



Shaw JCC
Akron

Winter/Spring 2022

Program Guide

Schedule of Programs, Childcare & Events





Program List

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To find out more information on our programs and events go to ShawJCC.org or follow us [@ShawJCC](#) on Facebook, Instagram and Twitter.



Youth



CAMP JCC

June 6th - August 12th | 10 Weeks
8AM-3PM Monday-Friday

Traditional Camp & Specialty Camp offerings! Something for everyone – ages 5-12.

Have a pre-teen or teenager looking for summer fun? Learn more about our NEW Teen Track programming & Counselor-In-Training offerings this season at Camp JCC!

FAMILY FUN DAY

Sunday, January 16, 2022 | 1-4PM

Lowest camp price of the season if you sign up at the event!

- 10% off per week of Traditional Camp & 2022's NEW Teen Track Camp! -

Come & experience what the Shaw JCC of Akron has to offer! Find out more about JCC membership and activities and specialty camps coming up in 2022. There will be prizes, games, crafts, physical activities, a special appearance by your child's favorite character, and more!

We are a true community center, and have something for people of all ages.

Don't forget...

School's Out/Snow Day Insurance

A day off school means a day at The J! The School's Out program offers fun and exciting experiences for children ages 5-10. We're open for snow days too, with the purchase of Snow Day Insurance! Open to members and guests.

Learn more and register at:
shawjcc.org/k-12/schools-out

For more information on Camp or Youth Programs, contact Lyndsey Heffern at lheffern@shawjcc.org or 330-835-0064.

**Birthday Parties
are back!**



Go to shawjcc.org/birthdays
to learn more and reserve!

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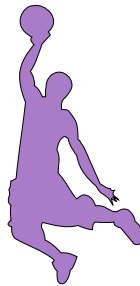
Sports



MEN'S ADULT BASKETBALL LEAGUE

We are continuing the tradition of our Adult Men's Basketball League (must be 18+) this Fall! Sign up as an individual and be placed on a team OR sign-up with a pre-assembled group of 2-5 players.

10 Weeks of Games:
January 2 - March 20, 2022
Every Sunday | First game at
8:30am
2 Weeks of Playoffs



Find more info at:
shawjcc.org/mens-basketball

Cost:

Individual: \$100 Member / \$135 Guest

TRADITIONAL YOUTH BASKETBALL

Come play at the J! Learn new skills and put them to the test during weekly friendly competition! Exert your energy through fun and interactive basketball skill-building.
Ages 8-17

8-Week Schedule:

January 12-March 5

Practice on Thursdays 5:00-6:30pm

League play (tournament style games): Saturdays 1-4pm



Cost: \$50
Member/Guest

Find more information at:
shawjcc.org/youthbb



Early Childhood



LITERACY ENRICHMENT PROGRAM

This 8-week program will provide children and families with a weekly "lesson in a bag" that they can work on together at home at their own pace.

Each lesson includes a book and activities for learning in content areas such as language and literacy, math, science, and small and large motor skill development. Developed for children ages 3-5.

Starts February 4, 2022

Bags will go home every other Friday, and can be picked up at the main entrance of the Shaw JCC or, if enrolled, in an ECE classroom.

Cost: \$55 Member / \$70 Guest

Contact Kim at kgarra@jewishakron.org or 330-835-0044.

ENRICHMENT CLASSES

Class Details

- Class size limited to 14 kids per session
- Face masks required when indoors
- Classes taught by certified teachers
- Fun Guaranteed!

Price: \$75 M / \$95 G

Register Now:

Contact the JCC Front Desk at 330-867-7850 or Call Kim at 330-835-0044

Class Descriptions on Next Page 

Early Childhood



ENRICHMENT CLASSES

Winter Workout

Mondays: January 17 - March 14

1:00-1:45 p.m.

Ages: 3 - 5 years



Children will join Ms. Janice and participate in learning skills for hockey, basketball, and relay race games. There will be game time play and some free time to play just to run off some extra energy during the winter months.

Let's Build Together

Thursdays: January 20 - March 10

1:00-1:45 p.m.

Ages: 3 - 5 years



Together with Ms. Stephanie children will use engineering skills as well as teamwork to create structures using a variety of materials and tools designed for little hands.

What's New at the Zoo?

Tuesdays: January 18 - March 8

1:00-1:45 p.m.

Ages: 3 - 5 years



Ms. Kim and Ms. Lori are looking for Junior Zookeepers to help find the missing zoo animals. Zoo themed activities, crafts and adventures will take place each week that will help to further develop language and literary, math, science and social/emotional skills.

Little Kickers Soccer Club

Fridays: January 14 - March 4

1:00-1:45 p.m.

Ages: 3 - 5 years



Join Ms. Karly for Little Kickers Soccer Club. Children will learn basic soccer skills in structured and fun ways by participating in unique games and skill building activities, while enriching social skills.

**Children can be picked up from their ECE classrooms and returned at the end of class. Guests will be drop-off/pick-up at the front door.*



Urban Zen Mini Retreats



URBAN ZEN MINI RETREATS

Urban Zen Integrative Therapy Retreats are led by Sigrid Stephens RN MSN, Yoga Instructor 500, Urban Zen Integrative Therapist (UZIT).

Urban Zen uses use essential oils, targeted simple movement, breathing and meditation techniques, restorative positions and Self Reiki to reach the goals of each retreat.

- **Sunday, Jan. 30, 2 - 3:30PM – Digestive Issues**
 - The Urban Zen Integrative approach to digestive issues is a non-invasive, non-pharmacological addition to our personal toolbox for managing our digestion, with a goal of stimulating a sleepy digestive system or calming an irritable gastrointestinal tract.
- **Sunday, Feb. 27, 2 - 3:30PM – Depression**
 - The Urban Zen Integrative approach to depression is a noninvasive, non-pharmacological method of Self Care, in addition to conventional treatment.
- **Sunday, March 27, 2 - 3:30PM – Insomnia**
 - Learn non-invasive, non-pharmacological strategies for preparing for deep rest and sleep. Possible causes of insomnia, current research, and creative ideas for tackling sleeplessness will be included.
- **Sunday, April 10, 2 - 3:30PM – Chronic Pain**
 - Although pain medication is at times necessary, less may be needed with any combination of non-invasive and non-pharmacological Urban Zen Integrative Therapy strategies.

For more information, please visit shawjcc.org/urban-zen-workshops

Cost: \$25 Member/
\$35 Guest





Health & Wellness



VIBE Fit

Two 6-Week
Session Options:

February 21 - March 31
MwTh 6 - 7PM

February 21 - April 1
MWF 9 - 10 am

Find your Vibe with our VIBE Fit Transformation Sessions. It's our goal (if it is yours): to start you and support you on a good path to transforming your fitness routine and your body composition. Sessions are in an intimate, focused setting in our VIBE Room with a maximum of 8 participants. Participants will have a brief initial consult with your personal trainer mentors to talk about goals, outline some initial data and receive some guidelines to get ready for your first session. In VIBE Fit, participants will receive nutritional guidance, information on exercise based on science and a guided session 3 times per week. Sessions incorporate strength moves along with progression in High Intensity Interval Training.

The consistency of these exercise sessions will result in:

- Increased cardiovascular & muscular strength and endurance
- Increased muscular endurance & stamina
- Increased flexibility & better balance

Cost: \$270 Member/ \$360 Guest

Body composition and some biometrics will be noted at the beginning and at the end of the 6 weeks. Weekly weigh-ins optional on Th/F. Exercise modifications can be shown by your trainer.

S.A.F.E. PROGRAM: SELF DEFENSE & AWARENESS

SATURDAYS, JAN 15 & 22
9:30AM-NOON

The SAFE Program is for teens and adults. It is led by experts Karen and Adam Boyer who make the program's mission to spread the valuable information of self-protection and preservation and to empower and prevent you from becoming a victim or remaining in a vulnerable state. It is also their hope that you feel more secure as you learn to defend yourself.

In our lives we have known too many women, friends, family, coworkers, and acquaintances, that have been a statistic. It is our hope that through this program, we can change lives and prevent crimes against victims.

- 13 years and older allowed
- \$79 for single person | Join with a Friend: \$109 for 2 people
 - *Special Group Pricing Available*

2-Session Program Schedule

- Saturday, Jan. 15 & Saturday, Jan. 22 (*both required*)
 - 9:30am - 12:00pm



Karen & Adam Boyer

With backgrounds in Tai Chi and Kung Fu (Wing Chun) the Boyers have been pursuing their dream of teaching Kung Fu and Self-Defense to people of all ages since 2007.



Health & Wellness



FITNESS

Tai Chi

Mondays: 6-7pm

This ancient form of martial art is thousands of years old. While it is a form of martial arts and is used for such, it is also described as 'meditation in motion' as one learns to flow through the form with focus and by following the breath. Gain strength, balance, flexibility and range of motion as you progress through a series of movements. First Class FREE.

\$45/month Member / \$55/month Guest

TRX

Tuesdays/Thursdays: 5-6pm

Build and challenge your core strength by incorporating TRX into your routine. Any movement performed on a TRX Suspension Trainer requires that you brace and stabilize with your abs, obliques and lower back so you can leverage your own bodyweight as resistance. Other equipment and methods may be used. (All Levels) First Class FREE.

\$38/month Member / \$48/month Guest

2LEFT FEET DANCE LESSONS

Join local award-winning duo, Ed and Jennifer!

2022 Session: January 10 - February 14

Mondays 6 - 7:00 pm:

Intermediate-to-Advanced | For the couple who has completed beginner sessions and is fairly versed in the various ballroom dances. This class is challenging and fast paced.

Mondays 7 - 8:00 pm:

Beginner-to-Intermediate | For the couple with little to no dance instruction.

Cost: \$85 per couple per session.

First time Special: \$50 per couple (Members Only)



Register via email to ed@2leftfeet.com. Payment must be made directly to 2Left Feet by start of the first class.

Saturday 60's

6 weeks of 9am Saturday Spinning

60 minutes of fun encompassing a variety of terrain and intensity levels.



January 8, 15, 22, 29 and February 5, 12

Reservations are required. Make reservations for the class in the My J app!

Guests must call 330-825-0058 to register as a guest.

FREE Member / \$12 Guest



Aquatics



Please find more information on
any of the below programs at
shawjcc.org/aquatics

GROUP SWIM LESSONS

Our experienced and dedicated instructors lead small classes that will teach you aquatics skills in a fun, safe and nurturing environment. Our goal is for you to succeed and to love swimming as much as we do!

The American Red Cross Learn to Swim™ program puts water safety first. Each level includes training in basic water safety and stroke development. Swimmers progress through the levels at their own pace, mastering the skills in one level before advancing to the next.

2 Options for 7-Week Sessions

Choice of Monday, Wednesday, or Saturday Sessions

January 3 - February 19

OR February 28 - April 23

Baby & Me • Preschool 1 & 2 • Levels 1-5 • Adult

Check out the full schedule at shawjcc.org/swimlessons

PRIVATE & SEMI-PRIVATE LESSONS

To schedule lessons, email Ryan Miller at rmiller@shawjcc.org or call 330-835-0055. Prices are per participant.

Private Lessons

30-minute lesson for one participant

5 Lessons	\$85 Member / \$135 Guest
10 Lessons	\$160 Member / \$250 Guest

Semi-Private Lessons

30-minute lesson for two or more participants.

5 Lessons	\$50 Member / \$85 Guest
10 Lessons	\$90 Member / \$150 Guest



Senior Adult



PROGRAMMING

Bridge

Mondays, 10:30am - 12:00pm

Join us every Monday for an exciting game of Bridge and socializing! Donations are appreciated.

Coffee in the Lobby

**1st Wednesday of Every Month
10:00am - 11:30am**

Join us for coffee and conversation in the lobby!

Retired Men's Group

**2nd & 4th Wednesday of Every Month
9:30 - 11:30am**

Join the Retired Men's Group for open discussion. Bagels and coffee will be served. Reservations are appreciated by calling Julie at 330-835-0027.

Health Talks

**3rd Wednesday of Every Month
11:10 - 11:40am**

Brookdale will present a free health talk at the JCC covering many health topics. Healthy refreshment served at 11:10am.

Mah-Jongg

Thursdays, 1-4pm

Keep calm and play Mah-Jongg! Join us every Thursday for Mah-Jongg, socializing, and more. Donations are appreciated.

CLASSES/CLUBS

Pots & Pans Cooking Classes

All Classes Run 1:30 - 3PM

Cooking classes are returning!

These fun and easy classes are a favorite at the JCC!

Learn some new tips and techniques. Create a delicious dish each month to take home. Reservations are a must, and class size is limited. Limit 6 per class.

\$12 per person.

January 25 - Chinese New Year

February 22 - Mardi Gras Carnival

March 22 - Irish Twist

April 26 - Earthy for Earth Day

Spice of the Month Club

New!

3rd Tuesday of Every Month - Meet at Noon

Our Spice Club is an excellent avenue for sampling new spices and spice blends, inspiring the kitchen for weeknight meals, special occasions, and everything in between.

Each month, pick up a curated spice sample at The J and go on a culinary adventure later at home! On your own, create a vegetarian dish with that spice to share with fellow members at the next meeting. We will meet to learn a bit of history about each spice, and then sample each other's creations!

Membership: \$3/month

Don't forget about SuperStar Rewards!

New to the program? Ask a team member for more details.



Shaw JCC
Akron



**To learn more about The Shaw JCC of Akron, go to ShawJCC.org
To register for a program, call 330-867-7850.**