

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.north Hempsteadny.gov>

The Aquatic Activity Center is an  
accessible facility



# WINTER 2022 PROGRAMS

## TUESDAY & THURSDAY CLASSES

January 11 - April 14

AQUACISE: 9:30am—10:30am

\$45 FOR MEMBERS ONLY

\*CLASS WILL NOT MEET ON FEB.22, 24

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

\$45 MEMBER

\$208 NON MEMBER

\$250 NON RESIDENT

\*CLASS WILL NOT MEET ON FEB.22, 24

YOGA: 12:15pm—1:15pm

\$45 MEMBER

\$208 NON MEMBER

\$250 NON RESIDENT

\*CLASS WILL NOT MEET ON FEB.22, 24

DEEP WATER AQUACISE: 1:30pm—2:30pm

\$45 FOR MEMBERS ONLY

\*CLASS WILL NOT MEET ON FEB.22, 24

AQUACISE: 6:00PM – 6:45PM

\$45 FOR MEMBERS ONLY

\*CLASS WILL NOT MEET ON FEB.22, 24

### NEW! –LIFEGUARD TRAINING COURSE

AMERICAN RED CROSS BLENDED LIFEGUARD TRAINING COURSE AT  
TULLY PARK AQUATIC ACTIVITIES CENTER

MONDAYS & WEDNESDAY 4:30PM -7:30PM JANUARY 5 TO JANUARY 31

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

# CHILDREN'S SWIM LESSONS SATURDAYS

January 22 – March 12

(No classes Feb. 19 & Feb. 26)

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: January 26 – March 9 (no class Feb. 23)

\$45 MEMBER \$80 NON MEMBER

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

THURSDAYS ONLY: January 27 – March 10 (no class Feb. 24)

\$45 MEMBER \$80 NON MEMBER

## Program Registration for Aquatic Activity Center/ Members

*Begins Saturday, December 4, 2021 9am—4:30pm*

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

*Begins Saturday, December 11, 2021 9am—4:30pm*

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

*\*\*MUST SHOW BIRTH CERTIFICATE FOR CHILDREN\*\**

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## Program Registration for Non-Residents

*Begins Monday, December 20, 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!**