



Shaw JCC
Akron

Summer 2022

Program Guide

Schedule of Programs, Camp & 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



Camp JCC: June 6th – August 12th | 10 Weeks
8AM-3PM Monday-Friday

Traditional Camp & Specialty Camp offerings! Something for everyone – grade K-8.

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!

Whether your camper chooses a Specialty Camp or Traditional Camp, everyone will attend Camp JCC from 8:00-3:00pm daily, with aftercare available from 3:00-5:00pm.



Pre-Teen Camp Track **& Counselor-in-Training Camp**

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!

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

Plus – Birthday Parties
are back!



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

Go to shawjcc.org/camp-j
for more information and to register!





Early Childhood



ENRICHMENT CLASSES

Class Details

- Classes taught by certified 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.

Price: \$110

(50% off for enrolled ECE students)

Register Now:

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

Roar with the Dinosaurs!

June 13 - 17

9:15 a.m. - 12 p.m. (Age 3) OR

1:00 - 3:30 p.m. (Age 4-5)



Join us as we dig into the wonderful world of Dinosaurs. Campers will become Paleontologists as they learn about herbivores, carnivores, and every kind in between from smallest to tallest. Crafts, activities, literary experiences, and hands-on-learning make this popular Dino- themed camp popular every summer.

Let's Have a Luau

June 27 - July 1

9:15 a.m. - 12 p.m. (Age 3) OR

1:00 - 3:30 p.m. (Age 4-5)



Come to our Hawaiian Luau! This camp is all about island fun. Volcanos, Tiki masks, Hawaiian lanterns and more will be created by our island campers. Fun island snacks like fruit kabobs and "beach in a cup" will be designed by our islanders each day. In addition to the games and activities inside, there will be outside play with water toys and the week will end with a big SPLASH at our pool party.

Out of this World!

July 11 - 15

9:15 a.m. - 12 p.m. (Age 3) OR

1:00 - 3:30 p.m. (Age 4-5)



Let's go visit the planets together...maybe in a rocket ship? A flying saucer? Join us as we enter a new galaxy and learn about planets and constellations, life in space and space travel. Space themed adventures await your little astronaut with crafts, snacks, games, science, math, literacy, and social-building skills opportunities.

Summer with Seuss

July 18 - 22

9:15 a.m. - 12 p.m. (Age 3) OR

1:00 - 3:30 p.m. (Age 4-5)



Spend a summer week with Dr. Seuss! Take a rhyming and whimsical ride through the many books written by this beloved author. Children will enjoy games and activities, learning and fun based on silly themes from Dr. Seuss books. Imaginative and unusual snacks will be created by campers along with other hands-on silly experiences that will be sure to keep everyone laughing. Oh, the Places We'll Go!

Into the Forest

July 25 - July 29

9:15 - 12 p.m. (Age 3) OR

1:00-3:30 p.m. (Age 4-5)

Ages: 4 - 5 years



Campers will be immersed in nature, sneaking through trees, pretending in fairy gardens, and exploring the plants and animals of the forest. Each day campers will hike in nature, participate in art activities inspired by nature, and build live terrariums to take home.

Kindergarten Bootcamp

August 1 - 5

9:15 - 12 p.m.

1:00-3:30 p.m.

(For children entering Kindergarten only)



This week's camp is all about getting your child excited about kindergarten. Campers will participate in crafts, read books, and play games that will strengthen what they have learned in Pre-K and get them excited for what is to come this fall in kindergarten. In a fun "bootcamp" style, we will review letters, numbers, colors, and shapes in addition to sharpening our writing skills.



Yoga Programs



NAMASTE AT THE J

Welcome to Namaste at The J! This program series is **designed for EVERYONE**, regardless of yoga experience or skill level. The objective of this program series is to try something new, meet new friends, have fun with old friends, and add namaste to your day! We have developed this series to introduce community members to The J, while engaging our current members in a new and exciting way.

Father & Son Yoga

Sunday, May 1 - 11am

- Spend some quality time together with Father & Son Yoga at The J! **Fee for Adults Only*

EmpowHER Yoga

Thursday, May 12 - 6:30pm

- Get it, girl! Grab your gals and try something new together.

Family Yoga

Saturday, June 4 -11:00am

- Fun family bonding time! Come discover how fun yoga is with Teri. **Fee for Adults Only*

Sunrise Coffee Yoga (with Cafe Arnone)

Thursday, July 7 -7:30am AND

Saturday, July 9 - 7:30am

- Rise and shine with Sunrise Coffee Yoga at The J!

Savasana & Sip (with Cafe Arnone)

Thursday, August 11 - 6:30pm

- Time to wine down from a long day! An assortment of wine from Cafe Arnone served after a total unwinding of body and mind.

For more information, please visit
shawjcc.org/namaste-at-the-j

Cost: \$20 M/G

YOGA TEACHER TRAINING

The main aim of this empowering training is to create a small and supportive group experience to live the teachings of yoga.

And to allow those teachings and improved quality of life to inspire participants to become yoga teachers. Successful completion of this program results in certification at the 200 hour level by the Yoga Alliance standards.

A 10-month in-depth 200-hour Yoga

Alliance certification led by Kevin

Karas

Schedule

September 22-June 22

Class Meets:

- Every Thursday, 6-8:30 p.m.
- One weekend day each month, 10 a.m.-4 p.m.
- Class Participants will determine which weekend day works best for the class.

Discounts

- Early-Bird Pricing March 1 - June 1: 15% Off
- June 2 - July 30: 10% Off
- Member & staff discount pricing available

To learn more, go to
shawjcc.org/yoga-teacher-training





Fitness & Wellness



VIBE Fit

April 18 – June 1 | (no May 6 or Memorial Day sessions)
MWF 7-8am OR 9-10am

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 mentor 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

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

Cost: \$270 Member/ \$360 Guest

**Minimum of 3 participants required to hold the session.*

URBAN ZEN MINI RETREATS

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

Sunday, May 1, 2 – 3:30PM – Chronic Pain

Cost: \$25 M/G

- 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.

Sunday, May 15, 2 – 3:30PM – Belly Blues

- Discover ways to manage the stress that may be negatively affecting your belly with Urban Zen. Bringing "Zen" into your daily routine is an effective way to bring calm and energy to your system.

ARM BALANCE WORKSHOP WITH ROSE CARLSON

Sunday, May 15
11am – 12:30pm



This workshop is for those wanting to learn initially or to enhance or progress in their arm balances. Poses will be broken down. Learn strengthening techniques for the poses and access some mobility for the shapes as well. We will finish with a flow incorporating the poses.

Cost: \$25 M/G

Arm Balances introduced: Crow, Flying Pigeon, Side Scissors, Running Man, and Forearm Balance.



Fitness & Wellness



FITNESS

Tai Chi

Mondays: 6:30-7:30pm

This ancient form of martial art is thousands of years old. Gain strength, balance, flexibility and range of motion as you progress through a series of movements. Join Rita Bowling, a 26 year student of Tai Chi and a wonderful mentor to guide you through this "moving meditation." First Class FREE.

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

TRX Group Training

Tuesdays/Thursdays: 5-6pm

Build and challenge your core strength by incorporating TRX into your routine.

TRX helps you to:

- Build lean muscle
- Increase sports performance
- Tighten your core
- Boost your metabolism
- Increase joint stability

Registration is required as limited space is available. Use your class pass to come ANY day of the week. Receive a punch card to present to the instructor at the beginning of class.

Call 330-867-7850, stop by the fitness desk or reserve on the "My J" app. First Class FREE.

4 Class Pass: \$38 Member / \$48 Guest

2LEFT FEET DANCE LESSONS

Join local award-winning duo, Ed and Jennifer!

Summer/Fall Sessions:

April 25 - June 6

August 15 - September 26

October 1 - November 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)

Referral Special: If current students refer another couple to join in, both couples pay \$50 per session!



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

Shaw JCC Community Hiking

Get out. Get going. Enjoy nature and community!
Beginns May 1. And it's FREE!



Join Anthony Ange of the JCC every Sunday at 11am at a different trailhead within our Summit County Metro Parks or the Cuyahoga Valley National Recreation Area. Walk at your own pace... or challenge yourself! Moving outdoors is great for our mental and physical health along with bringing people together in community. You may invite a friend too!

Members: Discover the weekly trail and sign up on the My J app (so we know to look for you)! Hikers will leave fairly promptly from the trailhead.

**Rain Policy: Any more than a drizzle = No hike*



Fitness & Wellness



CARE FOR YOURSELF WITH WELLNESS SERVICES!

Massage

Our Massage Therapists would love to help you relax and ease away your aches and pains! Our therapists work with you to alleviate body pains and stress. Each session is focused on you and treating your specific problems.

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Including relaxation, deep tissue, hot stone, oncology/medical, and lymphatic.

Acupuncture

Traditional or Laser

Acupuncture involves the insertion of very thin pins at strategic points on your body. A key component of traditional Chinese medicine, acupuncture can help to resolve pain, and improve sleep, digestive function, and sense of well-being. Increasingly, it is being used for overall wellness, including stress management.

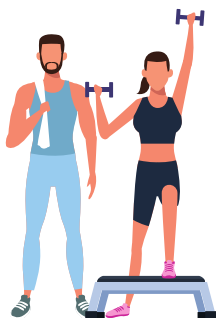
Reiki

Reiki is a gentle, light-touch healing practice. Reiki treats the whole person on physical, emotional, mental, and spiritual levels. Clients usually experience a deep sense of relaxation as the Reiki energy flows through their body.

Personal Training

Are you tired of the same workout routine you have been doing for months or even years and do not see results anymore? Do you just need motivation to get you here on a regular basis? A personal trainer at the Shaw JCC may be your answer to getting the results you want. We offer a variety of packages and options for each individual member, including basketball training!

All of our personal trainers are experienced and nationally certified. Contact the Fitness Dept. at 330-835-0032 or our Personal Training Manager, Anthony Ange, at aange@shawjcc.org for availability with our trainers.



NEW! Nutritional Consulting

Dietetic and Nutritional Consulting and Programming with Natasha Wilcox, RDN

You may benefit from our work together if you struggle with one of the following concerns:

- Disordered eating
- Chronic dieting
- Eating disorder
- Compulsive exercise
- Weight/body image concerns
- Undereating or overeating
- Meal planning
- Grocery shopping

Learn more on our website! If you're interested in Natasha's services, email her at: restorenutritionrd@gmail.com. Tell her you're a referral from the Shaw JCC. She will send you a brief survey to determine if your needs are a good fit!





Sports



MEN'S ADULT BASKETBALL LEAGUE

We are continuing the tradition of our Adult Men's Basketball League! Must be 18+.

10 Weeks of Games:
April 24 - July 10, 2022
Every Sunday | First game at
8:30am
2 Weeks of Playoffs



Find more info at:
**[shawjcc.org/mens-
basketball](http://shawjcc.org/mens-basketball)**

Cost:

Individual: \$115 Member / \$150 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.

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

Check out the schedule at
shawjcc.org/swimlessons

PRIVATE & SEMI-PRIVATE LESSONS

To schedule lessons, email Margaret at aquatics@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

SWIM TEAM & CLINICS

Stroke Clinics

All Clinics 6:30-7:30pm

Tuesday/Thursday

\$20 M / \$30 G

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Freestyle: May 3 & 5

Backstroke: May 10 & 12

Butterfly: May 17 & 19

Breaststroke: May 24 & 26

Junior Stingray Readiness Program

June 6 - July 30

M/W/F : 9:30-10am

\$90 M / \$120 G

Stingrays Summer Swim Team June 6 - July 30

11 & Up: M - F | 7-8:30am

\$210 M / \$260 G



10 & Under: M - F | 8:30-9:30am

\$190 M / \$240 G

Long Course Swimmers*: \$40

**For swimmers currently participating in a USA program*

Meet the Coaches: May 21st from 12-3p

Register in person and meet the coaches!

You can also order apparel and suits as needed.





Senior Adult



PROGRAMMING

Bridge

Mondays, 10:30am - 1:00pm

No matter what level of play, join us for bridge. No instruction provided. No RSVP necessary. Coffee and dessert served. Donations appreciated.

Coffee in the Lobby

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

Meet your exercise friends after class or just stop by for coffee and Kibbitz! Find out what's going on in the Senior Adult World here at the JCC. No RSVP needed.

Retired Men's Group

**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. Reservations are appreciated by contacting Julie at 330-835-0027 or jlefever@shawjcc.org. Donations appreciated.

Health Talks

2nd Wednesday of Every Month @ 11am

Our friends from Brookdale Montrose will provide information on a variety of health topics. Great information from professionals and a healthy snack will be served.

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.

Pots & Pans Cooking Classes

4th Wednesday of Every Month @ 1:30pm

Learn seasonal recipes and techniques in this hands-on fun class! No experience necessary. Make sure you make a reservation as this class fills up quickly!

\$12 Member / \$15 Guest

May 25 - Amazing Appetizers

June 22 - Signature Salads

July 27 - Summertime Sandwiches

August 24 - Decadent Desserts

MONTHLY SPECIALTY CLASSES

AARP Driver Safety Program

Thursday, May 12 1-5 pm

Presented by AARP, this classroom-based refresher course is geared towards drivers over 50 looking to fine tune or improve their driving skills. Using a combination of discussion and short videos, a variety of topics important to safe driving will be covered. After completing the class, you will receive a certificate that may entitle you to an insurance discount.

AARP members \$20 / Non-AARP members \$25

"The Longest Day" Baskets for Alzheimer's

Tuesday, June 21

The Longest Day is all about LOVE! Love for all those affected by Alzheimer's disease!

This year's fundraiser will be a Basket Raffle! Buy your raffle tickets and support the Alzheimer's Association. Together, we will raise funds and awareness for care and support, while advancing research toward the first survivor of Alzheimer's disease.

If you would like to donate a basket for the cause, please contact Julie at 330-835-0027 or jlefever@shawjcc.org.

Thunder Moon Dinner at The Winery at Wolf Creek

Wednesday, July 13 @ 5:00pm

Celebrate July's full moon with a dinner at the Winery at Wolf Creek. A seasonal vegetarian box dinner will be served. Friends and family are always welcome! Wine on your own. Reservations are a must by 7/8 so we can prepare properly.

\$12 M/\$15 G

It's a Pool Party!

Thursday, August 25 @ 5:00pm

A good, old-fashioned cookout at the Shaw JCC pool, with all your favorite picnic selections! Relax, enjoy our beautiful pool area, meet new (and old) friends, swim if you'd like! Reservations a must by 8/19. Rain date to be announced.

\$10 M/\$13 G

Junk in the Trunk Sale - Save the Date!

Sunday, September 18, 9am to noon

Start saving your cool stuff!



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.