

Winter/Spring 2026

Program Guide

Schedule of Programs, Childcare & Events



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Program List

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Key:

M = Member Price G = Guest Price

To find out more information on our programs and events go to ShawJCC.org or follow us @ShawJCC on Facebook, Instagram and YouTube.

U School-Age & Camp

SCHOOL-AGE CHILDCARE



Winter Camp & School's Out Days



2025-26 School Year

The Shaw JCC offers Winter Camp during your child's winter break, year-round child care solutions with a School's Out program for holidays and in-service days, and Snow Day **Insurance** for snow days! These programs offer fun and exciting experiences for children ages 5-10. All programs MUST be purchased in advance, NO DROP-INS.

2025-26 Winter Camp Details and Dates: December 22, 23, 24*, 26, 29, 30, 31*, January 2 7:30 am - 5:30 pm • Cost per day: \$80 Member / \$100 Guest *Dec 24 & 31: 7:30 - 11:30 am • \$45M/\$65G

For more information, go to shawjcc.org/youth or contact Lyndsey Heffern at lheffern@shawicc.org or 330-835-0064.



Before and After School Care



The Shaw JCC provides school-aged child care programming to children ages 5-10 from Akron Public, Copley-Fairlawn City School Districts, The Lippman School and other surrounding school districts. Families of school-aged children must be Shaw JCC of Akron members in good standing. Limited space available for Copley-Fairlawn and Lippman students. Drop off begins at 7:30am for before-care. Pick up ends at 5:30pm for after-care. For more information, go to shawjcc.org/after-school.

Kickoff to Camp Day! Sunday, Jan 25, 2026 1:00-3:00 pm

Lowest camp price of the season for JCC members and non-members if you sign up at the event!

Up to 10% off per week of Traditional Camp & Teen Track Camp!

Please join us to discover all that the Shaw JCC has to offer! Bring your whole family for an event filled with fun activities, games, prizes, and entertainment. At Camp JCC, our goal is to create positive experiences for our youth through building friendships and memories that will last a lifetime.

Camp JCC 2026: June 8-Aug 14 • 8:00am-3:30pm, Monday-Friday

Mix and match camp programs, sign up for as many different camps and weeks as you wish. Different experiences are provided on a weekly/bi-weekly basis to ensure your child has the opportunity to experience everything Camp JCC has to offer!

U Early Childhood

WINTER ENRICHMENT CLASSES

Class Details

- · Taught by credentialed teachers; Fun Guaranteed!
- Children will be picked up from their ECE classrooms and returned at the end of class. Guests will be dropped-off/picked-up at the front door.
- Class size limited to 15 children per class on a first come, first served basis.

Price: \$75M/\$90G

Register Now: Contact Lyndsey Heffern at lheffern@shawjcc.org or register through the "My Akron J" app!

Winter Workout

January 12 – March 9 (no class on Feb. 16)

Mondays: 1 - 1:45 p.m.

Ages: 3 - 5



Children will join Ms. Janice in the gym for a highenergy class full of movement and fun! Little athletes will explore new skills through games like hockey, basketball, "ice skating", and relay-race challenges. Each class also includes open gym time, giving children a chance to run, play, and burn off extra energy during the winter months.

Little Kickers Soccer Club

January 14 - March 4

Wednesdays: 1 - 1:45 p.m.

Age: 3



January 15 - March 5

Thursdays: 1 - 1:45 p.m.

Age: 4

Join Ms. Karly for Little Kickers Soccer Club! Children will learn basic soccer skills in a fun. playbased way through unique games and skill-building activities that also support social skills and teamwork.

Coach Karly brings over 25 years of soccer experience, including playing at the collegiate level, making this an engaging and exciting class for all little athletes.

Tiny Dancer

January 13 - March 3 Tuesdays: 1 - 1:45 p.m.

Ages: 3 - 5



Dance with Ms. Tong, a certified cardio dance instructor with a background in ballet, hip-hop, jazz, and musical theater, for a 45-minute lesson that builds rhythm, coordination, and body awareness while exploring various dance styles. Activities include learning basic dance skills, practicing full routines, playing movement games, and enjoying music, all designed to boost confidence and movement mindfulness. Dance, play, GROW!!

Squeaky Sneaker Club

January 16 – March 6

Fridays: 1 - 1:45 p.m.

Ages: 3 - 5



Children will build both fine and gross motor skills through activities such as throwing, balancing, parachute play, and maybe even an indoor "snowball" fight! Skipping, galloping, running, jumping, and hopping will all be part of this lively, high-energy class. Get ready to hear those sneakers squeaking now!



J Youth Sports & Activities

YOUTH CHESS WITH THE KNIGHT SCHOOL

The Knight School's Chess Party is here at the Shaw JCC! Join our high-energy chess program as we laugh, learn, and play our way to becoming devastatingly good at chess in party-style, super-fun classes taught right here after school! The Knight School is Shaw JCC's official chess team and chess party. The Knight School's approach has had amazing success because the unique and unprecedented educational philosophy, "the chess party," is the perfect way to transform a complete beginner into a chess machine!

Continue building on your established skills! Returning faces are welcome.

January 5 - February 23

Mondays: 3:45 - 5:00pm

Ages: 5-13

Price: \$120 M / \$135 G

no programming on 1/19 or 2/16



HOLIDAY BASKETBALL CLINICS

Youth Basketball Holiday Clinics at the Shaw JCC of Akron will incorporate skills, drills, games, and gameplay. Taught by top-tier coaching staff from The National Basketball Association, athletes will learn new techniques and improve upon the fundamentals of the game. Grab a friend and spend your days off in a productive and interactive way!

3 Day Holiday Clinic: 12/29-12/31, 9am-12pm \$105M/\$125G

MLK Day Clinic: Monday 1/19, 9am-12pm \$40M/\$60G

President's Day Clinic: Monday 2/16, 9am-12pm \$40M/\$60G



J Youth Sports & Activities

YOUTH SOCCER

Soccer Shots is the most trusted and engaging children's soccer program for ages 1.5 to 8. Join the best coaches in the business for age-appropriate soccer skills. character-building, and FUN! Practices will be held outside, weather permitting.



Mondays, March 2-May 18 Mini: 5:00-5:30pm (ages 1.5-3.5) Classic: 5:40-6:10pm (ages 3.5-5.5) Premier: 6:20-7:00pm (ages 5.5-8)

To register, go to bit.ly/JCCsoccer or call 330-802-3480

*Shaw JCC members receive a 15% discount off a full season using the code SHAW15

YOUTH ART

Cameron Derby, with Cardinal Art, will provide small group art lessons for all levels and abilities, from beginner to experienced! These lessons are personalized art guidance with a focus on Drawing and Sketching. Cameron has been teaching since 2017 and is a talented artist who pushes creative expression and art exploration! This program will end with a culminating art show for family & friends to view the artists' creations!

> April 16-May 21 Thursdays: Ages 5-9, 4:15-5pm Ages 10-13, 5:15-6pm \$90M/\$105G



YOUTH GYMNASTICS

This exciting 5-week program invites boys and girls ages 5-11 to build strength, balance and confidence while learning fundamental gymnastics skills in a fun, supportive environment. Let by skilled athletes from The University of Akron's Cheer Team, each session will focus on developing coordination, flexibility and body awareness through engaging activities and age-appropriate challenges! Open to children brand new to gymnastics or those ready to level up their skills!



January 27 - February 24 Tuesdays 5:30-6:15 PM **Ages 5-11** \$90 M / \$110 G



J Youth Sports & Activities

YOUTH TRACK & FIELD

Gear up for a series of track meets against local teams! Practices will encompass stretching, conditioning and drills in the area of track & field. Explore opportunities to train for a variety of different events. Put your strength and speed to the test, and join us here at the J for another wonderful youth program! Practices will take place on Tuesdays & meets will take place on Sundays! Team t-shirt included!



Practice Dates:

Tuesdays, 4-5pm at The JCC 3/24 • 3/31 • 4/14 • 4/21 • 4/28

Meets: Sundays 4/12 • 4/19 • 4/26 • 5/3*

Meets will take place at The Elms Complex (3360 Ira Road Akron, OH 44333)

*5/3 Championship meet at Green High School (1755 Town Park Blvd. Uniontown, OH 44685)

Ages 8-13

Price: \$110M / \$130G



GIRLS ON THE RUN

Girls on the Run is all about girl-empowerment! Our program inspires participants to be joyful, healthy and confident. Lessons involve relationship building, community strengthening, goal setting with physical movement, and so much more! The 10 week season ends with a culminating 5K on Saturday May 16th with other Northeast Ohio teams! *Drop-off/pick-up at the Camp Pavilion in the back of campus at The Shaw JCC of Akron.



March 3 - May 16 Tues/Thurs, 5:30-7:00pm Grades 3-6

\$185 per participant (financial assistance is available) Girlson

Registration opens February 10
Registration: www.gotrneo.org or call 234-206-0786

J Adult Sports & Activities

MEN'S BASKETBALL

We are continuing the tradition of our Adult Men's Basketball League (must be 18+) this Winter! Teams are formed after individual sign-ups.

10 Weeks of Games / 2 Weeks of Playoffs
February 8 - May 3
Every Sunday | First game at 8:30am

Price: \$130M / \$170G

*No games on April 5



WINTER PAINT & SIP

Celebrate winter with a little wine, paint & fun! Admission includes all art supplies (including a canvas), cheese & cracker pairing, and wine. Must be 21 or older to participate.

Wednesday, February 4 5:45-7:00 PM



Price:

\$32 Member / \$38 Guest

We will be painting this winter scene!



J Fitness & Wellness

Krav Fit

Wednesdays at 6PM (ongoing)
Ages 13+

Get in shape and learn how to defend yourself! Classes are led by Ron Finstuen who has trained alongside some of the foremost authorities on Krav Maga. Participants will be led through a warm up, technique practice, multiple rounds of drills, and a cooldown. This new format ensures a great heart pumping workout every time!

Member price: \$13.50 per session Non-member price: \$15.50 per session



New Group Ex Class!

Tai Chi

Mondays at 11AM • Group Ex Studio
Starting January 5

Discover the peaceful art of movement with Traditional Tai Chi. Tai Chi is a gentle, low-impact practice designed to improve balance, flexibility, and peace of mind. Through slow, flowing motions paired with deep, mindful breathing, participants will learn to move with ease while strengthening muscles, enhancing coordination, and improving balance.

This welcoming class is ideal for all ability levels. No prior experience is required. Wear comfortable clothing and come ready to relax, move, and feel rejuvenated. **Included** with membership. Plus - ask about private and semi-private lessons!



J Fitness & Wellness

GROUP PROGRAMS AND WORKSHOPS

TRX Small Group Training

Tuesdays/Thursdays: 4-5pm (Ongoing)
Price: \$9.50M / \$12G per class

Build strength, stability, and mobility using your bodyweight and gravity with TRX Suspension Training. In this small group format, you'll receive personalized coaching and motivation in a supportive, energetic setting. Whether you're a beginner or looking to level up your training, TRX is scalable for all fitness levels and helps improve core strength, balance, and functional movement. Expect a fun, full-body workout that challenges your muscles and boosts your endurance.

Registration is required due to limited space.

Call Anthony at 330-835-0058 to inquire
about a free trial class!

Fitness Orientations

By appointment only

Price: Free!

Fitness Orientations are intended to help new members and youth become familiar with Fitness Center rules, safety, etiquette, and adjusting equipment. If you have been hesitant to visit the Fitness Center, or if you are just getting started, reserve your time with Fitness Director, Anthony Ange, today! (This is required for youth ages 11-13 to use the Fitness Center.)

Contact Anthony Ange at aange@shawjcc.org or 330-835-0058 to schedule your orientation!

Pickleball: Open Play

Join a group of dedicated adult Pickleball players every week in Pickleball open play. All skill levels welcome.

<u>Pickleball Open Play Times: Gymnasium</u> Tuesday/Thursday: 7:30-10:00AM Wednesday: 5:30-8:00 PM Saturday/Sunday: 1:00 - 3:00 PM

Shaw JCC members play for FREE. Non-Members may purchase a daily pass for \$2 or a monthly pass for \$30 for unlimited play. All non-member participants must have a guest profile created and check in at the desk.

Fitness Childcare

Monday/Tuesday/Thursday 8:00 am – 11:00 am / 4:30 pm – 7:30 pm

Wednesday 4:30 pm - 7:30 pm

Friday/Saturday/Sunday: 8:00 am - 11:00 am

Price: \$4 / 55min for first child \$2 / 55min for second child

Life is uncertain - childcare shouldn't be. Health and Wellness is important and we know that means regular workouts for a lot of busy parents. The J provides childcare services for members' children ages six-weeks through twelve years old while you workout.

Fitness Childcare is now walk-in only; no reservation needed.

*Childcare times subject to change based on staffing and holiday hours.



J Fitness & Wellness

FIND YOUR PATH TO WELLNESS!

Massage

Massage reduces stress, promotes relaxation, and supports overall well-being by calming the nervous system, lowering heart rate and blood pressure, and relieving chronic pain. It enhances flexibility, eases muscle tension, boosts circulation for faster recovery, and improves sleep by reducing anxiety. Whether you're seeking relaxation or athletic recovery, our JCC Massage Therapists are here to help! Available in 30-, 60-, or 90-minute sessions.

January Special: All massage 3-packs during the month of January are 10% off. Limit of 2 per member.



Personal Training

At the JCC, our Personal Trainers have specialized knowledge in exercise science, allowing them to design personalized workout plans tailored to a person's individual goals, whether it's weight loss, building strength, or improving cardiovascular fitness. We offer a FREE Fit Plan session where our Personal Trainers will learn about your goals, assess your current abilities, and from this information they will show you a few exercises that are immediately helpful to you, and show you how to set up the machines most effectively for your body.

Personal Training is an excellent way to invest in your health and wellness by helping you adhere to your exercise schedule, increase accountability for your goals while keeping workouts fun, safe, and effective. Schedule your JCC Fit Plan today for expert guidance on your fitness journey!

Personal One-on-One Basketball Training

Take your game to the next level! Individual basketball lessons are a great way to work towards mastering the fundamentals of the game. Lessons are available for all ages with seasoned collegiate athlete and coach, Johnny Osby! *Price: \$70/hr*

Sessions are scheduled individually with each practitioner or trainer through their preferred method of communication.

InBody Machine





The InBody 570 delivers in-depth analysis of your overall health and wellness in just 45 seconds. In addition to analyzing muscle mass, fat mass and total body water, this equipment will draw from additional metrics like Visceral Fat Level and Segmental Fat Analysis, and even skeletal mass/bone density! Easily track your progress.

Price: \$35/one scan \$50/two scans

U Aquatics

SWIM LESSONS

PRIVATE & SEMI-PRIVATE LESSONS

To schedule lessons, email swimlessons@shawjcc.org or call 330-835-0055. Prices are per participant.

Private Lessons

30-minute lesson for one participant

1 Lesson \$25 Member / \$35 Guest

5 Lessons \$120 Member / \$165 Guest

10 Lessons \$225 Member / \$315 Guest

Semi-Private Lessons

30-minute lesson for two or three participants. (Price is per swimmer. You must have your own 2-3 person group)

1 Lesson 5 Lessons 10 Lessons \$20 Member / \$30 Guest \$95 Member / \$143 Guest \$180 Member / \$270 Guest

GROUP 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.

4-Week Swim Sessions

4-Week Session Pricing: \$45 Member / \$65 Guest

Saturdays

January 3 - 24
February 7 - March 7 (no class 3/14)
March 21 - April 11

Level 3 + Level 4/5: 8:15 – 8:45 am Level 1/2 + 3/4: 9 – 9:30 am Preschool + Level 1/2: 9:45-10:15 am Baby & Me + Preschool: 10:30-11 am

<u>Sundays</u>

January 4 - 25 February 8 - March 1 March 8 - 29

Level 3 + Level 4/5: 8:15 – 8:45 am Level 1/2 + 3/4: 9 – 9:30 am Preschool + Level 1/2: 9:45-10:15 am Baby & Me + Preschool: 10:30-11 am

Wednesdays

March 18 - April 8

Preschool + Baby & Me: 5 – 5:30 pm Level 1 + Level 2: 5:45 – 6:15 pm Level 3 + Level 4/5: 6:30 – 7 pm

Thursdays

March 19 - April 9

Preschool + Level 1: 5 – 5:30 pm Baby & Me + Level 3: 5:45 – 6:15 pm Level 2 + Level 4/5: 6:30 – 7 pm

January Lessons open now! February Lessons open 1/5 March Lessons open 2/18



U Aquatics

FLICK 'N FLOAT

Join us on Thursday, March 19th at 6pm for a family friendly movie while floating in the pool or hanging on the pool deck!

Stay tuned for more information!



Water Safety Week

June 1 - 5, 4:00 - 5:00 PM Grades 1-8 Price: \$75 Member / \$95 Guest

Our brand new **Water Safety Week** program is designed for grades 1-8 to help children build confidence and essential water skills before the start of summer. This fun, supportive class led by Janice Epstein, introduces children to the fundamentals of safe swimming while preparing them for summer fun!

A strong emphasis is placed on **pool safety**. Children will learn how to play safely in the water, the importance of listening to and understanding lifeguard instructions, and learn what to do if they need assistance or see a friend who needs assistance. Participants will learn how to enter and exit the water safely, practice floating on their back, and begin treading water to stay comfortably above the surface. Instructors will guide swimmers through introductory front glides to promote good body position, along with the basics of freestyle and breaststroke to develop early stroke technique.

Perfect for new swimmers or those looking to refresh their skills before camp starts, this program builds a strong foundation for a safe and enjoyable summer in the pool!







J Senior Adult

PROGRAMMING & ENGAGEMENT

Bridge

Mondays, 10:30am - 1:30pm

No matter what level of play, join us for bridge. No instruction provided.

No RSVP needed. Coffee and snacks served.

Retired Men's Club

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

Join the Retired Men's Group for open discussion. Bagels and coffee will be served. RSVP to Alisa by no later than the Monday before to areinbolt@shawjcc.org.

Mah-Jongg

Thursdays, 1-4pm

Young and old alike are enjoying the comeback of the game of Mah Jongg. Whether you know how to play, or want to learn, there will be an opportunity! No RSVP needed. Coffee and snacks served.

Book Club

Last Thursday of Every Month, 11:15am

Meet up with fellow book-lovers to discuss a selected book within the group. Coffee and snacks served. If interested in joining, please email Alisa at areinbolt@shawjcc.org.



We have 7 Silver Sneakers classes weekly, plus SuperStar Rewards:

If any SilverSneakers or Renew Active member swipes in to the JCC at least 11 times/month, they are automatically entered to win gift cards EVERY MONTH!



Hospitality Fee:

In order to maintain the high quality of our Senior Adult programs, we have implemented a Hospitality Fee. You can pay \$10 every month or \$100 per year (\$20 savings). Recognizing that some members attend programs less frequently than others, we have also implemented a daily payment option of \$2.50. Payments can be made at the front desk.

*Fee only applies to the programs listed above, NOT Silver Sneakers classes.

U Espresso Yourself!

LISTENING SESSION WITH STEPHANIE YORK



Espresso Yourself! Tuesday, March 10, 8:15 - 9:00 AM

We're hosting a quarterly member listening session, "Espresso Yourself," with Executive Director Stephanie York. Enjoy coffee and bagels while sharing ideas, concerns, and feedback. Members only, free of charge, sign-up required. Kindly sign-up at surveymonkey.com/r/Espresso



UPCOMING





Chanukah (Hanukkah)

Evening of December 14 - 22, 2025

The Hebrew word Chanukah (also spelled Hanukkah) means "dedication," and is thus named because it celebrates the rededication of the Holy Temple. Hanukkah is the eight-day, wintertime "festival of lights," celebrated with a nightly menorah lighting, special prayers and foods fried in oil. Classic foods include potato latkes (pancake) garnished with applesauce or sour cream, and the reigning Israeli favorite is the jelly-filled sufganya (doughnut).



Evening of March 2 - 3, 2026

Purim is one of the most joyous holidays on the Jewish calendar. Purim commemorates the saving of the Jewish people from annihilation at the hands of an official of the Achaemenid Empire named Haman. In addition to reading the M'gillah (Book of Esther), celebrants dress in costumes, have festive parties, perform Purim spiels, send baskets of food (mishloach manot) to friends, and give gifts to the poor (matanot l'evyonim). A traditional Purim food is hamantaschen, three-cornered pastries bursting with poppy seeds or another sweet filling.



Facility closes at 3PM on April 1st in observance of Erev Passover.

The eight-day Jewish holiday of Passover (Pesach) commemorates the emancipation of the Israelites from slavery in ancient Egypt. Pesach is observed by avoiding leaven, and highlighted by the Seder meals that include four cups of wine, eating matzah and bitter herbs, and retelling the story of the Exodus. During Passover, chametz (leavened bread) is strictly avoided, and matzah is consumed instead.



What's Happening at The J?

We welcome you to explore what The JCC has to offer.

Keep up-to-date with programs and happenings at the JCC.

Follow us on social media:

@shawjcc



Subscribe to our e-newsletter: shawjcc.org/member-newsletter

Do you have the **My Akron J** app? This app will allow you to sign up for Group Ex classes and paid programs, purchase Personal Training and Body Therapy packages, view your statements and check-in history, and more!



To learn more, go to shawjcc.org/my-akron-j

Meet Our Staff



JCC Leadership Team

Stephanie York syork@shawjcc.org

Executive Director 330-835-0098

Anthony Ange aange@shawjcc.org

Director of Fitness/Aquatics 330-835-0058

Danielle Bunner dbunner@shawjcc.org

Camp Director 330-835-0065

Ryan Collins rcollins@shawjcc.org

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Kim Garra kgarra@jewishakron.org

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Lvndsey Heffern lheffern@shawjcc.org

Sr. Director of Programs 330-835-0064

Kevin Konet kevin konet@shawjcc.org

Campus Operations Director 330-835-0038

Shannon Piggott spiggott@shawjcc.org

Marketing & Communications Director 330-835-0002

Alisa Reinbolt areinbolt@shawjcc.org

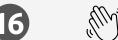
Program & Event Coordinator 330-835-0027

David Rubens drubens@shawjcc.org

Membership Concierge 330-835-0009

Annie Rubes arubes@shawjcc.org

Office Administrator 330-835-0040







We Are Hiring!



Be a Part of Something Special! Join Our Team

We are committed to providing the best possible climate for development, opportunity, and connection for all staff members!

Opportunities Include:

- ECE Co-Teachers
- ECE Float Teacher
- Desk Attendant
- Lifeguards
- Group Exercise Instructors
- Camp Staff (seasonal)









To learn more about The Shaw JCC of Akron or to register for a program, go to ShawJCC.org, download the "My Akron J" app, or call 330-867-7850.