane, Past-Chairperson  
Mr. Edward Llerandi, Treasurer  
Mrs. Randy St. Germain, Secretary

**COMMITTEE MEMBERS**  
Mrs. Clotilde Eng  
Mr. George Mauro  
Mrs. Shirley Moy  
Mrs. Mary O'Connell  
Mrs. JoJo Serventi, Director

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**CONGRATULATIONS  
TO CH MEMBER  
RACHEL QUILATAN  
FOR WINNING THE  
TICKETS  
TO MLB'S  
ALL STAR  
WEEKEND  
AT  
CITIFIELD**



There is still some availability for spots in the CH Summer Program. Call the office for more details.



## SUMMER CLOSING

**The Community House will be closed beginning Saturday, August 17th and will re-open Tuesday, September 3rd. During this time period the building will undergo its annual maintenance and lobby makeover.**

**HAVE A SAFE AND EXCITING SUMMER!**

Check out our new website at  
**www.citgch.org**

**Future e-mail correspondence from the CH staff will come from @citgch.org  
Please note this change in your e-mail accounts**

# 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 2013 calendars with the following dates...

September 21 - CH Member's Barbecue  
 October 5 - CH Mother/Daughter Fashion Show  
 November 2 - "2013" Taste of Forest Hills  
 December 7 - CH Family Holiday Dinner Dance  
 December 14 - Men's Club Christmas Dinner Dance

## Martial Arts Classes

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

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.

## Hip Hop Classes

July 5, 12, 19, 26  
 August 2, 9

## Zumba Classes

July 1, 8, 15, 22, 29  
 August 5, 12  
 July 3, 10, 17, 24, 31  
 August 7, 14

## Men's Over the Hill Basketball

Wednesdays  
 July 3, 10, 17, 24, 31  
 August 7

## Water Aerobics Classes

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

### SUMMER POOL SCHEDULE

for July 1 through August 16

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  
 4PM - 7:30PM on  
 Fridays  
 \*\*\*\*\*

The evening pool hours and Saturday pool hours will not be effected!

## From the Community House School

The CH School office opens on Tuesday September 2nd.  
 The first day of school is Monday September 9th.



The CH after school program will begin on September 9th for the 2013/14 school year. Information packets will be sent home to all those who are enrolled in the program

## Yoga Classes

Tuesdays  
 July 2, 9, 16, 23, 30  
 August 6, 13  
 Wednesdays  
 July 3, 10, 17, 24, 31  
 August 7, 14  
 Thursdays  
 July 11, 18, 25  
 August 1, 8, 15  
 Saturdays  
 July 6, 20, 27  
 August 3, 10

## Tai Chi Classes

Saturdays  
 July 6, 20, 27  
 August 3, 10



## CLASS SCHEDULES:

**Adults only yoga**

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

Wednesday Mornings 6:30-7:45am

Saturday Mornings 7:45-9:00 am

**Family yoga**

Saturday Mornings 9 am-10 am

**Martial arts**

Saturdays

4-5 year olds 12:00 pm

6-10 year olds 1:00 pm

6-10 year olds 2:00 pm

11 years & up 3:00 pm

**Hip Hop Classes**

Friday evenings 7:00 pm

**Zumba Classes**

Monday & Wednesdays 7:30 pm

**Water Aerobic Classes**

Saturdays 10:30 am - 11:15 am

Saturdays 11:15 am - 12:00 pm

**Tai Chi Classes**

Saturdays 4:00 pm - 5:00 pm

## 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 (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 \$40 for small lockers and \$80 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 ZUMBA	2 PM Yoga	3 AM Yoga Over the Hill Basketball ZUMBA	4 CH CLOSED	5 HIP HOP	6 AM Yoga Water Aerobics 11:00- 4:00 pm Open Gym Martial Arts Tai Chi
8 ZUMBA	9 PM Yoga	10 AM Yoga Over the Hill Basketball ZUMBA	11 PM Yoga	12 HIP HOP	13 Water Aerobics 11:00-4:00 pm Open Gym Martial Arts
15 ZUMBA	16 PM Yoga	17 AM Yoga Over the Hill Basketball ZUMBA	18 PM Yoga	19 HIP HOP	20 AM Yoga Water Aerobics 11:00- 4:00 pm Open Gym Martial Arts Tai Chi
22 ZUMBA	23 PM Yoga	24 AM Yoga Over the Hill Basketball ZUMBA	25 PM Yoga	26 HIP HOP	27 AM Yoga Water Aerobics 11:00- 4:00 pm Open Gym Martial Arts Tai Chi
29 ZUMBA	30 PM Yoga	31 AM Yoga Over the Hill Basketball ZUMBA	1 PM Yoga	2 HIP HOP	3 AM Yoga Water Aerobics 11:00- 4:00 pm Open Gym Martial Arts Tai Chi
5 ZUMBA	6 PM Yoga	7 AM Yoga Over the Hill Basketball ZUMBA	8 PM Yoga	9 HIP HOP	10 AM Yoga Water Aerobics 11:00- 4:00 pm Open Gym Martial Arts Tai Chi
12 ZUMBA	13 PM Yoga	14 AM Yoga ZUMBA	15 PM Yoga	16 Pool Closes 2pm	17 CH CLOSED

## SUMMER CALENDAR



## UPCOMING EVENTS

CH Summer Program begins July 1st through August 16th  
CH Building closed from August 17th through September 2nd  
Building re-opens September 3rd  
Pool re-opens September 4th at 6am