

## Daycare

Ages served 18mos-5yrs

Hours 6:30am-5:30pm Mon-Fri.

Contact Jackie Gurbey  
jgurbey@cohoescommunitycenter.org

## School Aged Childcare

Grades: K-5

Eligibility: Child must be enrolled  
in Cohoes School District

AM Care 7 AM to 8:30 AM  
PM Care 2:30 PM to 5:30 PM

Contact Jackie Gurbey  
jgurbey@cohoescommunitycenter.org

## UPK

The Cohoes Universal Prekindergarten program is a free, full-day program available to Cohoes residents regardless of income. It is offered in collaboration with the Cohoes Community Center.

Contact Tammy Dicocco  
Tdicocco@cohoescommunitycenter.org

## Fundraising Events

Annual Fashion Show

Mayors Cup Golf  
Tournament

Fall Fling

Monthly Calendar Raffles

### Fall Hours ( Sept. -June )

Mon-Fri. 6am-9pm

Saturday 7am-4:45pm

### Summer Hours ( June- Septmenber )

Mon. -Fri 6am-7:45pm

### **Closed the Following Holidays:**

New Years , Memorial Day , Fourth of July,  
Thanksgiving and Christmas

## **Cohoes Community Center**

22-40 Remsen Street  
Cohoes, NY 12047  
518-237-7523  
www.cohoescommunitycenter.org

## **Cohoes Community Center**



*"Large enough to serve.  
Small enough to care."*

## Land Classes

### Yoga

Wednesday 6-7:15pm Tara

Tuesday & Thursday 9-10:30am Sandy

### Bokwa

Tuesday 6:30-7:30 pm Francine

### Zumba

Monday & Thursday 5:30-6:30pm Jen

### Punch and Strike

Thursday 7-8pm Francine \*(\$8 class)

### Pepp Booty Band

Thursday 6:30-7 Francine

### Pilates / Foam Roller

Tuesday 11-11:45am Shellie

### Low Impact Aerobics

Tuesday 5:30-6:30pm Kathy

### Class Fees

All classes are free with your membership

Cost for non-members :

\$7 adults

\$4 Seniors

\*\*Unless otherwise noted.

## Water Aerobic Classes

### Aqua Jogging

(belt is required )

Tuesday 7:35-8:20am Noreen

Thursday 6-6:45pm Colleen

Friday 8:45-9:30am Jo

### Water Aerobics

Tuesday & Thursday 10-10:45am Joan

Tuesday 6:45-7:30pm Toni

Thursday 6:45-7:30pm Toni

Saturday 8:30-9:15am Toni

### Early Bird Water Aerobics

(water weights required )

Monday 8:45-9:30am Sue

Tuesday & Thursday 8:45-9:30am Gina

### Aqua Zumba

Tuesday 6pm Lynda ( starting 9/13)

Wednesday 9am Kristin

Fridays 10:40am Kristin

### Senior Water Aerobics

Monday , Wednesday 10am

Friday 9:45am

\* (\$2 class)

## Youth Programs

### Red Cross Swim Lessons

7 week sessions offered in the fall winter and spring.,  
For children 6mos and up . Parent and child classes  
preschool classes and Learn to swim program

### Cohoes Basketball Club

All boys and girls in 3rd through 8th grade who attend  
Cohoes Schools can join

Contact Alex Bonesteel

abonesteel@cohoescommunitycenter.org

### Summer Camp

Camp Discovery is a 9 week summer camp program  
for families looking for a fun filled and memorable  
summer. At Camp Discovery, children spend their  
days outdoors learning and exploring!

Look for information to come out in March

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### Pickle Ball for Adults

Wednesday and Friday

11:15-2:30pm \$3 per person