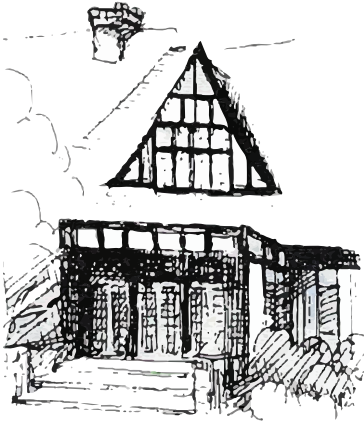




The Community House • 15 Borage Place Forest Hills, NY 11375
Phone: (718) 268-7710 • Fax: (718) 268-8771 • Email: info@citgch.org



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



*Sports
Clinics*



Zumba



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 16th and will re-open Tuesday, September 2nd. 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 2014 calendars with the following dates...

September 20 - CH Member's Barbecue
 October 18 - "2014" Taste of Forest Hills
 December 6 - CH Family Holiday Dinner Dance
 December 13 - Men's Club Christmas Dinner Dance

Martial Arts Classes

Saturdays
 July 12, 19, 26
 August 2, 9

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

There will be no summer schedule for hip hop!

Zumba Classes Mondays Only

July 7, 14, 21, 28
 August 4, 11

Men's Over the Hill Basketball

Wednesdays
 July 2, 9, 16, 23, 30
 August 6, 13

Water Aerobics Classes

Saturdays
 July 12, 19, 26
 August 2, 9

SUMMER POOL SCHEDULE

for June 30 through August 15

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 4th.
 The first day of school is Monday September 8th.

The CH after school program will begin on September 4th for the 2014/15 school year. Information packets will be sent home to all those who are enrolled in the program.



Yoga Classes

Tuesdays
 July 1, 8, 15, 22
 August 5, 12
 Wednesdays
 July 2, 9, 16, 23
 August 6, 13
 Thursdays
 July 3, 10, 17
 August 7, 14
 Saturdays
 July 12, 19
 August 9

Tai Chi Classes

There will be no summer schedule for tai chi!

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-10:15 am Adult Lap 1:30 pm - 2 pm Adult No Lap 3 - 4:00 pm Family Swim 4:00 - 6:30 pm Lessons 7 - 8:00 pm Family Swim 8:00 - 9:15 pm Adult Lap	2 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	3 6:00 am-10:15 am Adult Lap 1:30 pm - 2 pm Adult No Lap 3 - 4:00 pm Family Swim 4:00 - 6:30 pm Lessons 7 - 8:00 pm Family Swim 8:00 - 9:15 pm Adult Lap	4 CH CLOSED	5 CH CLOSED
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 7 - 8:00 pm Beyond Level 5 Swim class 8:00 - 9:15 pm Adult Lap	8 SAME AS ABOVE	9 SAME AS ABOVE	10 SAME AS ABOVE	11 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	12 6:30 - 10:30am Adult Lap 10:30-11:00am Adult No Lap 11:00am - Noon Water Aerobics 12:00 - 1:00 pm Pamper Paddlers 1 - 5:30 pm Family Swim
14 SAME AS ABOVE	15 SAME AS ABOVE	16 SAME AS ABOVE	17 SAME AS ABOVE	18 SAME AS ABOVE	19 SAME AS ABOVE
21 SAME AS ABOVE	22 SAME AS ABOVE	23 SAME AS ABOVE	24 SAME AS ABOVE	25 SAME AS ABOVE	26 SAME AS ABOVE
28 SAME AS ABOVE	29 SAME AS ABOVE	30 SAME AS ABOVE	31 SAME AS ABOVE	AUGUST 1 SAME AS ABOVE	2 SAME AS ABOVE
4 SAME AS ABOVE	5 SAME AS ABOVE	6 SAME AS ABOVE	7 SAME AS ABOVE	8 SAME AS ABOVE	9 SAME AS ABOVE
11 SAME AS ABOVE	12 SAME AS ABOVE	13 SAME AS ABOVE	14 SAME AS ABOVE	15 POOL CLOSSES at 2PM	16 CH CLOSED through September 2nd pool re-opens September 3rd

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

Water Aerobic Classes

Saturdays 11:00 am - Noon

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.

SUMMER CALENDAR

UPCOMING EVENTS

CH Summer Program begins
June 30th through August 15th
CH Building closed from
August 16th through
September 1st
Building re-opens September
2nd
Pool re-opens September 3rd at
6am

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