Help BPC stay green this holiday season! Please deposit your tree on the curb without decorations. BPCA staff will pick up trees thru January 27. Trees are chipped and used for mulch in the parks of Battery Park City. For more information email: info@bpca.ny.gov or call: 212-267-9700.
MESSAGE FROM THE BATTERY PARK CITY AUTHORITY
PRESIDENT & CEO, B.J. JONES

‘Tis the season! After another great year here in Battery Park City we invite all our residents, partners, and friends to join us for a 2020 that’s chock full of fun. This winter we’ve got 900 programs and events on offer across our indoor and outdoor public spaces, including an expanded and topical Tuesday Talks series, holiday and cultural celebrations in our Community Room, Friday Night art house film classics and a concert and poetry marking Earth Day’s 50th Anniversary!

We look forward to spending the season with you in Battery Park City.

See you here.

Stay connected
www.bpca.ny.gov
facebook.com/batteryparkcityparks
twitter.com/bpca_ny
instagram.com/bpcparks
FRIDAY, JAN10
FRIDAY NIGHT ART HOUSE CLASSICS:
PUTNEY SWOPE
6PM, 6 RIVER TERRACE
The best art house cinema is characterized by independent filmmakers with uncompromising vision. This series features courageous films inspired by the civil rights movement. *Putney Swope* is a 1969 satirical comedy film about a black advertising executive. The film satirizes the advertising world, the portrayal of race in Hollywood films, the white power structure and the nature of corporate corruption. Free popcorn will be served, and a discussion will follow the screenings. *Mature audiences only.*

MONDAY, JAN13
WRITE ME FILM SCREENING AND ARTIST & ACTIVIST TALKBACK
7PM, MUSEUM OF JEWISH HERITAGE
36 BATTERY PLACE
Write Me (2019; 7 mins.) follows a Holocaust survivor and a survivor of human trafficking regaining power over their bodies by removing physical evidence of “branding.” *Write Me* is adapted from the poem, “After Auschwitz,” by Deborah Kahan Kolb, and premieres at New York Jewish Film Festival. The preview screening will be followed by a discussion with director Pearl Gluck, poet Deborah Kahan Kolb, composer Lisa Gutkin, Auschwitz survivor Shirley Gottesman, trafficking survivor Barbara Freeman and tattoo artist Virginia Elwood. The free evening is part of a series to engage audiences in conversations on art, social justice, and history. *Write Me* programs are made possible through a community partnership with the Museum of Jewish Heritage - A Living Memorial to the Holocaust and the Battery Park City Authority.

TUESDAY, JAN14
TUESDAY TALKS:
CONVERSATION WITH PAUL RIECKHOFF
7PM, 6 RIVER TERRACE
Paul Rieckhoff, host of the Angry Americans podcast, is a BPC resident, veteran of the Iraq War, writer, activist and an advocate for veteran’s rights. Rieckhoff will host an informal and engaging conversation addressing local issues which may end up in the national spotlight during the upcoming Democratic presidential debates and 2020 Presidential election. The discussion will include questions from the audience.
SUNDAY, JAN 26
2020 ANNUAL ART EXHIBITION
OPENING RECEPTION
1-3PM, 75 BATTERY PLACE

ART ON VIEW WEEKDAYS
JAN 27-MAR 27, 2-4PM

All are welcome to come and enjoy the inspired artwork created by participants of all ages at BPCA's art programs. Meet many of the participating artists, the artist/educators who lead the programs, and learn about upcoming BPCA art programs and events. No viewing on 2/17.

SATURDAY, JAN 25
SATURDAY FAMILY WORKSHOPS
MASQUERADE: BULGARIAN SURVA
11AM-12:30PM, 6 RIVER TERRACE

Surva is a Balkan festival where thousands of people join in a grand parade of costumes and folkloric games to scare away evil spirits, and wish a prosperous year to all. Make your own Surva inspired mask and take part in a parade led by Young Bulgarian Voices of New York. Art project is designed for ages 4 and up.

11AM: ART PROJECT
11:45: FAMILY CONCERT
FRIDAY, FEB 07

FRIDAY NIGHT ART HOUSE CLASSICS: SHADOWS
6PM, 6 RIVER TERRACE

The best art house cinema is characterized by independent filmmakers with uncompromising vision. This series features courageous films inspired by the civil rights movement. Shadows is a 1958 American independent dramatic film directed by John Cassavetes about race relations during the Beat Generation years in NYC. Free popcorn will be served, and a discussion will follow the screenings. Mature audiences only.

THURSDAY, FEB 06

WRITE ME POETRY WORKSHOP
7PM, MUSEUM OF JEWISH HERITAGE
36 BATTERY PLACE

Join poets Deborah Kahan Kolb, who wrote “After Auschwitz” which served as text for the film Write Me; Cornelius Eady, co-founder of Cave Canem Foundation, the Brooklyn-based incubator for African American poetry, and other poets in a workshop to analyze poetry and encourage writing as a source of healing, resistance, and transmitting personal histories. The evening is part of an intergenerational series to engage audiences in conversations on art, social justice, history, and current events.

Write Me programs are made possible through a community partnership with the Museum of Jewish Heritage – A Living Memorial to the Holocaust and the Battery Park City Authority.

TUESDAY TALKS: EXPLORING THE AFRICAN BURIAL GROUND MEMORIAL
1PM, 6 RIVER TERRACE

In celebration of Black History Month, guest speaker T. Rasul Murray, a historical interpreter and griot at the African Burial Ground National Monument, will present an overview of this sacred site in Lower Manhattan which honors African Americans and informs on the hardships they endured in early America. Discovered in 1991, the burial ground is considered to be one of the most significant archeological finds in the U.S. over the last 100 years.

TUESDAY, FEB 04

TUESDAY TALKS: EXPLORING THE AFRICAN BURIAL GROUND MEMORIAL
1PM, 6 RIVER TERRACE
WEDNESDAY, FEB 19
WRITE ME STORYTELLING WORKSHOP
FOR TEENS AND ADULTS
7PM, MUSEUM OF JEWISH HERITAGE
36 BATTERY PLACE
Pearl Gluck, filmmaker and director of Write Me (2019; 7mins.), a film about Holocaust and human trafficking survivors, will lead a writing workshop in which participants will have the option to share short stories, with an emphasis on personal narratives. The free evening is part of a series to engage audiences in conversations on art, social justice, and history. Write Me programs are made possible through a community partnership with the Museum of Jewish Heritage - A Living Memorial to the Holocaust and the Battery Park City Authority.

SUNDAY, FEB 09
VALENTINE MAKING WORKSHOP*
11AM, 6 RIVER TERRACE
FREE PROGRAM:
REGISTRATION IS REQUIRED, SPACE IS LIMITED
All we need is LOVE! Take part in this time-honored annual BPC tradition where participants are invited to make personalized, handmade cards for their loved ones. Cut, paste and decorate with provided materials, and don’t forget to seal it with a kiss. Art projects are designed for ages 4 and up.

SATURDAY, FEB 22
SATURDAY FAMILY WORKSHOPS
MASQUERADE: VENICIAN CARNIVAL
11AM - 12:30PM, 6 RIVER TERRACE
The Carnival of Venice is world renowned for elaborate and colorful masks and for the ancient theatrics of the Commedia dell’Arte. In this workshop, participants will make their own character masks and watch a performance by the Kairos Italy Theater in English and Italian. Art project is designed for ages 4 and up.

11AM: ART PROJECT
11:45: FAMILY CONCERT

* Registration required. Call 212-267-9700 or email registration@b pca.ny.gov
SATURDAY, MAR07
SATURDAY FAMILY WORKSHOPS
S.T.E.A.M. DREAM
11AM-12:30PM, 6 RIVER TERRACE
Kids are invited to pick up S.T.E.A.M (Science, Technology, Engineering, Arts and Mathematics) at this special event featuring quirky projects from BK Robot Foundry, an interactive discovery zone, and live performance by Soul Science Lab featuring Code SCTY. Projects are designed for ages 4 and up.
11AM: S.T.E.A.M. PROJECTS
11:45: FAMILY CONCERT

FRIDAY, MAR13
FRIDAY NIGHT ART HOUSE CLASSICS:
THE HARDER THEY COME
6PM, 6 RIVER TERRACE
The best art house cinema is characterized by filmmakers with uncom-promising vision. This series features courageous films inspired by the civil rights movement. The Harder They Come is a 1972 Jamaican film that features Jimmy Cliff as an aspiring young singer from the countryside who travels to Kingston to pursue musical stardom. After being victimized by an unscrupulous record producer, the local drug trade and corrupt police, he fights back and becomes an inadvertent folk hero. Free popcorn will be served, and a discussion will follow the screenings. Mature audiences only.
THURSDAY, MAR 26
WRITE ME FILM SCREENING AND EDUCATORS & ACTIVIST PANEL
6:30PM, MUSEUM OF JEWISH HERITAGE
36 BATTERY PLACE

In honor of Women’s History month, Pearl Gluck will introduce her short film Write Me (2019; 7 mins.) followed by a panel discussion on branding and marking of women’s bodies in the context of trafficking and power. With Rochelle G. Saidel, founder and executive director of the Remember the Women Institute and co-editor of Sexual Violence against Jewish Women during the Holocaust; Carol E. Henderson, Vice Provost for Diversity and Inclusion, Emory University and an author of Imagining the Black Female Body, and others. Free.

Write Me programs are made possible through a community partnership with the Museum of Jewish Heritage - A Living Memorial to the Holocaust and the Battery Park City Authority.

TUESDAY, MAR 24
TUESDAY TALKS: WOMEN’S WERK
7PM, 6 RIVER TERRACE

Building upon the success of last year’s discussion on the gig economy, this Women’s Month we focus on ‘next step’ practices to help propel your project forward. Topics covered in this informal talk and meet-and-greet with experts Kelly Ridgway, Alexis Henry and DJ Bembona will include sharing resources, financial literacy and developing your own personal support system. Wear your brand tee, swap swag, and network with like-minded women ‘werkin’ it’ just like you.

SATURDAY, MAR 21
SATURDAY FAMILY WORKSHOPS
MASQUERADE: JAPANESE MATSURI
11AM-12:30PM, 6 RIVER TERRACE

Traditional Japanese masks are archetypes borrowed from myth, ancient dances or Noh theater, which represent an array of people, creatures and animals. Make your own Japanese inspired mask and enjoy a dynamic drumming performance by Taiko Masala. Art project is designed for ages 4 and up.

11AM: ART PROJECT
11:45: FAMILY CONCERT
SATURDAY, APR 04
CHESS TOURNAMENT*
9AM - 1PM, 6 RIVER TERRACE
FEE: $15
Join us for a Swiss-style chess tournament where each participant will have the opportunity to compete and develop their interest in chess. An awards ceremony will follow the matches. For ages 5-12. This is a drop-off program.

SUNDAY, APR 05
KNICKERBOCKER CHAMBER ORCHESTRA:
SONGS OF OUR SPHERE—CELEBRATING THE 50TH ANNIVERSARY OF EARTH DAY!
4PM, 6 RIVER TERRACE
“Songs of Our Sphere” is inspired by ancient Greek philosopher Pythagoras’s Music of the Spheres. Pythagoras believed that the movements of celestial bodies are a form of music, and that, through this connection, humanity is at one with the universe. KCO musicians will present works that celebrate nature, such as Vivaldi’s Spring from “The Four Seasons;” excerpts from Copland’s “The Tender Land;” and Rodgers & Hammerstein’s “Oh, What A Beautiful Morning;” as well as works, such as Kurt Weill’s “Lost in the Stars”—all music that speaks to issues, spiritual and literal, that confront our continued existence on this earth.

SATURDAY, APR 18
RAPTORS!*
11AM, 6 RIVER TERRACE
FREE PROGRAM: REGISTRATION REQUIRED, SPACE IS LIMITED.
Volunteers for Wildlife is a nonprofit wildlife hospital and education center dedicated to the preservation and enhancement of Long Island’s wildlife and natural ecosystems. This is an exciting chance to meet live hawks, owls and falcons while learning about the many adaptations that make these animals some of the most skilled hunters on the planet. For ages 4 and up.

TUESDAY, APR 21
TUESDAY TALKS: NATURE IN POETRY WITH BOB HOLMAN
1PM, POETS HOUSE
10 RIVER TERRACE
Celebrate Earth Day with poet Bob Holman, founder of the Bowery Poetry Club and central figure in the spoken word, slam and digital poetry movements of the last several decades. His recent award winning work in language revitalization will be showcased with a screening of Khonsay: Poem of Many Tongues, which contains lines from 50 different endangered languages. Readings and discussions of original poems- as well as works of other poets inspired by nature- will highlight our connection with endangered species as we reflect on Earth Day.
Made possible through a partnership with Poets House and Battery Park City Authority.

MAKE EVERYDAY EARTH DAY!

* Registration required. Call 212-267-9700 or email registration@b pca.ny.gov
WEDNESDAY, APR 22

FESTIVAL CHAMBER MUSIC CONCERT
7–9PM, MUSEUM OF JEWISH HERITAGE
36 BATTERY PLACE
FEE: $10
Presented in conjunction with the Museum’s exhibition Auschwitz. Not Long Ago. Not Far Away, hear music by four composers including two who perished, one who survived the Holocaust and enjoyed a long, creative life and one who composes in honor of survivors. Performed by Festival Chamber Music director and cellist Ruth Sommers, Philip Edward Fisher, piano; Anna Elashvili, violin, Calvin Wiersma, viola, Gary Louie, saxophone, and Maureen McKay, soprano.
Please visit https://mjhnyc.org/purchase-tickets.

Made possible through a community partnership with the Museum of Jewish Heritage - A Living Memorial to the Holocaust and Battery Park City Authority.

THURSDAY, APR 23

POETRY PATH OPENING: CELEBRATING 10 YEARS IN BATTERY PARK CITY
6PM, POETS HOUSE
10 RIVER TERRACE
Celebrate 10 years of Poets House in Battery Park City with an installation of over 40 poems in a colorful, outdoor Poetry Path enlivening park walkways, benches, fences, and more. Enjoy poems from many cultures that inspire, delight and reflect the power and beauty of language. Meet some of the poets, enjoy readings and light refreshments, and explore the new Poetry Path. All ages welcome!

Made possible through a community partnership with Poets House and Battery Park City Authority.
MONDAYS
JAN 06-APR 27
MORNING MEDITATION
9:45–10:15AM, 6 RIVER TERRACE
Start your day by balancing your mind, body, and spirit during instructor guided meditation. This renowned practice lowers blood pressure, reduces stress, and strengthens the immune system. No program on 1/20 and 2/17.

MONDAYS
JAN 06-APR 27
SENIOR GROUP EXERCISE
10:30–11:45AM, 6 RIVER TERRACE
Strengthen the whole body from warm-up to cool-down with various fun exercises. The instructor will lead you in rhythmic movement and aerobics, balance and coordination exercises, as well as strength training. Come join the group and workout to great music! No program on 1/20 and 2/17.

TUESDAYS
JAN 07-APR 28
SENIOR DROP-IN
1-5PM, BPC COMMUNITY ROOM AT 200 RECTOR
Stop by the Community Room at 200 Rector and join seniors from the greater BPC area for conversations, local news, and informal card and board games. Make new friends and catch up with neighbors. For more information email: 200rector@bpca.ny.gov.
COMMUNITY ROOM CELEBRATIONS:
MONDAY, JAN13
KARAOKE JAM SESSION
2-4 PM, BPC COMMUNITY ROOM AT 200 RECTOR
Calling all wanna-be rockers, Broadway stars and crooners! Sing away the winter blues with a fun afternoon of friends and tunes at our very own karaoke “bar” complete with tea and treats.

FRIDAY, FEB14
VALENTINE’S DAY SWEET SWAP
2-4 PM, BPC COMMUNITY ROOM AT 200 RECTOR
Bring in a few dozen of one kind of sweet to trade with friends and BPCA staff at this quaint celebration of the sweetest day of the year!

TUESDAY, MAR17
ST. PATRICK’S DAY TEA
2-4 PM, BPC COMMUNITY ROOM AT 200 RECTOR
Everybody’s Irish on St. Paddy’s Day! Lads and lassies are invited to wear green and join friends and BPCA staff for tea and sweets on this cheery holiday.

COMMUNITY ROOM ART TALKS:
ART HISTORIAN AND NYC ART GUIDE SYLVIA LAUDIEN-MEO PRESENTS LIVELY, ILLUSTRATED TALKS.

THURSDAY, JAN30
AMERICAN IMPRESSIONIST PAINTER MARY CASSATT
11AM-12PM, BPC COMMUNITY ROOM AT 200 RECTOR
Mary Cassatt is a U.S. born painter and printmaker that depicted the lives of women, especially the special bond between mother and child. Mentored by the greats Degas and Pissarro, Cassatt was the only American artist to exhibit with the Impressionists in Paris.

THURSDAY, MAR12
ARTIST’S MODEL AND MUSE AUDREY MUNSON
11AM-12PM, BPC COMMUNITY ROOM AT 200 RECTOR
Audrey Munson was an American artist’s model and film actress, today considered “America’s First Supermodel.” The most prolific model of her time, statues of her likeness can be found in several of NYC’s parks and atop some of its tallest and most famous buildings.

THURSDAY, APR02
THE ALLEGORICAL FOUR CONTINENTS SCULPTURES BY DANIEL CHESTER FRENCH
11AM-12PM, BPC COMMUNITY ROOM AT 200 RECTOR
Daniel Chester French attained prominence as an American monumental sculptor in the early 20th Century. The Four Continents located in lower Manhattan, is made up of four distinct sculptures consisting of a central female figure surrounded by other figures and objects that represent Asia, America, Europe and Africa as seen by the artist.

Community Room Art Talks made possible through a community partnership with Battery Park City Seniors and Battery Park City Authority.
TUESDAYS
JAN 07-APR 28
ZUMBA JUMPSTART
10:30-11:30AM, 6 RIVER TERRACE
Join a fitness dance party with upbeat Latin music of salsa, merengue, hip hop, and more! Enthusiastic instruction creates a fun community of dancers who learn new steps each week. Bring your friends and share in this fit and fun dancing community.

TUESDAYS
JAN 07-APR 28
ZUMBA FIT
11:45-12:45AM, 6 RIVER TERRACE
Join a fitness dance party with upbeat Latin music of salsa, merengue, hip hop, and more! Enthusiastic instruction creates a fun community of dancers who learn new steps each week. Bring your friends and share in this fit and fun dancing community. No class 2/4, 4/21.
WEDNESDAYS
JAN08-APR29
ADULT CHORUS
1-2PM, 6 RIVER TERRACE
Directed by Church Street School of Music, the chorus is open to all who love to sing. Learn contemporary and classic songs and perform at community events throughout the year.

WEDNESDAYS
FEB05-MAR25
FIGURE DRAWING*
2:30-5PM, 6 RIVER TERRACE
FREE PROGRAM: REGISTRATION REQUIRED, SPACE IS LIMITED.
Challenge your artistic skills by drawing the human figure. Each week a model will strike long and short poses for participants to draw. An artist/educator will offer constructive suggestions and critique. Materials provided.

* Registration required. Call 212-267-9700 or email registration@b pca.ny.gov
PROGRAMS FOR SCHOOL-AGED KIDS

TUESDAYS
JAN 07 - MAR 31

CHESS LESSONS FOR CHILDREN*
PAWNS: (BEGINNERS, 5-7 YRS) 3:30–4PM
KNIGHTS: (INTERMEDIATES 7 YRS & UP) 4:10–4:50PM
ROOKS: (ADVANCED 8 YEARS & UP) 5–6PM
6 RIVER TERRACE
13 SESSIONS, $195

Classes designed for children to experience chess at their level: beginners (Pawns) for kids to learn how the pieces move, intermediate (Knights) for kids who know how the pieces move (this class introduces strategy and tactics), and advanced (Rooks) for kids with experience.

TUESDAYS
MAR 17 - APR 21

EARLY SPRING CHILDREN’S GARDENING*
3:45–5PM, CHILDREN’S GARDEN
ROCKEFELLER PARK
5 SESSIONS, $75

Celebrate spring by digging and planting in the Children’s Garden. Learn about green practices and composting firsthand. For children who enjoy nature and like to get dirty! Ages 6-10.

* Registration required. Call 212-267-9700 or email registration@b pca.ny.gov
Mondays
Jan 06 - Apr 27

Parent & Baby Yoga*
Free Program: Registration required, space is limited.
Session 1: 1-2:15pm
Session 2: 2:30-3:45pm
6 River Terrace
Enjoy yoga in a safe, supportive environment while learning postures and exercises specifically suited for new parents and babies - newborn through crawling. No program 1/20 and 2/17.

* Registration required. Call 212-267-9700 or email registration@b pca.ny.gov
WEDNESDAYS
JAN 08-APR 01
STORIES & SONGS*
FREE PROGRAM: REGISTRATION REQUIRED, SPACE IS LIMITED.
SESSION 1: 9:40-10:20AM
SESSION 2: 10:30-11:10AM
SESSION 3: 11:20AM-12PM
6 RIVER TERRACE
Share the experience of live musical performance and creative storytelling with your little one. Professional musicians will light up the spirit through song, movement, and dance. Rhythm instruments provided. For ages 6 months to 3.5 years.

THURSDAYS
JAN 09-APR 02
PRESCHOOL PLAY & ART*
SESSION 1: 10-11:30AM
SESSION 2: 3-4:30PM
6 RIVER TERRACE
13 SESSIONS, $195
Calling all toddlers! Interactive play, art-making, and more. For walking toddlers through preschool-aged children with accompanying adult. Adults participate throughout the program.

* Registration required. Call 212-267-9700 or email registration@b pca.ny.gov
6 RIVER TERRACE
6 River Terrace is our flexible community space, available to rent for parties, meetings, community events, family and holiday gatherings, business meetings, and more! The 2000 sq.ft, wheelchair accessible space has street level access and over 350 square feet of windows that provide natural light and views of the park and Hudson River.

Rates start at $600 for a two-hour event, with an hour before and after for set-up and clean-up.

Rental contract required. Applications must be received at least one month in advance of the requested rental date.

For venue tours, reservations, and for more information please call: 212-267-9700 ext. 9363 or email: 6riverterrace@b pca.ny.gov

BPC BALL FIELDS
WINTER HOURS
JAN01-FEB29
MONDAY - FRIDAY, 9AM-8PM
SATURDAY & SUNDAY, 9AM-8PM

Located at West Street between Murray and Warren Streets. Open year-round for group sports including softball, kickball, Ultimate Frisbee, lacrosse, football, and soccer. To apply for a Ball Fields permit, please visit: www.b pca.ny.gov/apply/permits
JAN 01 - JUN 30
MONDAY - FRIDAY, 7-10PM
SATURDAY & SUNDAY, 1-9PM
The Community Center is an affordable and convenient resource for recreation, sports, swimming and fitness.

ANNUAL MEMBERSHIPS
ADULTS (18+) $199
BATTERY PARK CITY RESIDENTS $179
YOUTH, SENIORS (62+), MILITARY $79
BATTERY PARK CITY RESIDENT YOUTHS, SENIORS, & MILITARY $59

FREE CLASSES FOR MEMBERS
Swim lessons for all ages, STRONG by Zumba, total body boxing workout, Tennis, Hatha yoga, Tai chi, badminton, bounce fit cardio and dance classes.

SUNDAYS, THURSDAYS JAN 02 - JUN 28
BADMINTON
SUNDAYS, 1-5:30PM
THURSDAYS, 7-9:30PM
Three courts are available for badminton play for all levels. Shuttlecocks and rackets provided.

SUNDAYS
GROUP SWIM LESSONS FOR KIDS
CYCLE 01: JAN 05 – FEB 23
CYCLE 02: MAR 01 – APR 19
CYCLE 03: APR 26 – JUN 21 (no class 5/24)
Learning to swim develops confidence both in and out of the water. Kids learn water safety skills, as well as a healthy physical activity that can be performed throughout life. Ages 6-12.
BEGINNER LEVEL 1: 1:1-1:45PM
BEGINNER LEVEL 2: 1:45-2:30PM
INTERMEDIATE LEVEL 1: 2:30-3:15PM
INTERMEDIATE LEVEL 2: 3:15-4PM
ADVANCED LEVEL 1: 4-4:45PM
ADVANCED LEVEL 2: 4:45-5:30PM (only cycles 2-3)

SUNDAYS
TENNIS LESSONS FOR ADULTS 6-8PM
CYCLE 01: JAN 05 – FEB 23
CYCLE 02: MAR 01 – APR 19
CYCLE 03: APR 26 – JUN 21 (no class 5/24)
Learn the mechanics of each stroke, proper court position and movement. Practice the fundamentals of tennis and develop your game! Bring your racket, balls are provided.

MONDAYS, WEDNESDAYS JAN 06 - JUN 29
HATHA YOGA
MONDAYS, 7-8PM (no class on 5/25)
WEDNESDAYS, 7-8PM (no class on 3/4, ends 3/25)
Learn poses and relaxation techniques while increasing energy levels in this slow-paced stretch class.

MONDAYS, TUESDAYS AND WEDNESDAYS
SWIM LESSONS FOR TEENS AND ADULTS
CYCLE 01: JAN 06 – FEB 26
CYCLE 02: MAR 02 – APR 22 (no class 3/4)
CYCLE 03: APR 27 – JUN 24 (no class 5/25)
Teens and adults gain self-confidence and learn life-long, and lifesaving water safety skills. Swimmers with some prior experience can refine their abilities. Private swim lessons also available.
BEGINNER: 7-7:45PM
ADVANCED: 7:45-8:30PM

MONDAYS, WEDNESDAYS JAN 06 - JUN 29
TOTAL BODY BOXING WORKOUT
MONDAYS, 7-8:30PM, (no class on 5/25)
WEDNESDAYS, 7-8:30PM, (no class on 3/4)
The biomechanics of the sport require developing power from the legs up, resulting in a total-body workout.
TUESDAYS, SATURDAYS
BOUNCE FIT CARDIO
TUESDAYS, 7:45-8:15PM
CYCLE 01: FEB 04–JUN 30
SATURDAYS, 1:15-2:15PM
CYCLE 01: JAN 18–FEB 15
CYCLE 02: MAR 14–JUN 27 (no class on 5/23, 6/6)
Get ready to jump into a fitter you! Fitness trampoline has gathered many fans all over the world, bouncing to energizing music while having loads of fun. Improve your cardio, balance and coordination while time flies by!

WEDNESDAYS, SATURDAYS
JAN 04-APR 29
ADULT FULL-COURT OPEN BASKETBALL
SATURDAYS, 1-6PM
WEDNESDAYS, 7-9:45PM

THURSDAYS
JAN 09-JUN 25
TAI CHI
7:15-8:15PM
Build muscle and strength, improve flexibility and balance, and increase aerobic conditioning. Tai Chi results in strength and focus of body and mind.

FRIDAYS, SATURDAYS
ADULT DANCE LESSONS
FRIDAYS: 7-8:15PM, HIP-HOP
8:30-9:45PM, SALSA
CYCLE 01: JAN 17–FEB 14
CYCLE 02: MAR 13–JUN 26 (no class 5/22, 6/5)
SATURDAYS, 4-5:15PM, AFROBEATS
CYCLE 01: JAN 18–FEB 15
CYCLE 02: MAR 14–JUN 27 (no class 5/23, 6/6)
Featuring some of the hottest Afrobeats and Soca songs, this open level will be fun and high energy. Come build your stamina and break a sweat on the dance floor.

SATURDAYS
JAN 18-JUN 27
YOUTH DANCE LESSONS
2:30-3:45PM, DANCE MIXER
CYCLE 01: JAN 18–FEB 15
CYCLE 02: MAR 14–JUN 27 (no class 5/23, 6/6)
Learn a variety of fun and energizing dance from week-to-week including Hip Hop, Salsa, Afrobeats, Soca, Pop and Stepping.
Ages 6-17.

THURSDAYS
JAN 09-JUN 25
TAI CHI
7:15-8:15PM
Build muscle and strength, improve flexibility and balance, and increase aerobic conditioning. Tai Chi results in strength and focus of body and mind.

SATURDAYS
JAN 18-JUN 27
YOUTH DANCE LESSONS
2:30-3:45PM, DANCE MIXER
CYCLE 01: JAN 18–FEB 15
CYCLE 02: MAR 14–JUN 27 (no class 5/23, 6/6)
Learn a variety of fun and energizing dance from week-to-week including Hip Hop, Salsa, Afrobeats, Soca, Pop and Stepping.
Ages 6-17.

TUESDAYS
FEB 04-JUN 30
STRONG BY ZUMBA
7:15-7:45PM
STRONG by Zumba is a revolutionary high-intensity workout led by music to motivate you to crush your ultimate fitness goals.