



Mad Science of Long Island  
Sparking Imaginative Learning

\$170

Grades K – 5

Saturdays 10:15am -11:15am

6 Weeks – 3/25, 4/1, 4/22, 4/29, 5/6, 5/13

To Register go to: [longisland.madscience.org](http://longisland.madscience.org)

**\*\*See Mad Science Flyer or Website for Class Description\*\***

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## 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>



# SPRING 2023 PROGRAMS

## TUESDAY & THURSDAY CLASSES

May 9 – August 17

(CLASSES WILL NOT MEET ON JULY 4, AUG. 1, AUG. 3)

AQUACISE: 8:45am - 9:45am

\$45 FOR MEMBERS ONLY

CARDIO CORE: 10:15am – 11:15am

\$45 MEMBER

\$208 NON MEMBER

\$250 NON RESIDENT

YOGA: 11:30am – 12:30pm

\$45 MEMBER

\$208 NON MEMBER

\$250 NON RESIDENT

DEEP WATER AQUACISE: 1:00pm – 2:00pm

\$45 FOR MEMBERS ONLY

AQUACISE: 2:15pm – 3:15pm

\$45 FOR MEMBERS ONLY

**LIFEGUARD TRAINING COURSE –**

**American Red Cross Blended**

**MAY 1 – MAY 24**

**Mondays & Wednesdays 4:30pm -7:30pm**

**(plus one Sunday May 21, 3pm -6pm)**

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

**Pretesting APRIL 19 4:30pm**

# CHILDREN'S SWIM LESSONS SATURDAYS

APRIL 1 – MAY 20

(NO CLASSES APRIL 8 & 15)

See companion Class Description Guide for each skill level

## ONLY FOR RESIDENTS

**GUPPIES: 9:50am—10:20am** (6months to 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: 6:50pm-7:20pm**  
**TUESDAYS ONLY: April 18 – May 23**  
\$45 MEMBER \$80 NON-MEMBER RESIDENT

**ADULT SWIM LESSONS: 11:00am-11:30am OR 11:50am – 12:20pm**  
**WEDNESDAYS ONLY: April 19 – May 24**  
\$45 MEMBER \$80 NON-MEMBER RESIDENT

**ADULT SWIM LESSONS: 6:50pm-7:20pm**  
**THURSDAYS ONLY: April 20 – May 25**  
\$45 MEMBER \$80 NON-MEMBER RESIDENT

## Program Registration for Aquatic Activity Center/ Members

***Begins Saturday, MARCH 18, 2023 8am—4:30pm***

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

***Begins Saturday, MARCH 25, 2023 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 for select classes)**

***Begins Monday, APRIL 3 8am—7pm***

***(available for Cardio Core, Yoga & Lifeguard Training 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!**