

FALL 2021



PROGRAMS

Michael J. Tully, Jr. Park

Aquatic Activity Center
1801 Evergreen Avenue
New Hyde Park, NY 11040
Phone: (516) 869-6311

<http://www.northhempsteadny.gov>

The Aquatic Activity Center is an
accessible facility



TUESDAY & THURSDAY CLASSES

SEPT 28 - DEC 23

AQUACISE: 9:30am—10:30am

\$45 FOR MEMBERS ONLY

*CLASS WILL NOT MEET ON NOV. 2, 4, 25

CARDIO CORE: 11:00am-12:00pm

\$45 MEMBER

\$184 NON MEMBER

\$221 NON RESIDENT

*CLASS WILL NOT MEET ON NOV. 2, 4, 25

YOGA: 12:15pm—1:15pm

\$45 MEMBER

\$184 NON MEMBER

\$221 NON RESIDENT

*CLASS WILL NOT MEET ON NOV. 2, 4, 25

DEEP WATER AQUACISE: 1:30pm—2:30pm

\$45 FOR MEMBERS ONLY

*CLASS WILL NOT MEET ON NOV. 2, 4, 25

AQUACISE: 6:00PM – 6:45PM

\$45 FOR MEMBERS ONLY

*CLASS WILL NOT MEET ON NOV. 2, 25

CHILDREN'S SWIM LESSONS SATURDAYS

October 16 – November 20

ONLY FOR RESIDENTS

GUPPIES: 10:50am—11:20am

\$45 MEMBER \$95 NON MEMBER

DOLPHINS: 7:50am-8:20am

\$45 MEMBER \$95 NON MEMBER

WHALES: 8:30AM-9:00am OR 9:50am – 10:20am

\$45 MEMBER \$95 NON MEMBER

SUNFISH: 9:10am—9:40am OR 10:30—11:00am

\$45 MEMBER \$95 NON MEMBER

THESE CLASSES ALL RUN FOR 50 MINUTES.

LEVEL 2: 7:50am OR 8:50am OR 9:50am

\$75 MEMBER \$110 NON MEMBER

LEVEL 3: 7:50am OR 8:50am OR 10:50am

\$75 MEMBER \$110 NON MEMBER

LEVEL 4: 7:50am OR 9:50am

\$75 MEMBER \$110 NON MEMBER

LEVEL 5: 8:50am OR 9:50am

\$75 MEMBER \$110 NON MEMBER

LEVEL 6: 10:50am

\$75 MEMBER \$110 NON MEMBER

PREREQUISITE TO SWIM LESSONS AT TULLY PARK

WE WILL BE ASSESSING CHILDREN'S SWIMMING ABILITIES TO DETERMINE THE SWIM LEVEL IN WHICH TO REGISTER YOUR CHILD.

****ASSESSMENTS WILL BE THE WEEK BEFORE REGISTRATION. PLEASE MAKE YOUR APPOINTMENT AT THE FRONT DESK.****

ADULT SWIM LESSONS

ADULT SWIM LESSONS: 11:00am-11:30am

WEDNESDAYS ONLY: OCTOBER 13 – NOVEMBER 17

\$45 MEMBER \$80 NON MEMBER

ADULT SWIM LESSONS: 6:50pm-7:20pm

THURSDAYS ONLY: OCTOBER 14 – NOVEMBER 18

\$45 MEMBER \$80 NON MEMBER

Program Registration for Aquatic Activity Center/ Members

Begins Saturday, September 18, 2021 9am—4:30pm

Program Registration for Non-Members of the Aquatic Activity Center/ Residents

Begins Saturday, September 25, 2021 9am—4:30pm

MUST SHOW PROOF OF RESIDENCY (PHOTO ID ie: Drivers' License)

MUST SHOW BIRTH CERTIFICATE FOR CHILDREN

Program Registration for Non-Residents

Begins Monday, September 27, 2021 9am—7pm

(available for select exercise classes only)

Payment Methods: Visa, MasterCard, check or money order, made payable to:

The Town of North Hempstead

NO CASH ACCEPTED

NO REFUNDS

THERE ARE NO REFUNDS AND NO MAKE UP CLASSES!