





Summer Group Ex Schedules

Pool Rules

& Aquatics

Schedule

STARTING MAY 31ST POOLS ARE

Height Requirements Apply

Free For All Platinum Members

Lifequards On Duty For Safety



OPEN FOR MEMBER RECREATIONAL SWIMMING DAILY AT 10AM **MILITARY ROAD** Lifequards are on Duty Summer Hours: 10am-8pm Daily Must be 12 or older to swim without a parent when lifequards are on duty. When no Lifequards are on Duty, swimmers 17 and under must have a parent or adult 21

or older directly supervising them. **GAUSE BOULEVARD**

All swimmers under the age of 18 must be accompanied by an adult directly supervising them. Lifeguards are not on duty. LAP SWIMMING: During **peak programming times** (weekdays 7-10am & weeknights 5-7pm) at Military Rd.,

we are committed to having at least 2 lanes

Most other times, several lanes are open for lap swim usage. Please make sure to consult the pool schedule before coming to swim.

Schedules Available:

CrossGatesClub.com/lapswim

available for lap swimmers.

Gause Blvd. location pools generally have more lanes open for lap swimmers indoor and outdoor. CGPlus+ members have the ability to reserve lanes when available to guarantee their preferred swim time, lane and location.

NEW THIS SUMMER, ENJOY POOLSIDE SERVICE FROM CG | CAFE AT MILITARY RD.

May not be left unattended at any Cross Gates location. They must either be in a supervised program with CG staff or supervised directly by a parent or adult 21 or older. Youth Activity Center is available for 2 free hours at all locations for children who are members and visit the club with their parents.

Kids 12-14 Can come to the club to participate in any activity without an adult from the hours of 10a to 5:30p, but cannot stay longer than 3 hours from initial checkin and cannot be in groups larger than 4. After 5:30p, they must be either in a supervised program with CG Staff or supervised directly by a parent or adult 21 or older.

Can come to the club to participate in an activity without an adult from the hours of 10a to 8p, but cannot stay longer than 3 hours from initial check in. Cannot be in groups larger than 4 people and must be

Youth Fitness Group Exercise Enjoy the Tennis & Racquet The Sports Check Junior Fitness Certification waterslide and Complex: Bball & **Ball Courts** On The Regular Class swimming Check out racquets Free Play Schedule at front desk, reserve Floors Check guidelines for Check Sports

Things To Do

SPORTS

involved in an activity and behave accordingly.

Kids 15-17

Kids Under 12

Workout On Fitness courts online Complex Schedule ages and lifeguards For Availability

COMPLEX

 New Schedule Starts May 31st Open Play Basketball All Senior Classes Are Back Weekdays More Junior Classes Available New Convenient Start Times 10am - 2pm

CrossGatesClub.com/BasketballSchedule

Events

Specials at CG | Cafe

Dive In Movie • May 7

DOWNLOAD THE SCHEDULE FOR **EVENING AND WEEKEND TIMES!**

CG Championships • May 9 - 16 • Group Exercise Championship Classes, all locations Are You CG Fit, Gause Blvd, 8 - 11am

Military Rd. Location with Cinco De Mayo

Family Resort

Teens & Kids Guidelines

Group Exercise

chedule

 Water Aerobics Available Daily Additional Bikes Back In Spin

Check out our updated schedule at:

CrossGatesClub.com/ClassSchedule







Summer

OFFER ENDS 5.31.21



Movie starts at 8pm or sunset. Bring your lawn chairs!

MILITARY ROAD LOCATION

workout. Poolside at Gause club. Junior Friendly, kids 10 & up welcome

Come enjoy a beautiful, outdoor

SUMMER KICK OFF PARTY

Saturday, May 22nd

The Youth Activity Center

Swim Instructor Swim and

Popsicle Kids' Break

Safety Tests | 10am - Noon (Ages 4 and Up)

CG | Cafe: Outdoor grill specials available

ALL MEMBERS FROM ALL LOCATIONS INVITED TO

MEMBERSHIP AND ENJOY ALL OF THE AMENITIES

ATTEND: DON'T FORGET TO UPGRADE YOUR

AT ALL LOCATIONS FOR THE SUMMER

Live DJ!

7-8:30pm

10am-3pm | Military Rd. Location FREE MEMBER EVENT

Waterslide Grand Opening Open Daily 10am - 7pm **Poolside Games with**



FREE MEMBER EVENT Enjoy Cinco De Mayo Specials In Our Cafe! Win Our Raffle To Be The

UPGRADE YOUR MEMBERSHIP! Add on family members that want to enjoy the club with you. **Include Platinum Membership And Enjoy All** The Amenities At Military Rd. Location. Contact Membership Services Today DIVE-IN MOVIE

CG Tennis Championships, Military Rd. Poolside Summer Dance Jam • May 21 Gause Blvd, 7-8:30pm Waterslide Grand Opening Party • May 22 Live DJ, Fun Games, Treats & Prizes Military Rd. Location, 10am - 2pm Memorial Day Weekend • May 28 - 31 Open regular hours all weekend and Memorial Day Come enjoy the pools and cafe specials at Military Rd. **Dive In Movie • June 4** Gause Blvd. Location **Teen Spin Night • June 11** Military Rd. Location **Dive In Movie • June 18** Military Rd. Location **Family Body Combat • June 25** Pontchartrain Dr. 4th of July Family Celebration Military Rd. Location • Open until 4pm Special AM only Group Exercise Schedule, cafe specials, come enjoy the pools with your family! (All other locations closed.) **Dive In Movie • July 16th** Gause Blvd. Location Hip Hop Spin • Zumba & Barre, July 23rd Pontchartrain Dr. Available Starting May 24th! CROSS GATES FAMILY FITNESS Youth Fitness Certification is This easy, informative online course provides you with: a certification for members Knowledge of a proper workout program ages 12-14 who would like **Nutrition Guidelines** Gym Etiquette the opportunity to workout Access to the fitness floor & cardio area on the main fitness floors and Group & Private Lessons Available | All Ages Infant to Adult Complete The Virtual Course On Your Own Schedule Easy Weekly Sessions | Affordable Prices | Indoor Lessons Available NON-MEMBERS WELCOME Ages 12-14 who have completed the certification process are allowed to use the main fitness floors and cardio areas as well as attend group exercise classes—all with or without parents. You are required to wear your YFC shirt so team members know you are allowed to participate. Certification does not allow full 15 and older privileges at the clubs such as use of lockers rooms or swimming unsupervised. CrossGatesClub.com/SwimLessons Tennis This Summer! JOIN THE SPORT OF A LIFETIME **Intro To Tennis For Beginner Players Junior Tennis Tennis Training Camp Tennis Camp** Socials and Tennis Mixers BEST BIRTHDAY PARTIES Cardio Tennis and Clinics **Private Lessons And Easy** Your attendant sets up, we provide balloons, all paper products & ice Reserve your own courts for free play online or the CG APP Contact Johnny@CrossGatesClub.com to get started! 200 N. MILITARY RD. | 1311 GAUSE BLVD. | CROSSGATESCLUB.COM | 643-2049 Throughout the summer, Cross Gates Family Fitness Camps are held Tuesday, Wednesday & Thursday | 1:00-4:00pm. will be holding recreational camps in a variety Age requirements are listed next to each camp. of extra-curricular activities. Our reputation as the leading children's facility offers the best Art Beyond the Canvas \$125 | Ages 6-14 Safe Kids 101 \$35 | Ages 9-14 This I day session is genred towards younger kids who might be ready to start staying home alone for a few hours at a time. Learn practical life skills that keep you safe at home and able to navigate daily situations using common sense and critical thinking while home alone. This class is through Slidell Memorial Hospital Community Outroach Center In this uniquely styled art camp, your child will explore a variety of various painting techniques using different mediums that will expand your child's artistic environment for kids who are looking for summer fun. From Sports to the Arts—Cross Gates abilities. Students will explore various media such as painting, sculpting, mixed media, jewelry making and collage. THIS IS NOT YOUR AVERAGE SUMMER ART CAMP! Directed by Little Stars Productions, each camp has a different theme using provides something for every child. quality materials (included in price) and unique projects that your artist will be proud to present to family and friends at our end-of-camp art show! (Note: all camps will have extremely limited enrollment.) July 15 & 29 2 hour class / 12-2pm \$30.00 Registration Fee One-time registration fee is good for all Signature Camps at our Military Rd. & Gause Blvd. locations. Baby Sitting 101 \$45 | Ages 11-14 June 8-10 July 27-29 In this 2 Day session kids and teens will learn life-saving skills so they can be safe at home alone or wardning younger child. This program includes the critical information from the Safe Kids class but also begins to include how to take care of younger children and the key elements to babysiting. This class is through Sidell Includes Purple Signature Camps T-Shirt which must be worn at camp 3 year olds must be fully potty-trained to attend camp. Baseball Camp \$80 | Ages 5-13 Learn the fundamentals of baseball in a fun and encouraging environment with Coach Nicco Ouccia of the Slidell High Tigers. Coach Nicco played at Northshere High and went on to play callege ball a BRCC and Southesstern. He also played in the Hamptons League which is a collegiate summer league in NY. All Camps Held At Military Rd. Location Memorial Hospital Community Outreach Center. July 6 - 8 **Full Week Camps** STEAM into Summer Creative Arts Camp \$125 Monday - Friday | 9:00am - 4:00pm (Extended Day Available) Danceworks Kids Summer Blast \$80 Ages of 14

STEAM into summer with Little Stars Productions and exciting art projects created using Science, Technology, Engineering, and Moth in ways that you never imagined possible I he camp will be instructed by a certified N.A.S.A. Astro Camp Facilitator and a F.LR.S.T. Robotics Team Coach who will amaze your child with how much fun STEM can be when combined with the creative arts to create awesome projects such as, Chemical Reaction Astroad Art, Engineered Art Sulphires, and Mechanical Art in Motion. Get your summer vacation off to a great start with STEAMI (Note: all camps will have extremely limited perallement). Taught by Laurie Maffei and her professional instructors. Little ones will participate in dancing, exercise, games, tea parties, dress-up, talent shows, pizza party, crafts and more! Cheer Camp | Ages 5-14 \$175/week Drama Camp \$225/week Drama Camp \$225/week

The Show Must Go Onl And...it will...this summer at Little
Stars Productions action-packed Drama Campsl Directed
by Rebecca Beckham, a veteran children's playwright,
director and producer of children's plays, this uniquely
designed camp will engage your child with interactive
dramatic arts activities. Students will delight in creative
dramatic arts activities. Students will delight in creative
experiences such as acting lessons, theater games,
set design, costume design, acting for the camera,
music, and dancel Each camp will provide exciting
performance opportunities for specific age groups by
producing different plays that will culminate in a fully
staged theatrical production for an audience of family
and friends...or, if an audience is prohibited due to
Covid 19, filmed live on DVD that can be picked up two
weeks after camp ends. Let us introduce your child to the Cross Gates Cheer Camp is geared towards cheerleaders who want to have an energetic week working on tumbling, stunting, dance and cheer motions.

Cheer Camp will help prepare cheerleaders to join an All Star Competition Squad or just have a fun filled week at camp. Our head cheer coach is a license school teacher, group exercise instructor and previous cheerleader with over 20 years of experience, joined by a team of high school Cheerleaders to asist as camp counselors. Your cheerleader will show off their hard work on Friday at the Pep Rally (either in person or via virtual link thd) Danceworks Pop Star \$80 | Ages 5-13 Dance Camps with Danceworks Studios & Laurie Moffei. Make your own music video! Learn routines, make-up, costuming & production to star in your own MUSIC & DANCE VIDEO to take home! extremely limited enrollment.) July 6-8 June 29 - July 1 Football Camp \$80 | Ages 7-13 Coached by Franklin Thomas, football coach at Pope John Paul and former Ages 4-13 Sucured by Frankini Invitius, 10010011 Coach at Pope John Paul and former NFL and Arena football player. This camp will enhance football knowledge, techniques and skills while the kids have fun. Master Brian James and his instructor team will provide a fun, athletic and educational experience for kids who want to learn basic martial arts, self-defense and safety skills through the art of TaeKwonDo. weeks ofter camp ends. Let us introduce your child to the exciting world of the dramatic arts! (Note: all camps will have extremely limited enrollment.) June 28 - July 2 FAST Basketball Camp \$80 Ages 5-9 (must have completed Kindergarten) June 14 -18 & July 12 -16 Cross Gates FAST basketball Coach James Parlow, former UNO shooting guard, and his staff will provide fundamental skill building and technique training in Ages 10-14 June 21 - 25 & July 19 - 23 an encouraging and supportive environment. June 8 - 10 July 20 - 22 can add on mini ps and get 20% off mini camp 200 North Military Road | Slidell, Louisiana | 985.643.2049 | CrossGatesClub.com **GPLUS EMBERSHIP** Members, Start A Free 30 Day Trial: CrossGatesClub.com/CGPlus THE SPA & LIFESTYLE STORE **CROSS GATES** CG | Recovery Relax with us this daily use of full body massage chairs for a 12 VIP Spa & Lifestyle **Store Experiences** PAMPER YOURSELF with Massage & Facial Services, while the rest of the family swims and plays! **Monthly Guest Pass** Bring the guest of your choice with your monthly pass* ARE YOU READY FOR **SUMMER? LET US HELP! Indoor Tanning** We have swimwear, accessories Kid Zone and unique apparel. Jammin' Jungle, Sports Complex & Bounce House Additional hour each visit Last minute pool needs like **Aquatics Reservations** goggles and sunscreen. Lap lane reservations available for indoor and outo pools at Military Rd. and Gause Blvd. Don't forget unique gifts for Mother's and Father's Day. **Guests Must Present A Photo ID**

Aquatics Schedule Teens & Kids Guidelines