



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 90 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-5:30pm

EXECUTIVE COMMITTEE

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

COMMITTEE MEMBERS

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

Mrs. JoJo Serventi, Director

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SUMMER CLOSING

The Community House will be closed beginning Saturday, August 18th and will re-open Tuesday, September 4th.

The pool will re-open September 5th at 6:00 am. During this time period the building will undergo its annual maintenance.

Have a safe & exciting summer!



*Zumba
Kids*



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

Water Aerobics



*Art
Classes*



CLASSES AND CH NEWS



Summer Swim classes will begin the week of July 9th, call the CH office for availability

Parking Rules

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



**MARK YOUR
2018
CALENDARS**

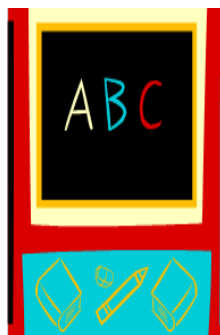
September 29 - CH Member's BBQ
December 1 - CH Family Christmas Dinner Dance
December 8 - Men's Club Christmas Dinner Dance



**Men's Basketball
Wednesday evenings
7:15 pm**

Adult Zumba classes

Mondays
July 9, 16, 23, 30
August 6, 13



The CH after school program will begin on Wednesday September 5th

SUMMER POOL SCHEDULE

for July 2 through August 17

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

Art Classes

Saturdays
July 7, 14, 21, 28
August 4



**From the
Community House
School**

The Community House School wishes all our students and their families a wonderful summer filled with fun and memories. I personally want to thank my excellent staff for their hard work and dedication during this past month as they prepared for the end of the year celebration. Have a happy and healthy summer.

Yoga Classes Tuesdays

July 3, 10, 17, 24, 31
August 7, 14

Thursdays

July 5, 12, 19, 26
August 2, 9, 16

Saturdays

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

Martial Arts Classes

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

Water Aerobics

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

JULY & AUGUST 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
2 Adult Lap 6:00 am - 10:15 am Adult No Lap 1:30 - 2:00 pm Family Swim 3:00 - 6:00 pm Family Swim 7:00 - 8:00 pm Adult Lap 8:00 - 9:00 pm	3 Adult Lap 6:00 am - 10:15 am Adult No Lap 1:30 - 2:00 pm Family Swim 3:00 - 6:00 pm Family Swim 7:00 - 8:00 pm Adult Lap 8:00 - 9:00 pm	4 <p style="text-align: center;">CH CLOSED</p>	5 Adult Lap 6:00 am - 10:15 am Adult No Lap 1:30 - 2:00 pm Family Swim 3:00 - 6:00 pm Family Swim 7:00 - 8:00 pm Adult Lap 8:00 - 9:00 pm	6 Adult Lap 6:00 am - 10:15 am Adult No Lap 1:30 - 2:00 pm Family Swim 3:00-7:30 pm Adult Lap 7:30 - 9:00 pm	7 Adult Lap 6:30 - 11:30am Adult No Lap 11:30 - 12:00pm Water Aerobics 12:00 - 12:45pm Family Swim 1:00 - 5:30 pm
9 Adult Lap 6:00 am - 10:15 am Adult No Lap 1:30 - 2:00 pm Family Swim 3:00 - 4:00 pm Lessons 4:00 - 6:00 pm Family Swim 7:00 - 8:00 pm Beyond Level 5 7:00 - 8:00 pm Adult Lap 8:00 - 9:00 pm	10 Adult Lap 6:00 am - 10:15 am Adult No Lap 1:30 - 2:00 pm Family Swim 3:00 - 4:00 pm Lessons 4:00 - 6:00 pm Family Swim 7:00 - 8:00 pm Adult Lap 8:00 - 9:00 pm	11 Adult Lap 6:00 am - 10:15 am Adult No Lap 1:30 - 2:00 pm Family Swim 3:00 - 4:00 pm Lessons 4:00 - 6:00 pm Family Swim 7:00 - 8:00 pm Beyond Level 5 7:00 - 8:00 pm Adult Lap 8:00 - 9:00 pm	12 Adult Lap 6:00 am - 10:15 am Adult No Lap 1:30 - 2:00 pm Family Swim 3:00 - 4:00 pm Lessons 4:00 - 6:00 pm Pamper Paddlers 6:00 - 7:00 pm Family Swim 7:00 - 8:00 pm Adult Lap 8:00 - 9:00 pm	13 SAME AS ABOVE	14 SAME AS ABOVE
16 SAME AS ABOVE	17 SAME AS ABOVE	18 SAME AS ABOVE	19 SAME AS ABOVE	20 SAME AS ABOVE	21 SAME AS ABOVE
23 SAME AS ABOVE	24 SAME AS ABOVE	25 SAME AS ABOVE	26 SAME AS ABOVE	27 SAME AS ABOVE	28 SAME AS ABOVE
30 SAME AS ABOVE	31 SAME AS ABOVE	1 SAME AS ABOVE	2 SAME AS ABOVE	3 SAME AS ABOVE	4 SAME AS ABOVE
6 SAME AS ABOVE	7 SAME AS ABOVE	8 SAME AS ABOVE	9 SAME AS ABOVE	10 SAME AS ABOVE	11 SAME AS ABOVE
13 SAME AS ABOVE	14 SAME AS ABOVE	15 SAME AS ABOVE	16 SAME AS ABOVE	17 POOL CLOSSES AT 12 PM	18 CH CLOSED through September 3rd pool re-opens September 5

CLASS SCHEDULES:

Adults only yoga

Tuesdays and Thursdays evenings
7:15 - 8:30 pm
Saturday Mornings 7:30 - 8:45 am

Family yoga

Saturday Mornings 8:45 - 9:30 am

Art Classes (for children)

Saturday Mornings 11 am

Martial arts

Saturdays
4-5 year olds 1:00 pm
6-10 year olds 2:00 pm
11 years & up 3:00 pm

Water Aerobics

Saturdays 12:00 - 12:45 pm

Zumba Classes for Adults

Mondays 7:30 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 (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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 PM Yoga	4 CH CLOSED	5 PM Yoga	6	7 Yoga Water Aerobics Art Martial Arts
9 ZUMBA	10 PM Yoga	11 Men's Basketball	12 Pamper Paddlers PM Yoga	13	14 Yoga Water Aerobics Art Martial Arts
16 ZUMBA	17 PM Yoga	18 Men's Basketball	19 Pamper Paddlers PM Yoga	20	21 Yoga Water Aerobics Art Martial Arts
23 ZUMBA	24 PM Yoga	25 Men's Basketball	26 Pamper Paddlers PM Yoga	27	28 Yoga Water Aerobics Art Martial Arts
30 ZUMBA	31 PM Yoga	1 Men's Basketball	2 Pamper Paddlers PM Yoga	3	4 Yoga Water Aerobics Art Martial Arts
6 ZUMBA	7 PM Yoga	8 Men's Basketball	9 Pamper Paddlers PM Yoga	10	11 Yoga Water Aerobics Martial Arts
13 ZUMBA	14 PM Yoga	15 Men's Basketball	16 Pamper Paddlers Make-ups PM Yoga	17 POOL CLOSSES AT NOON	18 CH CLOSED through Sep-tember 3rd Pool re-opens Sept 5th

UPCOMING EVENTS

CH Summer Program begins July 2nd and ends August 17th

CH Building will be closed from August 18th through September 3rd

Building re-opens September 4th

Pool re-opens September 5th at 6am