

FALL 2022 PROGRAMS

TOWN OF NORTH HEMPSTEAD

Michael J. Tully, Jr. Park

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

<http://www.northhempsteadny.gov>



TUESDAY & THURSDAY CLASSES

September 27 - December 15

(CLASSES WILL NOT MEET ON NOVEMBER 24 THANKSGIVING DAY)

AQUACISE: 8:45am - 9:45am

\$45 FOR MEMBERS ONLY

CARDIO CORE: 10:15am - 11:15am

\$45 MEMBER \$184 NON MEMBER \$221 NON RESIDENT

YOGA: 11:30am - 12:30pm

\$45 MEMBER \$184 NON MEMBER \$221 NON RESIDENT

DEEP WATER AQUACISE: 1:00pm - 2:00pm

\$45 FOR MEMBERS ONLY

AQUACISE: 2:15pm - 3:15pm

\$45 FOR MEMBERS ONLY

AQUACISE: 6:00PM - 6:45PM

\$45 FOR MEMBERS ONLY

LIFEGUARD TRAINING COURSE - American Red Cross Blended

Specifically For ADULT candidates 30+, 40+, 50+ to 100 yrs old!

(Classes for 15 yr olds and up will be offered in the Winter & Spring Session)

PRE-TEST REQUIRED - ASK FOR DETAILED FLYER AT FRONT DESK!

Pretesting begins November 14th

CHILDREN'S SWIM LESSONS SATURDAYS

OCTOBER 15 – NOVEMBER 19

See companion Class Description Guide for each skill level

ONLY FOR RESIDENTS

GUPPIES: 9:50am—10:20am (6months – 3yrs. old)

\$45 MEMBER \$95 NON MEMBER

DOLPHINS: 7:50am-8:20am (3yrs old to 5yrs old)

\$45 MEMBER \$95 NON MEMBER

WHALES: 8:30AM-9:00am (3yrs old to 5yrs old)

\$45 MEMBER \$95 NON MEMBER

SUNFISH: 9:10am—9:40am (must be 5 yrs. old for this class)

\$45 MEMBER \$95 NON MEMBER

THESE CLASSES ALL RUN FOR 50 MINUTES.

Must be 6yrs or older for these classes

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

\$75 MEMBER \$110 NON MEMBER

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

\$75 MEMBER \$110 NON MEMBER

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

\$75 MEMBER \$110 NON MEMBER

LEVEL 5: 8:50am

\$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 12 – November 16

\$45 MEMBER \$80 NON MEMBER

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

THURSDAYS ONLY: October 13 – November 17

\$45 MEMBER \$80 NON MEMBER

Program Registration for Aquatic Activity Center/ Members

Begins Saturday, September 17, 2022 8am—4:30pm

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

Begins Saturday, September 24, 2022 8am—4:30pm

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

MUST SHOW BIRTH CERTIFICATE FOR CHILDREN

Program Registration for Non-Residents (only select classes)

Begins Monday, October 3, 2022 8am—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!