

Adult Sports & Activities

Adult Water Aerobics

Water is the best place to exercise and not put extra stress on your body.

Location: Cleveland Hill Pool
Start Date: January 28th [6552]
End Date: March 27th
Days/Times: Monday & Wednesday, 7:35-8:35pm
Days Off: 2/18, 2/20
Resident Fee: \$45
Non-Resident Fee: \$65
Daily Walk-in Fee: \$5 resident
 \$10 non-resident

Adult Fitness

Do your workout in Cleveland Hill School's fitness room beginning at 7pm. Half of the pool will be available for swimming laps beginning at 7:35. Or you can join our Water Aerobics class.

Location: Cleveland Hill School
Start Date: January 7th
End Date: May 29th
Days/Times: Monday & Wednesday, 7-8:30pm
Days Off: 1/21, 2/18 & 2/20, 4/22 & 4/24
Resident Fee: \$105
Non-Resident Fee: \$140
Daily Walk-in Fee: \$5 resident
 \$10 non-resident

Adult Fitness (mornings)

Come and start your mornings off with a great workout! Join us on Tuesdays and Thursdays for a wide variety of different classes. Calendars will be given out with types of classes being done each month. Calendars will also list days off. Just remember: you don't have to be great to start but you DO have to start to be great!

Start Date: Tuesday, January 8th [6571]
End Date: Thursday, May 23rd
Number of Classes: 34
Time: 9:00am – 10:00am
Resident Fee: \$68
Non-Resident Fee: \$88
Daily: \$5 resident
 \$10 non-resident

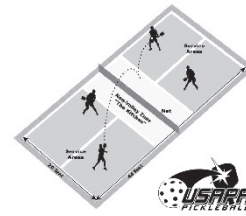
Adult Co-ed Kickball League

Saturdays or Tuesdays. League starts in May and runs 10 weeks. Cost is \$300 per team.

Start Dates: May 21
Umpire Fees: \$15 per game
Early Bird Registration:
 March 2, 10am-1pm
 Alexander Community Center

Pickleball

New to the Alexander Community Center is the latest craze in recreational sports! We have one open court available for all level of players. Equipment is available to borrow.



Start Date: Week of Jan. 8th
End Date: April 16th
Tuesdays 10:30 am - 1:30 pm
Call 897-7207, ext. 6649 for more information
Fee: \$3 per class



Indoor Volleyball Session II

Mondays: Women's Intermediate (every week)

Thursdays: Co-Ed Intermediate (every week)
Start Date: January 14 & 17 2019
End Date: April 2 & 5
Location: Alexander Community Center
Fee: \$300 per team



Adult Softball Leagues

Registration week is February 4-8 from 6-9pm at the Alexander Community Center (in the main office). Early Bird Reg. is Feb. 2 from 10am-1pm. Team Registration/Manager Information will be available at registration or online at www.tocny.org. A \$100 non-refundable deposit is necessary for all teams wishing to register.

Starts week of May 1st
Ends week of August 6th

League	Days	Reg. Fee	Resident Reg. Fee
Co-Ed	Mon/Tue/Wed/Thur	\$480	\$400
Women's	Wed/Thu	\$480	\$400
Men's	Sun/Mon/Wed/Thu/Fri	\$480	\$400
Men's Over 40	Tue	\$480	\$400
Wooden Bat 50+	Sat	\$310	---

- Not available for online registration
- Leagues are slow-pitch unless otherwise specified
- If a team has no forfeits during the season the umpire fee for the last regular season game will be free.
- A \$100 non-refundable deposit is required to register a team.
- Resident Teams must provide proof of residence for all team members

Umpire Fees: \$20 per game