

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/EPK /3PK

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

Tuesday & Thursday 9-10:30am Sandy

Tuesday 6pm -7pm Sharon

CYCLING

Thursday 5:45pm - 6:15 pm Lynda

Zumba

Monday 6:30-7:15 Jen W.

Zumba Gold Toning

Thursday 6:30 pm - 7:15 pm Lynda

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 8:45am - 9:30 am Jo

Water Aerobics

Tuesday 7:00 pm-7:45pm Toni

Thursday 7:00pm-7:45pm Toni

Saturday 8:30am-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 - 6:45pm Lynda

Wednesday 9am -9:45am Kristin

Fridays 10:40am -11:15am Kristin

Low Intensity Aqua Zumba

Thursday 9:35am - 10:20 am Kristen

Aqua YOGA

Tuesday 9:45-10:30—Sharon

Senior Water Aerobics

Monday , Wednesday - 10am -11am

Fridays -9:45am -10:30am

* (\$2 class)

Youth Programs

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 Ben Martin

bmartin@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

Pickle Ball for Adults

Wednesday and Friday

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