



22-40 Remsen Street
Cohoes, New York 12047

Cohoes Community Center

Large Enough to Serve
Small Enough to Care



22-40 Remsen Street
Cohoes, New York 12047

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518.237.7524 FX



Mission and Goal

The Cohoes Community Center has been open to the public since its completion in October of 1971, as a multi-purpose establishment for the City of Cohoes and the surrounding area.



The Center was developed and has thrived through the support of local fundraising endeavors, membership contributions, donations, and volunteer efforts. We are a 501(c)(3) non-profit agency that operates independently of the City of Cohoes. We are a United Way Agency of the Greater Capital District.

The continued goal of the Center is to meet the recreational, cultural, and educational interests of the Capital District through quality programs and services. The Center serves and welcomes men, women, and children of all ages and ethnicities.

Participants of our Center do not need to be a member or a resident of the City of Cohoes to make use of our Center.

Non-members may make use of our Center by paying the daily guest rate.

Membership Information

Membership is based first on **residency**, defined as living or working in the City of Cohoes, and then by **age bracket**.

A Center member is anyone who has made full payment on a specific membership classification. The Center requires all memberships to be paid in full at the time of the initiation. Members must also have on file at the Center a completed health history form, updated every year.

Photo I.D. required for all guests age 13-18



Hours Of Operation

September to June "Winter Hours"

| | |
|----------|-----------------|
| Mon-Fri | 8:00 AM—8:45 PM |
| Saturday | 8:00 AM—4:45 PM |
| Sunday | CLOSED |

Some of features are open as early as 6:00 AM for members, please check schedules for details.

July to September (after Labor Day) "Summer Hours"

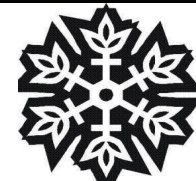
| | |
|----------|-----------------|
| Mon-Fri | 8:00 AM—7:45 PM |
| Saturday | CLOSED |
| Sunday | CLOSED |

CLOSED

Labor Day Weekend, Thanksgiving Day and the Friday after, Christmas Eve & Day, New Year's Eve & Day, Good Friday / Easter Saturday & Sunday, Memorial Day, and Fourth of July. Please note: Should a major holiday fall on a Saturday, we will be closed on the preceding Friday. Also should the holiday fall on a Sunday, we will be closed the following Monday.

Annual Shut Down LAST TWO WEEKS IN AUGUST

**EMERGENCY / WEATHER CLOSINGS
FOR THE CENTER WILL BE BROADCASTED ON NETWORK TV.**

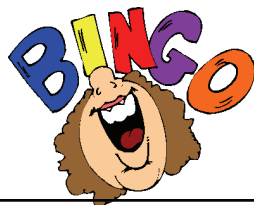


Regular participants of our fitness programs are encouraged to sign up on our contact list, so that they may be contacted by phone in the event of class cancellation or building closure.

Programs & Events

Bingo is held on:

Thursday afternoons at 1:00 PM
and Saturday evenings at 7:00 PM.



On site scuba classes are conducted by two local businesses:

Capital Land Scuba

348-1062

Seguin Dive Shop

456-8146



Our Center also serves as a training site for Red Cross:

First aid/CPR/AED classes

Babysitting Courses

Learn to Swim Program

(ages 5-15)

A number of regulated child care and youth programs are offered for toddlers as young as 18 months to 13 year old teens.



Day Care



School Age
Care



Summer
Camp



SPLASH



Lifeguard Challenges & Re-Certs

Check back with us in April & May for Life-guard Challenge and Re-Certification Courses

www.cohoescommunitycenter.org

Center Features

Heated Pool



Year round swimming is available in our 25 yard long, six lane, **HEATED**, handi-cap accessible swimming pool. Lap swim, adult swim, aquatic fitness classes, and family swim are available throughout the day. (Check schedule). Pool temperature: 84-87 degrees.

Pool Schedule Definitions

Member Lap: Member lap times are dedicated to paid in full members of the Center. "Lap swim" is defined as continuous swim in a designated swim lane. (see also: *Lap Swim*). Available to members age 15+

Adult Swim: Adult swim times are reserved for adults (ages 19+) and are ideal for casual swim, individual exercise routines, and if space permitting, lap swim. During the Mon-Fri (11 AM to 2 PM) block of adult swim, two lanes are designated for lap swim. Please be prepared to wait for a lane and limit your time to 40 minutes during busy times.

*Note during other scheduled adult swim times we make no guarantee of a dedicated uninterrupted lane for lap swim.

Adult Lap: Defined above as continuous lap swim in a swim lane; adult lap is available to member and non-members age 15+.

Open Swim: Open swim is available to members and non-members of all ages.

Pool Rules

- (1) Please observe all posted pool rules.
- (2) Please obey lifeguard at all times.
- (3) Regulation bathing suits are required. Please not cut-offs.
- (4) **Children ages 7 and under MUST be accompanied and supervised directly in the water by an adult (age 19+) at all times.**
- (5) "Swimmies" or approved life jackets are welcomed in our pool, *when accompanied by an adult*. Wearers of these devices should remain in the shallow end of the pool.
- (6) Novelty pool floatation devices are not allowed.



Cardio Room



Our cardio-room features variable speed incline programmable treadmills, rowing machine, elliptical machine and stationary bicycle. **The Cardio-Room is a member's only adult (age 19+) feature and not available to guests, EZ Pay members or youth and young adult guests.**

Cardio Room Rules

- (1) Please wipe down your machine after use.
- (2) During peak times, please limit your usage to 20 minutes.

Weight Room



Our weight room has been completely re-modeled and features a **NEW** multi-station workout center, free weights, benches, and squat rack. The weight room is available to members and non-members age 15+

Weight Room Rules

- (1) Participants are expected to clear their weights from machines or the floor after usage.
- (2) Participants are expected to exercise good judgment in terms of their weight lifting capacity and be able to effectively lower their weights in a controlled manner. (In layman's terms: Don't drop the weights—please.)

Steam & Sauna Room



After your workout, ease those tired muscles in our steam and/or sauna room.

Steam & Sauna Rules

- (1) Please do not adjust controls to sauna room.
- (2) Rooms are automated, **DO NOT** pour water on the rocks.
- (3) Patrons must be clothes/covered at all times.
- (4) All users should observe posted usage time limits and consult a physician prior to use to understand the effects this feature has on the cardiovascular system.



Senior Water Aerobics: For ages 55+, \$2.00 fee for members/non-members. This class has been created by seniors FOR seniors. Join the fun, make new friends, all the while making your doctor happy.

Rules for Fitness Classes

- (1) Primarily, our classes are designed for adults. Arrangements / exceptions may be possible for teenage participants with the permission of Center management, course instructor, and active continuous supervision of the parent.
- (2) Center staff will rely on the experience and expertise of course instructors to assess the fitness, appropriateness, and wellness of any participant. New participants to any exercise regime should check with the primary doctor before engaging in the regime.

Additional Classes

Throughout our year, our Center offers various fitness classes at an additional rate. These **fee-paid classes** are available to members and non-members. Members receive a preferential rate. Classes may run a single day or as long as 8 weeks. Pre-registration and pre-payment is required for these classes.

Minutes from Anywhere!

From Albany: Follow 787 N to the end. Cross Rt. 32 / Saratoga Street, pass Burger King on your left. Cross railroad tracks and take left on Mohawk Street. From Mohawk Street, take right onto Cayuga St. We're on the right.

From Clifton Park: Take Rt. 9 S over the Crescent Bridge. Turn left onto Cohoes Crescent Rd. Follow road until it turns into N. Mohawk/Craner Parkway. Take right on Mohawk St. Take left onto Cayuga. We're on the right.



Core Fitness Classes

Whether you are a member or a guest to our facility, you are invited to participate in any one of our **Core Fitness Classes**, at your own pace. No registration or sign up is necessary for these classes—attend the class when you want to.

Water Aerobics: This shallow water exercise is ideal for new or intermediate participants. The heated pool water aids in circulation and eases arthritis. The water component of this class will also minimize joint impact to ankles, knees, and hips. Participants will also enjoy cardiovascular exercise

Aqua-Jogging: Similar to water aerobics, aqua-jogging differs from in that this class is a **deep water** exercise. You will need to purchase an aqua-jog belt and dumbbells for this class. In addition to a cardiovascular workout, participants will enjoy some abdominal exercise and resistance training with NO joint impact to ankles, knees, or hips.

Yoga: No longer is yoga the class that teaches you how to tie yourself into a pretzel! Yoga has joined the mainstream of fitness classes. This gentle exercise teaches correct breathing, body alignment, and stretching. Great for adults & seniors! Yoga is a terrific class that will increase your flexibility, decrease your stress, and leave you feeling centered and ready for the next challenge of your day.

Strength & Flex: This land aerobic exercise focuses on building strength and flexibility with a cardiovascular workout. Hand weights (1-3 pounds) are needed for this workout.

Low Impact Aerobics: This land aerobic class is great for new participants! Focus is placed on movement and one's own ability. You'll build stamina and break a sweat, without breaking your back!

Step Aerobics: This intermediate land aerobic class is for those looking to get their metabolism jumping. Focus is placed on calf, thigh, and buttock strength, toning, and sculpting.



Gymnasium



Our gymnasium is a 6,870 square foot, hardwood area, complete with scoreboards & bleachers—ideal for pick up or league games. To accommodate usage by people of all ages, we have developed a gym schedule for youth, teens and adults. (see also: *gym schedule*).

Gymnasium Rules

- (1) Please no open containers or food is allowed in the gym. Drink or bottles with sealed tops are acceptable.
- (2) Please do not kick basketballs.
- (3) Obey / respect the word of Center staff. Their goal is to provide all patrons with an opportunity to play and foster a safe environment.
- (4) During peak season or at discretion of the Center, photo ID may be requested, photocopied, and kept on file for all patrons age 13+

Locker Rooms

The Center maintains three locker rooms, with shower and toileting facilities in our men's, woman's, and steam/sauna rooms. Our locker DO NOT have locks on them. You are free to bring your own lock with you or to check your valuables at our front desk at sign in.

Locker Room Rules

- (1) Boys age 6+ are not permitted in the woman's locker room. Likewise girls age 6+ are not permitted in the men's locker room. No child is permitted into the steam / sauna locker room at any time.
- (2) Any locks left on a lockers are removed by bolt cutter at the end of the day.
- (3) Patrons are asked to NOT change in bathroom stalls.
- (4) All patrons must use towels when sitting on benches and changing.
- (5) Restroom facilities—separate from the locker rooms—are available to the public and patrons.
- (6) The Center will not be held liable for lost, missing, or stolen items from lockers.
- (7) All patrons are asked to thoroughly dry themselves before leaving the locker rooms to avoid dripping water in the hallway.
- (8) **For Steam & Sauna:** All patrons must be mindful and respectful of transition times to allow for usage by both sexes.