WELCOME TO THE QUEENS COLLEGE
RECREATION PROGRAMS & FITNESS CENTER

This brochure includes information on our Fall 2017 and Winter 2018 semesters. If you have any questions or would like additional information, please call the following numbers:

SWIMMING LESSONS
718-997-2767  Fax: 718-997-2799
http://queensknights.com/aquatics

POOL MEMBERSHIPS
718-997-2740  Fax: 718-997-2799

FITNESS CENTER
718-997-2740  Fax: 718-997-2799

INDOOR TENNIS COURT RENTAL
718-997-2771  Fax: 718-997-2799

Parking: Program participants may purchase a parking pass to allow them to park on campus Monday–Friday after 5 pm as well as on weekends. The fee is $40 for a 6-month pass or $80 for 12 months. The parking application may be filled out in our Tennis Center; you must bring your driver’s license and car registration with you. This pass is not valid for QC staff or students.

Refund policy: There are no refunds for any of our Membership Passes. In addition, we cannot grant refunds for unexpected closings due to changing circumstances. We reserve the right to adjust Fitness and Aquatic Center hours at our discretion for holidays, school closings, or community needs. We will notify you as quickly as possible in such cases. Please refer to our website for scheduling updates.

For Swim Class refunds, please see the swimming pages in this brochure.

Please note: There will be a $25 charge for returned checks.

Registration fees are included in all prices.

WE WILL POST ANY POOL CLOSINGS.

FITNESS CENTER MEMBERSHIP

Purchase membership in person at the Tennis Center during the hours listed below for the Fitness Center.

All members must be 18 years and older:
• 1-year Membership: $330
• 6-month Membership: $200
• 1-year Fitness/Pool combo: $470

Includes the use of over 30 cardio machines (treadmills, stationary bicycles, elliptical machines, stair climbers, rowers, etc.), 35+ strength stations, and more free weights than ever before.

The Fitness Center offers Personal Training Services and a variety of fitness classes for an additional fee. Contact the Fitness Center for scheduling and fees.

FITNESS CENTER HOURS
Monday–Thursday 6:30 am–10:00 pm
Friday 6:30 am–9:00 pm
Saturday 8:00 am–6:00 pm
Sunday 8:00 am–6:00 pm

CARDIO/EXERCISE CLASSES
Fitness Center members may purchase a FlexPass for $30 that entitles you to any 10 Cardio/Exercise classes that fit your schedule.

FlexPass for non-members is $60 for any 10 classes.

Classes start in September and run continuously. You must register for the FlexPass in person at the Tennis Center during the above hours, and then check in at the Fitness Center to sign-in for each individual class you wish to attend.

DAILY PASSES NOW ON SALE
Fitness Center or Pool Daily Pass: $15
Fitness Center and Pool Daily Pass: $25

Persons must be 18 years and older. Passes can be purchased in the Tennis Center Office with a credit or debit card or by check.

A photo ID is required. You must be 18 or older.

The daily pass is valid only for the day of purchase.

No discounts are applicable after the first daily pass purchase. Sign up for a six-month or one-year membership and receive a 10% discount.

PERSONAL TRAINING FEES

SINGLE SESSION
Faculty/staff/student $45
Community $50

4-SESSION PACK
Faculty/staff/student $140
Community $160

10-SESSION PACK
Faculty/staff/student $300
Community $350

10-SESSION PACK FOR COUPLE
(Per person rate when purchased with partner)
Faculty/staff/student $250
Community $300

20-SESSION PACK
Faculty/staff/student $575
Community $700

30-SESSION PACK
Faculty/staff/student $825
Community $1,050

40-SESSION PACK
Faculty/staff/student $1,000
Community $1,400

PERSONAL TRAINING FEES

SINGLE SESSION
Faculty/staff/student $45
Community $50

4-SESSION PACK
Faculty/staff/student $140
Community $160

10-SESSION PACK
Faculty/staff/student $300
Community $350

10-SESSION PACK FOR COUPLE
(Per person rate when purchased with partner)
Faculty/staff/student $250
Community $300

20-SESSION PACK
Faculty/staff/student $575
Community $700

30-SESSION PACK
Faculty/staff/student $825
Community $1,050

40-SESSION PACK
Faculty/staff/student $1,000
Community $1,400
POOL MEMBERSHIP
Pool is 25 yards, 6 lanes

POOL MEMBERSHIP
Registration for Pool Membership is in person at the Tennis Center during the pool hours listed below. Please note: All members must check in at the Fitness Center, Room 206, before entering the pool/locker room.

For 18 years and older:
DATES: SEPTEMBER 5, 2017–JUNE 1, 2018
• 1-year Membership: $360
• 6-month Membership: $255
• 1-year Fitness/Pool combo: $470

HOURS
Monday & Wednesday  7:15–9:45 pm
Thursday  7:45–9:45 pm
Friday  7:15–8:45 pm
Saturday & Sunday  4:00–6:00 pm


WE WILL POST ANY OTHER POOL CLOSINGS.

CHILDREN’S POOL PASS
Registration for the Pool Pass must be in person at the Tennis Center during the pool hours listed below. Please note: All members must check in at the Fitness Center, Room 206, before entering the pool/locker room.

PRICES
• 1-year Membership: $255
• 6-month Membership: $200

Open swim time is available for children 4–17 years old. A parent must be present in the water with children who are in Level 1–Level 3. For children in Level 4 or higher, a parent must be present in the pool area to supervise the child. The parent must purchase a pool pass as well.

POOL HOURS
Thursday  7:45–9:45 pm
Saturday & Sunday  4:00–6:00 pm

DATES CLOSED: November 9 & 23–26 and December 22–January 28.

WE WILL POST ANY OTHER POOL CLOSINGS.

Fall 2017 SESSION I
Swim Registration Information

SWIM CLASS REFUNDS/ CANCELLATIONS
All lessons must be cancelled by Monday, August 21, 2017; otherwise the full amount for the lessons will be charged.

All refunds will be issued as an Aquatic Center credit. Absolutely no check or credit card refunds will be given.

Refunds in the form of an Aquatic Center credit must be used for the Fall Session II 2017; otherwise the credit will be voided and no longer accepted.

The Athletics Office will make every effort to be open during inclement weather; we do, however, reserve the right to cancel classes due to situations beyond our control. Makeup classes and credits will be at the discretion of the director.

There are NO makeup classes.

Please note: Parental viewing is permitted ONLY during the first class and last class. Everyone must wear a swim cap.

For children who ARE presently in our Summer 2017 Swim Program:

■ All students must pick up a Lottery Registration Number and Pre-Registration Form at the registration desk by the pool balcony; forms will be available during the last week of classes. Children will be evaluated during the last week.
■ Fill out the pre-registration form with your lottery number on it for Fall Session I, indicating your 1st, 2nd, and 3rd choices.
■ Present the completed registration form with payment to the registration desk by the pool balcony during your child’s class time on Saturday, August 19, or Sunday, August 20, between 10 am and 1:30 pm. (If your child takes weekday classes, you will have to come in to register on August 19 or 20.)
■ Registration will be processed on August 21 in the order of the Lottery Registration Numbers.
■ You will be notified if there are any problems.
■ Confirmations will be emailed out on August 23.

For children who are NOT presently in our Summer 2017 Swim Program:

■ Registration is by mail or in person on August 19 or August 20. Applications will be accepted beginning June 26. Applications must indicate your 1st, 2nd, and 3rd choices.

DISCOUNTS
We offer sibling discounts for children’s lessons.

■ Your first child pays the regular fee, and each additional child receives 10% off their tuition.

CHILDREN’S SWIMMING CLASSES
Ages 4 to 14

Description of swim levels:

TINY TOTS
Ages 4-5
A copy of the birth certificate must be submitted with registration form.

LEVEL 1
Children who have passed Tiny Tots or are age 6 and up and have never taken swim lessons.

LEVEL 2 THROUGH LEVEL 6
Children new to our program must be evaluated before the swim application is submitted. Evaluations are conducted during recreational swim time on Saturdays and Sundays, 4:00–5:30 pm.

Tiny Tots Classes
For ages 4-5 years. A copy of the birth certificate must be submitted with the registration form.

FA SATURDAYS: September 9–October 21
Section Time
TS1 10:00–10:40 am
TS2 12:00–12:40 pm
7 sessions $175

FA SUNDAYS: September 10–October 22
Section Time
TS3 10:00–10:40 am
TS4 1:00–1:40 pm
7 sessions $175
Competitive Swimming
For children with advanced swimming skills. Emphasis is on stroke analysis & competitive skills.
September 9–December 17
Section Day Time
CS1 Tuesdays 5:00–7:00 pm
CS2 Fridays 5:00–7:00 pm
CS3 Saturdays 10:00–11:45 am
CS4 Saturdays 6:00–8:00 pm
CS5 Sundays 9:00–10:45 am
CS6 Sundays 6:00–8:00 pm
4 times a week $525
3 times a week $450
2 times a week $375
1 time a week $300


ADULT SWIMMING CLASSES
Description of swim levels:
BEGINNER Little or no experience.
ADULT STROKE REFINEMENT Ability to swim in deep water, perform front crawl with rotary breathing, and perform back crawl.

Weekend Swim Classes
FA SATURDAYS: September 9–October 21
Section Time Level
SA1 10:00–10:45 am Level 2a (ages 4–8)
SA2 10:00–10:45 am Level 2b (ages 4–8)
SA3 10:00–10:45 am Level 3
SA4 11:00–11:45 am Level 3
SA5 11:00–11:45 am Level 1 (ages 6–8)
SA6 11:00–11:45 am Level 2 (ages 9–14)
SA7 12:00–12:45 pm Level 2a (ages 4–8)
SA8 12:00–12:45 pm Level 2b (ages 4–8)
SA9 12:00–12:45 pm Level 4a
SA10 12:00–12:45 pm Level 4b
SA11 1:00–1:45 pm Level 2a (ages 4–8)
SA12 1:00–1:45 pm Level 2b (ages 4–8)
SA13 1:00–1:45 pm Level 5
SA14 1:00–1:45 pm Level 6
SA15 2:00–2:45 pm Level 4a
SA16 2:00–2:45 pm Level 4b
SA17 2:00–2:45 pm Level 1 (ages 4–5)
SA18 2:00–2:45 pm Level 1 (ages 9–14)
7 sessions $185

Weekend Swim Classes
FA SATURDAYS: September 12–October 17
Section Time Level
FA1E1 5:00–5:45 pm Level 2a (ages 4–8)
FA2E2 5:00–5:45 pm Level 4a
FA3E3 5:45–6:30 pm Level 4b
FA4E4 5:45–6:30 pm Level 2b (ages 4–8)
FA5E5 6:30–7:15 pm Level 3
FA6E6 6:30–7:15 pm Level 5
6 sessions $160

Weekend Swim Classes
FA SATURDAYS: September 9–October 21
Classes meet 2:45–3:15 pm
Section Level
SMP1 Level 1
SMP2 Level 2a
SMP3 Level 2b
SMP4 Level 3
SMP5 Level 4a
7 sessions $280

Weekend Swim Classes
FA SATURDAYS: September 12–October 17
Classes meet 2:45–3:15 pm
Section Level
SM6 Level 1
SM7 Level 2a
SM8 Level 2b
SM9 Level 3
SM10 Level 4a
7 sessions $280

Weekend Semi-Private Swim Lessons (Three Students per Class)
FA SATURDAYS: September 9–October 21
Classes meet 2:45–3:15 pm
Section Level
SMP1 Level 1
SMP2 Level 2a
SMP3 Level 2b
SMP4 Level 3
SMP5 Level 4a
SMP6 Level 1
SMP7 Level 2a
SMP8 Level 2b
SMP9 Level 3
SMP10 Level 4a
7 sessions $280

Weekend Semi-Private Swim Lessons (Three Students per Class)
FA SATURDAYS: September 12–October 17
Classes meet 2:45–3:15 pm
Section Level
SMP1 Level 1
SMP2 Level 2a
SMP3 Level 2b
SMP4 Level 3
SMP5 Level 4a
SMP6 Level 1
SMP7 Level 2a
SMP8 Level 2b
SMP9 Level 3
SMP10 Level 4a
7 sessions $280

Weekend Swim Classes
FA SATURDAYS: September 9–October 21
Classes meet 3:15–4:00 pm
Section Level
AS1 Beginner
AS2 Intermediate
7 sessions $185

FA SUNDAYS: September 10–October 22
Classes meet 3:15–4:00 pm
Section Level
AS1 Beginner
AS2 Intermediate
7 sessions $185
FALL 2017 SESSION II
Swim Registration Information

SWIM CLASS REFUNDS/ CANCELLATIONS

- All lessons must be cancelled by October 23, 2017; otherwise the full amount for the lessons will be charged.
- All refunds will be issued as an Aquatic Center credit. Absolutely no check or credit card refunds will be given.
- Refunds in the form of an Aquatic Center credit must be used for the Winter 2018 Session; otherwise the credit will be voided and no longer accepted.

The Athletics Office will make every effort to be open during inclement weather; we do, however, reserve the right to cancel classes due to situations beyond our control. Makeup classes and credits will be at the discretion of the director.

There are NO MAKEUP CLASSES.

Please note: Parental viewing is permitted ONLY during the first class and last class. Everyone must wear a swim cap.

For children who ARE presently in our Fall 2017 Session I Swim Program:

- All students must pick up a Lottery Registration Number and Pre-Registration Form at the registration desk by the pool balcony. These will be available during the last week of classes. Children will be evaluated during the last week.
- Fill out the Pre-Registration Form with your lottery number on it for Fall Session II, indicating your 1st, 2nd, and 3rd choices.
- Present the completed registration form with payment to the registration desk by the pool balcony on Saturday, October 21, or Sunday, October 22, 10:00 am–3:00 pm. (If your child takes weekday classes, you will have to come in to register on October 21 or 22.)
- Registration will be processed on October 23 in the order of the Lottery Registration Numbers.
- You will be notified if there are any problems.
- Confirmations will be emailed on October 25.

For children who are NOT presently in our Fall 2017 Session I Swim Program:

- Registration is by mail or in-person on Saturday, October 21 and Sunday, October 22, 10 am–3 pm.
- Applications will be accepted beginning Sept. 11 and must indicate your 1st, 2nd, and 3rd choices.
- Registration will be processed in the order received on Oct. 23.
- Confirmations will be emailed on Oct. 25.

DISCOUNTS

We offer sibling discounts for children’s lessons.
- Your first child pays the regular fee, and each additional child receives 10% off their tuition.

CHILDREN’S SWIMMING CLASSES

Ages 4 to 14

Description of swim levels:
- TINY TOTS: A copy of the birth certificate must be submitted with registration form.
- LEVEL 1: Children who have passed Tiny Tots or are age 6 and up and have never taken swim lessons.
- LEVEL 2 THROUGH LEVEL 6: Children new to our program must be evaluated before the swim application is submitted. Evaluations are conducted during recreational swim time on Saturdays and Sundays, 4:00–5:30 pm.

Tiny Tots Classes

For children ages 4–5 years. A copy of the birth certificate must be submitted with the registration form.

SMP11  Level 1
SMP12  Level 2a (ages 6–8)
SMP13  Level 2b (ages 4–8)
SMP14  Level 3
SMP15  Level 4a
7 sessions $185

SMP16  Level 1
SMP17  Level 2a
SMP18  Level 2b
SMP19  Level 3
SMP20  Level 4a
7 sessions $280

Weekend Semi-Private Swim Lessons (Three Students per Class)

FA SATURDAYS: October 28–December 16
No Class: November 25

Section Time Level
SA19 10:00–10:45 am Level 2a (ages 4–8)
SA20 10:00–10:45 am Level 2b (ages 4–8)
SA21 10:00–10:45 am Level 3
SA22 11:00–11:45 am Level 3
SA23 11:00–11:45 am Level 1 (ages 6–8)
SA24 11:00–11:45 am Level 2 (ages 9–14)
SA25 12:00–12:45 pm Level 2a (ages 4–8)
SA26 12:00–12:45 pm Level 2b (ages 4–8)
SA27 12:00–12:45 pm Level 4a
SA28 12:00–12:45 pm Level 4b
SA29 1:00–1:45 pm Level 2a (ages 4–8)
SA30 1:00–1:45 pm Level 2b (ages 4–8)
SA31 1:00–1:45 pm Level 5
SA32 1:00–1:45 pm Level 6
SA33 2:00–2:45 pm Level 4a
SA34 2:00–2:45 pm Level 4b
SA35 2:00–2:45 pm Level 1 (ages 4–5)
SA36 2:00–2:45 pm Level 1 (ages 9–14)
7 sessions $185

FA SUNDAYS: October 29–December 17
No Class: November 26

Section Time Level
SU24 9:00–9:45 am Level 1 (ages 6–8)
SU25 9:00–9:45 am Level 2a (ages 4–8)
SU26 10:00–10:45 am Level 3
SU27 10:00–10:45 am Level 2b (ages 4–8)
SU28 11:00–11:45 am Level 1 (ages 6–8)
SU29 11:00–11:45 am Level 2 (ages 9–14)
SU30 11:00–11:45 am Level 5
SU31 11:00–11:45 am Level 6
SU32 12:00–12:45 pm Level 2a (ages 4–8)
SU33 12:00–12:45 pm Level 2b (ages 4–8)
SU34 12:00–12:45 pm Level 4a
SU35 12:00–12:45 pm Level 4b
SU36 12:00–12:45 pm Level 6
SU37 1:00–1:45 pm Level 2a (ages 4–8)
SU38 1:00–1:45 pm Level 2b (ages 4–8)
SU39 1:00–1:45 pm Level 4a
SU40 1:00–1:45 pm Level 6
SU41 11:00–11:45 am Level 6
SU42 11:00–11:45 am Level 5
SU43 2:00–2:45 pm Level 1 (ages 4–5)
SU44 2:00–2:45 pm Level 1 (ages 9–14)
7 sessions $185

Weeknight Swim Classes

FA THURSDAYS: November 2–December 14
No Class: November 9 & 23

Section Time Level
FATUE12 6:30–7:10 pm Level 5
FATUE10 5:00–5:40 pm Level 4b
FATUE9 5:45–6:25 pm Level 4a
FATUE8 5:00–5:40 pm Level 4a
FATUE7 5:00–5:40 pm Level 2a (ages 4–8)
FAW23 6:45–7:30 pm Level 4a
FAW22 6:45–7:30 pm Level 4b
FAW21 6:45–7:30 pm Level 5
5 sessions $120

Weekend Swim Classes

FA SATURDAYS: October 31–December 12
No Class: November 23

Section Time Level
FATUE7 5:00–5:40 pm Level 2a (ages 4–8)
FATUE8 5:00–5:40 pm Level 4a
FATUE9 5:45–6:25 pm Level 4b
FATUE10 5:45–6:25 pm Level 2b (ages 4–8)
FATUE11 6:30–7:10 pm Level 3
FATUE12 6:30–7:10 pm Level 5
7 sessions $185

Women Only–Beginner Class

Women (ages 18 +) swim lessons only. Men and boys not allowed in the pool area.

FA THURSDAYS: November 2–December 14
No Class: November 9 & 23

Section Time Level
FATUE11 5:00–5:40 pm Level 3
FATUE12 6:30–7:10 pm Level 5
7 sessions $120

Refunds in the form of an Aquatic Center credit. Absolutely no check or credit card refunds will be given.

Please note: Parental viewing is permitted ONLY during the first class and last class. Everyone must wear a swim cap.
**WINTER 2018 SESSION**

**Swim Registration Information**

**SWIM CLASS REFUNDS/ CANCELLATIONS**
- All lessons must be cancelled by Monday, December 18, 2017; otherwise the full amount for the lessons will be charged.
- All refunds will be issued as an Aquatic Center credit. Absolutely no check or credit card refunds will be given.
- Refunds in the form of Aquatic Center credit must be used for the Spring 2018 Session; otherwise the credit will be voided and no longer accepted.
- The Athletics Office will make every effort to be open during inclement weather; we do, however, reserve the right to cancel classes due to situations beyond our control. Makeup classes and credits will be at the discretion of the director.
- There are **NO** makeup classes.
- Please note: Parental viewing is permitted **ONLY** during the first class and last class. Everyone must wear a swim cap.

**ADULT SWIMMING CLASSES**

**Description of swim levels:**
- **BEGINNER** Little or no experience.
- **ADULT STROKE REFINEMENT** Ability to swim in deep water, perform front crawl with rotary breathing, and perform back crawl.

**Weekend Semi-Private Beginner Swim Lessons (3 Students per Class)**

**FA SATURDAYS:** October 28–December 16
No class November 25; classes meet 3:15–3:45 pm
**Section Level**
**SMPA3** Beginner
7 sessions $280

**FA SUNDAYS:** October 29–December 17
No class November 26; classes meet 3:15–3:45 pm
**Section Level**
**SMPA4** Beginner
7 sessions $280

**Weekend Swim Classes**

**FA SATURDAYS:** October 28–December 16
No class November 25; classes meet 3:15–4:30 pm
**Section Level**
**ASS** Beginner
AS6 Intermediate
7 sessions $185

**FA SUNDAYS:** October 29–December 17
No class November 26; classes meet 3:15–4:30 pm
**Section Level**
**AS7** Beginner
AS8 Intermediate
7 sessions $185

**DISCOUNTS**
We offer sibling discounts for children’s lessons.
- Your first child pays the regular fee, and each additional child receives 10% off their tuition.

**CHILDREN’S SWIMMING CLASSES**

**Ages 4 to 14**

**Description of swim levels:**

<table>
<thead>
<tr>
<th>TINY TOTS Aged 4–5</th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>LEVEL 1</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Children who have passed Tiny Tots or are age 4 and up and have never taken swim lessons.</td>
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<td></td>
</tr>
<tr>
<td><strong>LEVEL 2 THROUGH LEVEL 6</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Children new to our program must be tested before the swim application is submitted. Evaluations are conducted during recreational swim on Saturdays and Sundays, 4:00–5:30 pm.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Tiny Tots Classes**
For children ages 4–5 years. A copy of the birth certificate must be submitted with the registration form.

**WI SATURDAYS:** February 3–March 24
**Section Time Level**
**TS1** 10:00–10:40 am Level 1 (ages 6–8)
**TS2** 12:00–12:40 pm Level 2b (ages 4–8)
8 sessions $210

**WI SUNDAYS:** February 4–March 25
**Section Time Level**
**TS3** 10:00–10:40 am Level 1 (ages 6–8)
**TS4** 1:00–1:40 pm Level 2b (ages 4–8)
8 sessions $210

**Weekend Swim Classes**

**WI SATURDAYS:** February 3–March 24
**Section Time Level**
**SA1** 9:00–9:45 am Level 1 (ages 6–8)
**SA2** 9:00–9:45 am Level 2a (ages 4–8)
**SA3** 9:00–9:45 am Level 3
**SA4** 10:00–10:45 am Level 3
**SA5** 10:00–10:45 am Level 2b (ages 4–8)
**SA6** 11:00–11:45 am Level 1 (ages 6–8)
**SA7** 11:00–11:45 am Level 2 (ages 9–14)
**SA8** 11:00–11:45 am Level 5
**SA9** 11:00–11:45 am Level 6
**SA10** 12:00–12:45 pm Level 2a (ages 4–8)
**SA11** 12:00–12:45 pm Level 2b (ages 4–8)
**SA12** 12:00–12:45 pm Level 3
**SA13** 12:00–12:45 pm Level 4a
**SA14** 12:00–12:45 pm Level 4b
**SA15** 1:00–1:45 pm Level 4b
**SA16** 1:00–1:45 pm Level 2a (ages 4–8)
**SA17** 1:00–1:45 pm Level 2b (ages 4–8)
**SA18** 1:00–1:45 pm Level 6
**SA19** 2:00–2:45 pm Level 4a
**SA20** 2:00–2:45 pm Level 4b
**SA21** 2:00–2:45 pm Level 1 (ages 4–5)
**SA22** 2:00–2:45 pm Level 1 (ages 9–14)
8 sessions $210

**WI SUNDAYS:** February 4–March 25
**Section Time Level**
**SU1** 9:00–9:45 am Level 1 (ages 6–8)
**SU2** 9:00–9:45 am Level 2a (ages 4–8)
**SU3** 9:00–9:45 am Level 3
**SU4** 10:00–10:45 am Level 3
**SU5** 10:00–10:45 am Level 2b (ages 4–8)
**SU6** 11:00–11:45 am Level 1 (ages 6–8)
**SU7** 11:00–11:45 am Level 2 (ages 9–14)
**SU8** 11:00–11:45 am Level 5
**SU9** 11:00–11:45 am Level 6
**SU10** 12:00–12:45 pm Level 2a (ages 4–8)
**SU11** 12:00–12:45 pm Level 2b (ages 4–8)
**SU12** 12:00–12:45 pm Level 3
**SU13** 12:00–12:45 pm Level 4a
**SU14** 12:00–12:45 pm Level 4b
**SU15** 1:00–1:45 pm Level 5
**SU16** 1:00–1:45 pm Level 2a (ages 4–8)
**SU17** 1:00–1:45 pm Level 2b (ages 4–8)
**SU18** 1:00–1:45 pm Level 6
**SU19** 2:00–2:45 pm Level 4a
**SU20** 2:00–2:45 pm Level 4b
**SU21** 2:00–2:45 pm Level 1 (ages 4–5)
**SU22** 2:00–2:45 pm Level 1 (ages 9–14)
8 sessions $210

**For children who are presently in our Fall 2017 Session II Swim Program:**
- All students must pick up a Lottery Registration Number and Pre-Registration Form at the registration desk by the pool balcony. These will be available the last week of classes. Children will be evaluated during the last week.
- Fill out the Pre-Registration Form with your lottery number on it for the Winter 2018 Session, indicating your 1st, 2nd, and 3rd choices.
- Present the completed registration form with payment to the registration desk by the pool balcony on Saturday, December 16, or Sunday, December 17, 10:00 am–3:00 pm. (If your child takes weekday classes, you will have to come in to register on December 16 or 17.)
- Registration will be processed on December 18 in the order of the Lottery Registration Numbers.
- You will be notified if there are any problems.
- Confirmations will be mailed out on December 20.

**For children who are NOT presently in our Fall 2017 Session II Swim Program:**
- Registration is by mail or in-person on Saturday, December 16 and Sunday, December 17, 10 am–3 pm.
- Applications will be accepted beginning Oct. 30 and must indicate your 1st, 2nd, and 3rd choices.
- Registration will be processed in the order received on December 18.
- Confirmations will be mailed out on December 20.
Weeknight Swim Classes

**WI TUESDAYS:** February 6–March 20

<table>
<thead>
<tr>
<th>Section</th>
<th>Time</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>WITUE1</td>
<td>5:00–5:45 pm</td>
<td>Level 2a (ages 4–8)</td>
</tr>
<tr>
<td>WITUE2</td>
<td>5:00–5:45 pm</td>
<td>Level 4a</td>
</tr>
<tr>
<td>WITUE3</td>
<td>5:45–6:30 pm</td>
<td>Level 4b</td>
</tr>
<tr>
<td>WITUE4</td>
<td>5:45–6:30 pm</td>
<td>Level 2b (ages 4–8)</td>
</tr>
<tr>
<td>WITUE5</td>
<td>6:30–7:15 pm</td>
<td>Level 3</td>
</tr>
<tr>
<td>WITUE6</td>
<td>6:30–7:15 pm</td>
<td>Level 5</td>
</tr>
</tbody>
</table>

7 sessions $185

Women Only–Beginner Class

Women (ages 18 +) swim lessons only. Men and boys not allowed in the pool area.

**WI THURSDAYS:** February 8–March 22

<table>
<thead>
<tr>
<th>Section</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>WIT01</td>
<td>6:45–7:30 pm</td>
</tr>
</tbody>
</table>

7 sessions $185

**Weekend Semi-Private Swim Lessons (Three Students per Class)**

**WI SATURDAYS:** February 3–March 24

Classes meet 2:45–3:15 pm

<table>
<thead>
<tr>
<th>Section</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>SMP1</td>
<td>Level 1</td>
</tr>
<tr>
<td>SMP2</td>
<td>Level 2a</td>
</tr>
<tr>
<td>SMP3</td>
<td>Level 2b</td>
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<tr>
<td>SMP4</td>
<td>Level 3</td>
</tr>
<tr>
<td>SMP5</td>
<td>Level 4a</td>
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</table>

8 sessions $320

**WI SUNDAYS:** February 4–March 25

Classes meet 2:45–3:15 pm

<table>
<thead>
<tr>
<th>Section</th>
<th>Level</th>
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</thead>
<tbody>
<tr>
<td>SMP6</td>
<td>Level 1</td>
</tr>
<tr>
<td>SMP7</td>
<td>Level 2a</td>
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<tr>
<td>SMP8</td>
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<tr>
<td>SMP9</td>
<td>Level 3</td>
</tr>
<tr>
<td>SMP10</td>
<td>Level 4a</td>
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8 sessions $320

Competitive Swimming

For children with advanced swimming skills. Emphasis is on stroke analysis and competitive skills.

**February 3–June 17**

<table>
<thead>
<tr>
<th>Section</th>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>CS1</td>
<td>Tuesdays</td>
<td>5:00–7:00 pm</td>
</tr>
<tr>
<td>CS2</td>
<td>Fridays</td>
<td>5:00–7:00 pm</td>
</tr>
<tr>
<td>CS3</td>
<td>Saturdays</td>
<td>9:00–10:45 am</td>
</tr>
<tr>
<td>CS4</td>
<td>Saturdays</td>
<td>6:00–8:00 pm</td>
</tr>
<tr>
<td>CS5</td>
<td>Sundays</td>
<td>9:00–10:45 am</td>
</tr>
<tr>
<td>CS6</td>
<td>Sundays</td>
<td>6:00–8:00 pm</td>
</tr>
</tbody>
</table>

4 times a week $625 • 3 times a week $550
2 times a week $475 • 1 time a week $400

**Dates Closed:** March 30–April 8 & May 25–27

ADULT SWIMMING CLASSES

**BEGINNER**

Little or no experience.

**ADULT STROKE REFINEMENT**

Ability to swim in deep water, perform front crawl with rotary breathing, and perform back crawl.

**Weekend Semi-Private Beginner Swim Lessons (Three Students per Class)**

**WI SATURDAYS:** February 3–March 24

Classes meet 3:15–3:45 pm

<table>
<thead>
<tr>
<th>Section</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>SMPA1</td>
<td>Beginner</td>
</tr>
</tbody>
</table>

8 sessions $320

**WI SUNDAYS:** February 4–March 25

Classes meet 3:15–4:00 pm

<table>
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<th>Section</th>
<th>Time</th>
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<td>SMPA2</td>
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</table>

8 sessions $320

**Weekend Swim Classes**

**WI SATURDAYS:** February 3–March 24

Classes meet 3:15–4:00 pm

<table>
<thead>
<tr>
<th>Section</th>
<th>Level</th>
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</thead>
<tbody>
<tr>
<td>AS1</td>
<td>Beginner</td>
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<tr>
<td>AS2</td>
<td>Intermediate</td>
</tr>
</tbody>
</table>

8 sessions $210

**WI SUNDAYS:** February 4–March 25

Classes meet 3:15–4:00 pm

<table>
<thead>
<tr>
<th>Section</th>
<th>Level</th>
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</thead>
<tbody>
<tr>
<td>AS3</td>
<td>Beginner</td>
</tr>
<tr>
<td>AS4</td>
<td>Intermediate</td>
</tr>
</tbody>
</table>

8 sessions $210

**CALL FOR A FREE BROCHURE at 718-997-2759**
APPLICATION FOR SWIMMING CLASSES*

Name ____________________________________________________________________

Parent’s/Guardian’s Name _____________________________________________________

Address ____________________________________________________ Apt. # __________

City/State/Zip___________________________________________________ Age _______

Phone (Home) ___________________________ (Cell) ___________________________

Email Address _____________________________________________________________

How would you prefer to be contacted?  □ Phone  □ Email

SECTION  SEMESTER  COURSE LEVEL/TITLE  FEE

Sibling Discount ____________________

Total ___________________________

Have you ever been in our Recreation Program?  □ Yes  □ No

FORM OF PAYMENT
□ Check/Money Order  □ MasterCard  □ Visa  □ Discover

Account # ___________________________ Exp. Date ________________ CID Code_________

3-digit code on back

Card in the name of _________________________________________________________

Signature _________________________________________________________________

Mail completed application with payment to:

Queens College Swimming Program
65-30 Kissena Blvd.
Queens, NY 11367-1597

Payment must accompany application.

Make check/money order payable to QC Swimming Program.

*PLEASE NOTE:
1. We reserve the right to adjust the Aquatic Program hours at our discretion for holidays, school closings, or community needs.
2. We will NOT grant refunds for unexpected closings due to changing circumstances.
3. There are NO refunds or makeup classes.
4. Parental viewing is permitted ONLY on the first and the last day of swim classes.

JOIN US AT QUEENS COLLEGE’S

SUMMER CAMP

An exciting, fun-filled day camp.

◆ For children ages 5–14.
◆ Located on our beautifully landscaped 80-acre campus.
◆ The spacious FitzGerald Gym houses an Olympic-standard pool and basketball courts.
◆ Outdoor facilities include softball and soccer fields and new tennis courts.
◆ Instruction in swimming, tennis, basketball, computers, art, math, reading, and theatre production.

Join us at FitzGerald Gymnasium for an Open House for Summer Camp 2018—held 10:00–11:30 am on Saturdays or Sundays beginning in late January through mid-June. Please call or visit our website for specific dates.

QCcamp.com • 718-997-2777

SPORTS CLINICS

Individual sports instruction, skills, and strategies to improve the young athlete’s game.

Check out the Queens College Knights website for dates.

www.QueensKnights.com/clinics