

SEE WHAT
WE HAVE
PLANNED



2023

Fall Program Guide



WE'RE ALMOST THERE...

2000

MEMBER HOUSEHOLDS

WE **WELCOME** YOU TO BE PART OF
OUR **GROWING JCC FAMILY**

Registration begins **9 am on August 22 for members**
and **9 am on August 24 for the community**

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19TH ANNUAL

FREE & OPEN TO
THE COMMUNITY

JCC OF GREATER NEW HAVEN

CRAFT & GIFT FAIR

VENDORS: VISIT jccnh.org/craftfairvendors

MARK YOUR CALENDAR!

SUNDAY, DEC 3, 2023

**10 AM
TO 3 PM**

12TH ANNUAL

5K BAGEL RUN+ 2K FIT WALK AND KIDS FUN RUN

Murray Lender

USATF Certified Course.

Presented by
**GREEN &
SKLARZ LLC**



SUNDAY
SEPT. 10

REGISTER TODAY!

The JCC is a nonprofit organization that provides a warm, friendly environment for people of all faiths and backgrounds with a mission to facilitate total wellness through programs that stimulate mind, body and spirit. Your participation supports this effort.

jccnh.org/bagel-run

SCAN THIS CODE WITH
YOUR PHONE TO
REGISTER TODAY!



SUNDAY, SEPT. 10, 2023

JCC of Greater New Haven, 360 Amity Road, Woodbridge, CT 06525

- SCHEDULE:** 8:45 Kids Fun Run
- 9:30 Race & Walk Start
- 10:30 Bagel Reception & Awards

For more information contact Jess Ciola (203) 387-2424 x265 or jessc@jccnh.org



VISIT CAFE J



The JCC is pleased to partner with **Chapel Haven Schleifer Center (CHSC)** to offer internship opportunities to individuals with social and developmental disabilities. We are also excited to partner with **Jewish Family Service of Greater New Haven** and **The Towers at Tower Lane** to make Café J possible.

Café J is made possible in part through a generous Community Impact Grant from the Jewish Federation of Greater New Haven.

AQUATICS ADULTS	Class	Age	Day	Times	Date(s)	Member	Community
	Water Aerobics**	Ages 21+	Mon/Thur	9:15-10:45 am	Ongoing	Free	N/A
	Water Aerobics**	Ages 21+	Wed	10:15-11 am	Ongoing	Free	N/A
	Water Aerobics**	Ages 21+	Fri	11:15 am-12 pm	Ongoing	Free	N/A
	Master Swim	Ages 18+	Wed	6:30-7:30 pm	9/6-11/1	\$162	\$225
	Master Swim	Ages 18+	Wed	6:30-7:30 pm	11/15-1/3	\$144	\$200
	Beginner's Adult Group	Ages 15+	Mon	6:45-7:15 pm	9/11-12/18	\$280	\$350
	Beginner's Adult Group	Ages 15+	Mon	7:45-8:15 pm	9/11-12/18	\$280	\$350
	Intermediate Adult Group	Ages 15+	Mon	7:15-7:45 pm	9/11-12/18	\$280	\$350

AQUATICS YOUTH	Class	Age	Day	Times	Date(s)	Member	Community
	Swim with Me	Ages 6 mos.-3½	Sun	10-10:30 am	9/24-12/17	\$216	\$300
	Swim with Me	Ages 6 mos.-3½	Sun	10:30-11 am	9/24-12/17	\$216	\$300
	Swim with Me	Ages 6 mos.-3½	Sun	11-11:30 am	9/24-12/17	\$216	\$300
	Swim with Me	Ages 6 mos.-3½	Sun	11:30 am-12 pm	9/24-12/17	\$216	\$300
	Bubblers	Ages 3½-5	Sun	11:30 am-12 pm	9/24-12/17	\$216	\$300
	Bubblers	Ages 3½-5	Sun	12-12:30 pm	9/24-12/17	\$216	\$300
	Bubblers	Ages 3½-5	Sun	12:30-1 pm	9/24-12/17	\$216	\$300
	Bubblers	Ages 3½-5	Sun	1-1:30 pm	9/24-12/17	\$216	\$300
	Starfish	Ages 4-7	Sun	11:30 am-12 pm	9/24-12/17	\$216	\$300
	Starfish	Ages 4-7	Sun	12-12:30 pm	9/24-12/17	\$216	\$300
	Starfish	Ages 4-7	Sun	12:30-1 pm	9/24-12/17	\$216	\$300
	Starfish	Ages 4-7	Sun	1-1:30 pm	9/24-12/17	\$216	\$300
	Minnows	Ages 5-8	Sun	12-12:30 pm	9/24-12/17	\$216	\$300
	Minnows	Ages 5-8	Sun	1-1:30 pm	9/24-12/17	\$216	\$300
	Dolphins*	Ages 7-10	Sun	1-1:30 pm	9/24-12/17	\$216	\$300
	Swim with Me	Ages 6 mos.-3½	Tues	11-11:30 am	9/12-12/19	\$270	\$375
	Bubblers	Ages 3½-5	Tues	4-4:30 pm	9/12-12/19	\$270	\$375
	Bubblers	Ages 3½-5	Tues	5-5:30 pm	9/12-12/19	\$270	\$375
	Starfish	Ages 4-7	Tues	4-4:30 pm	9/12-12/19	\$270	\$375
	Starfish	Ages 4-7	Tues	4:30-5 pm	9/12-12/19	\$270	\$375
	Minnows	Ages 5-8	Tues	4:30-5 pm	9/12-12/19	\$270	\$375
	Minnows	Ages 5-8	Tues	5-5:30 pm	9/12-12/19	\$270	\$375
	Dolphins*	Ages 7-10	Tues	4:30-5 pm	9/12-12/19	\$270	\$375
	Bubblers	Ages 3½-5	Thurs	4-4:30 pm	9/14-12/21	\$252	\$350
	Bubblers	Ages 3½-5	Thurs	4:30-5 pm	9/14-12/21	\$252	\$350
	Starfish	Ages 4-7	Thurs	4:30-5 pm	9/14-12/21	\$252	\$350
	Starfish	Ages 4-7	Thurs	5-5:30 pm	9/14-12/21	\$252	\$350
	Minnows	Ages 5-8	Thurs	4-4:30 pm	9/14-12/21	\$252	\$350
	Minnows	Ages 5-8	Thurs	4:30-5 pm	9/14-12/21	\$252	\$350
	Minnows	Ages 5-8	Thurs	5-5:30 pm	9/14-12/21	\$252	\$350
	Dolphins*	Ages 7-10	Thurs	5-5:30 pm	9/14-12/21	\$252	\$350

* Formerly StingRays

**See Schedule for Class Descriptions

SWIM TEAM	Class	Age	Day	Times	Date(s)	Member fee	Community fee
	Blue Marlins Swim Team	Juniors	Mon, Tues, Thurs	5:30-6:15 pm	9/18-3/7	\$600	\$700
	Blue Marlins Swim Team	Juniors +	Mon, Tues, Thurs	5:30-6:30 pm	9/18-3/7	\$625	\$725
			Sun	4-5:30 pm			
	Blue Marlins Swim Team	Seniors	Mon, Tues, Thurs	6:15-7:30 pm	9/18-3/7	\$775	\$875
Sun			4-5:30 pm				
Blue Marlins Swim Team	Seniors Select	Mon, Tues, Thurs	6:15-7:30 pm	9/18-3/7	\$775	\$875	
		Sun	4-5:30 pm				



Practice schedule will be distributed at registration. **New participants:** contact us at swim@jccnh.org, for placement.

ABOUT AQUATICS

Group Swim levels are based on age and experience in the water; ages are suggestions, not hard rules. New swimmers above Bubblers must email Swim@jccnh.org for evaluation and placement.

SWIM WITH ME: Designed to meet the needs of infants and toddlers 6-42 months. Explore water, body awareness, coordination and safety through games, songs and repetition. Children must wear swim diapers. Parent/Adult required. No Class 11/26.

BUBBLERS: For first-time swimmers who are ready to work independently. Swim-readiness activities such as blowing bubbles, putting face in water, floating, kicking and proper arm motion. **NO PARENT PARTICIPATION.** No class 11/23, 11/26.

STARFISH: Water Exploration: For a child who needs assistance in the water. Must be completely independent for at least ten feet to move into Minnows. No Class 11/23, 11/26.

MINNOWS: Independent swimmers who can swim 10'. Students learn to float without support and recover to vertical position. Begins true locomotion skills and adds to self-confidence in the water. Working on early freestyle, backstroke and rotary breathing. **NEW TO OUR PROGRAM: MUST CALL FOR EVALUATION 203-387-2424 X270.** No Class 11/23, 11/26.

BLUE MARLINS SWIM TEAM: We are a developmental team for children between the ages of 6 and 18 years old practices are available three or four times each week; Our swimmers work on learning or improving the four main strokes, flip turns, diving, endurance, how to use a pace clock and more.

DOLPHINS: (Formerly StingRays) Builds on skills from Minnows (Freestyle, backstroke and endurance) through additional guided practice in deeper water, as well as developing the backstroke, breaststroke, rotary breathing, treading water and lap swimming. Graduates of this level can join our Blue Marlins Swm Team! **NEW TO OUR PROGRAM MUST CALL FOR EVALUATION 203-387-2424 x270.** No class 11/23, 11/26.

MASTER SWIM: Do you have a competitive edge and want to swim at the next level? Coach Beth Harrison will help improve your overall skills, stroke efficiency and your level of fitness. Master swimmers must be 18 years or older to participate in this program.

BEGINNER ADULT GROUP: This class is designed to build on basic water skills and help become more comfortable in the water. Ages 15+.

INTERMEDIATE ADULTS GROUP: Intermediate group swim lessons is designed for an individual that would like to work on breathing and stroke technique. Ages 15+.



For more detailed descriptions of programs or to register:

jccnh.org/programguide/aquatics or email swim@jccnh.org

Must be JCC member for duration of session to qualify for JCC member price

Schedule may be adjusted based on enrollment. New swimmers above the level of Bubblers must email swim@jccnh.org for evaluation & placement. **Adaptive, Private & Semi-Private Swim Lessons Available.**

Title	Age	Day	Times	Date(s)	Session #	Member	Community
WELLNESS							
LIVE WELL 360 Bundle	16+	*	Private Sessions	Ongoing	18	\$1,200	NA
LIVE WELL 180 Bundle	16+	Wed	10 am-11 am	Ongoing	10	\$700	NA
YOGA WORKSHOP							
Winds of Change Yoga & Meditation		Sun	1:45-3:30	10/15	1	\$10	\$15
Embrace Autumn Yoga Experience		Sun	1:45-3:30	10/22	1	\$10	\$15
Therapeutic Yoga for Healthy Joints		Sun	1:45-3:30	10/29	1	\$10	\$15
Therapeutic Yoga for Better Backs		Sun	1:45-3:30	11/5	1	\$10	\$15
Winds of Change Yoga & Meditation		Sun	1:45-3:30	11/12	1	\$10	\$15
De-stress & Unwind Yoga Experience		Sun	1:45-3:30	11/19	1	\$10	\$15
Sound Healing Meditation Series		Tues	6:15-7 PM	10/10-11/28	8	79 or \$15 per session	\$99 or \$20 per session
Understanding Trends of Weight Loss Meds	16+	Fri	12-12:45 PM	9/8	1	FREE	NA
Dietetic Coaching	13+	*	TBD	NA	3	\$149	\$179
Behavioral Coaching	13+	*	TBD	NA	3	\$149	\$179
UNSTUCK	18+	Wed	11 AM-12:30 PM	10/11-10/25	3	\$49	\$79
MELT Method	16+	Wed	10-11 AM	Ongoing	6	\$99	\$129
PRIVATE TRAINING:							
Orientation	13+	*	20 min	Ongoing			
Consultation	13+	*	30 min	Ongoing			
Personal Training Half Session: Tier 1	13 +	*	25 min	Ongoing	6/12		
Personal Training Half Session: Tier 2	13 +	*	25 min	Ongoing	6/12		
Steady As You Go Parkinsons PT	13+	*	25 min	Ongoing			
Personal Training Full Session: Tier 1	13+	*	50 min	Ongoing	6/12/18/24		
Personal Training Full Session: Tier 2	13+	*	50 min	Ongoing	6/12/18/24		
Personal Training Partner Session	13+	*	50 min	Ongoing			
Phase Personal Training Series	13+	*	50 min	Ongoing			
Level Up Health Coaching	13+	*	60 min	Ongoing			
Pilates Apparatus Training	16+	*	45 min	Ongoing			
SMALL GROUP COACHING							
Bootcamp	13+	Sun	8-8:45 am	Ongoing	6/12/20	\$99/\$192/\$300	
Strike	13+	Mon	6 pm-7 pm	Ongoing	6/12/20	\$99/\$192/\$300	
TRX Bootcamp	13+	Tue	9-10 am	Ongoing	6/12/20	\$99/\$192/\$300	
TRX	13+	Wed	8-9 am	Ongoing	6/12/20	\$99/\$192/\$300	
Blast	13+	Thur	5:30-6:30 am	Ongoing	6/12/20	\$99/\$192/\$300	
TRX Long & Strong	18+	Thur	7-8 am	Ongoing	6/12/20	\$99/\$192/\$300	
XCORE Tough	13+	Fri	9-10 am	Ongoing	6/12/20	\$99/\$192/\$300	
XCORE Blast	13+	Sat	7:25-8:25 am	Ongoing	6/12/20	\$99/\$192/\$300	
Balanced Body Pilates	13+	Sat	8:30-930 am	Ongoing	6/12/20	\$99/\$192/\$300	

FOR PRIVATE TRAINING PRICING PLEASE CALL (203) 387-2424
x257

*BY APPOINTMENT

For pricing questions contact jessicas@jccnh.org

ABOUT FITNESS

LIVE WELL 360: WELLNESS is the new FITNESS! A bundle of 18 private sessions economically priced including 6 Personal Training, 4 Functional Focus (Pilates / TRX), 2 Spa Services, 2 Corrective Exercise, 4 Nutrition / Dietary sessions with a complete, comprehensive wellness assessment based on your personal goals.

LIVE WELL 180: Just the basics! 4 Personal Training, 2 Functional Fitness, 2 Spa Services, 2 Nutrition / Dietary sessions.

MELT METHOD: A science-backed self-care technique that anyone can use to stay active, enhance performance and manage pain. Specially designed hand / foot treatment balls and custom made soft rollers tap into our neuro-fascial system to restore balance to the body.

YOGA WORKSHOP SERIES, Four Specialty sessions with Yoga Master Instructors: Yoga workshops will offer expert guidance with a specific focus. Appropriate for all levels and ages. Purchase all four in a package and receive one session free, or purchase each separately.

1. WINDS OF CHANGE YOGA & MEDITATION: Move your mind and emotions, clear blocks, and recharge your personal power with gentle movements, breathwork and guided meditation

2. EMBRACE AUTUMN YOGA EXPERIENCE: The energetic and seasonal shift of autumn can cause you to feel overwhelmed, unbalanced or detached from yourself. This slow, fluid, rhythmic practice with breathwork will help to keep you grounded during the transition.

3. THERAPEUTIC YOGA FOR HEALTHY JOINTS: Gentle movement sequences in this Somatic-infused practice specific to improve joint mobility and reduce pain.

4. THERAPEUTIC YOGA FOR BETTER BACKS: Specialized Somatic-infused practice to uncover the root cause of back pain and discover optimal ways to move in this gentle practice.

5. WINDS OF CHANGE YOGA & MEDITATION: Move your mind and emotions, clear blocks, and recharge your personal power with gentle movements, breathwork and guided meditation.

6. DE-STRESS & UNWIND YOGA EXPERIENCE: Kick off the start of the holiday season with a yoga practice to activate gratitude, release stress and harness accessible resources for resilience and well-being. Release stored tension in the hips in this gentle, fluid practice with a focus on the psoas muscle. Feel free to bring a firm pillow or blanket.

7. SOUND HEALING MEDITATION SERIES: Harmonize to refocus scattered energy in a sound journey to clear, charge and balance mind & body through breathwork with guided meditation

8. ARE WEIGHT LOSS MEDS RIGHT FOR YOU?: Navigate the current prescription and OTC weight loss medications to understand how they work, potential side effects, and eligibility requirements with a RDT

9. DIETETIC COACHING: Comprehensive weight management balancing nutrients, food intake, meal timing, and food preferences under guidance of an RDT.

10. BEHAVIORAL COACHING: Health coaching to identify eating triggers and ways to improve behaviors related to emotional eating.

11. UNSTUCK: Take stock in where you are, declutter, set goals, and create sustainable change. Small group setting for support and motivation

INTRO TO SPIN: New to indoor cycling? Learn proper bike set-up, form, how to use the console, and basics to prepare you for this great cardio workout.

ORIENTATION: An introduction on how to safely use the fitness room and apparatus.

CONSULTATION: 30 min personalized session with a personal trainer to discuss fitness goals and training.

PERSONAL TRAINING HALF SESSION: 25 min one on one training session with a personal trainer.

PHASE PERSONAL TRAINING SERIES: 50 min one on one training 2xs per week to increase strength and muscle mass. 6 week series.

BOOTCAMP: Drill based work out designed to burn calories and increase endurance.

TRIFECTA: Whether new or expert take your triathlon training to the next level.

TRX BOOTCAMP: Suspension training core based workout using multiple fitness pieces to create maximum fat burn.

TRX: Suspension Training using TRX to leverage gravity and your own body weight. Improve strength, balance, coordination and joint stability.

TRX LONG & STRONG: Yoga based stretching using suspension straps to achieve standing and seated positions that open hips, shoulders and back. Improve balance, flexibility and core strength.

XCORE TOUGH: Next level suspension training combined with cardio and strength training.

XCORE BLAST: Next Level suspension training in an interval format. Everything you need to sweat and burn calories.

BALANCED BODY PILATES: Using specialized Pilates tools for double duty strength and core training combined with strength and release creating the ultimate balanced body.

ACTIVE AGING WORKSHOP: BALANCE & FALL PREVENTION: Stay steady on your feet with simple balance exercises and techniques and learn how to safely get up from the floor in the case of a minor stumble in this interactive workshop

CLASSES OFFERED FREE FOR MEMBERS:

A variety of classes taught by certified, experienced Instructors including:

GROUP EXERCISE: Body Conditioning, Strength, Cardio, Zumba, Yoga, Pilates Mat, Barre, Core, Tai Chi, Drum-Fit, Active Aging Silver Sneakers, and Indoor Cycling (Spinning)

For detailed descriptions of wellness programs or group exercise contact Susan Donovan: susand@jccnh.org. Or visit: jccnh.org/fitness

For questions on personal training or boot camps contact Jessica Scott: jessicas@jccnh.org

Class	Age	Day	Times	Date(s)	Member	Community
Traditional Karate 7+ Beginner	Ages 7+	Sun	10:15-11:15 am	Monthly	\$89/mo	\$99/mo
Traditional Karate 7+ Advance	Ages 7+	Sun	11:15 am-12:15 pm	Monthly	\$89/mo	\$99/mo
Traditional Karate 7+ Beginner	Ages 7+	Wed	5:30-6:15 pm	Monthly	\$89/mo	\$99/mo
Traditional Karate 7+ Advance	Ages 7+	Wed	6:15-7 pm	Monthly	\$89/mo	\$99/mo
Ninja Karate	Ages 4-6	Sun	9-9:30 am	9/24-12/17	\$195	\$245
Ninja Karate	Ages 6-7	Sun	9:30-10 am	9/24-12/17	\$195	\$245
Adult Karate	Ages 13+	Wed	7 pm-7:45 pm	9/13-12/13	\$270	\$300
Beautify the JCC	All Families	Mon	5-6 pm	9/11	\$5	\$5
Special Event Pumpkin Patch and Paint	Family Event	Sun	2-4 pm	10/22	\$25	\$30
JCC Bingo	Ages 18+	Mon	3-4:30 pm	9/11, 9/18, 10/23, 10/30, 11/20, 11/27	\$5/card	\$5/card
Dodgeball Single Elimination Tournament	Ages 18+	Thurs	7pm-9 pm	10/12	\$90	\$100
Creative Creations: Session 1	Ages 3.5-6	Mon	1:15-2 pm	9/11-10/30	\$140	\$160
Creative Creations: Session 2	Ages 3.5-6	Mon	1:15-2 pm	11/20-12/18	\$140	\$160
Little Kicks Soccer	Ages 3.5-6	Sun	10:30-11:15 am	10/8-11/12	\$130	\$150
Tiny Tots Tennis	Ages 3.5-6	Wed	1:15-2 pm	9/13-12/13	\$260	\$280
Pre-School Thanksgiving Special	Ages 3.5-6	Thurs	2:15-3 pm	11/16	\$10	\$10
Pee Wee Sports & Games	Ages 3.5-6	Thurs	1:15-2 pm	9/14-12/14	\$260	\$280
Sticky Fingers	Ages 4-6	Fri	1:15-2 pm	12/1-12/22	\$100	\$120
JCC FALL Basketball Clinic with Dribble Drive	Grades K-1	Sun	2-3pm	10/1-11/12	\$175	\$200
JCC FALL Basketball Clinic/ League w/ Dribble Drive	Grades 2-4	Sun	3-4pm	10/1-11/12	\$175	\$200
Iddy Biddy Basketball	Grades K-1	Sun	1-1:50 pm	12/3-3/10	\$180	\$200
Youth Basketball Co-Ed	Grades 2-4	Sun	2-3:15 pm	12/3-3/10	\$180	\$200
Youth Basketball Girls	Grades 5-6	Sun	2-3:15 pm	12/3-3/10	\$180	\$200
Youth Basketball Boys	Grades 5-6	Sun	3:15-4:30 pm	12/3-3/10	\$250	\$350
Jr High Basketball	Grades 7-8	Tue	6-7 pm	11/14-3/12	\$375	N/A
Rick Wallace High School Basketball League	Grades 9-12	Mon	5:30-8:30 pm	12/4-3/11	\$145	\$185
30+ Adult Basketball League	Ages 30+	Wed	7 pm-9 pm	10/25-1/17	\$1000 per team	N/A
Racquet Sports	Grades 5-8	Sun	1-2 pm	10/1-10/22	\$80	\$100
Pokemon Club	Ages 7-10	Sun	1-1:45 pm	10/29-11/19	\$100	\$120
Lady Bug Melodies Adaptive Music & Movement	Grades 1-5	Thur	5-5:45 pm	9/14-11/2	\$140	\$160
JCC E-SPORTS	Grades 5-8	Wed	5-6:15 pm	10/11-11/15	\$100	\$120
Pick up Volleyball	Ages 16+	Thurs	7:30-8:45 pm	10/19-11/30	\$80	\$95
Competitive Pickleball League	Ages 18-40	Tues	7-8:45 pm	9/19-11/7	\$99	\$149
Greenberg Pickleball League	Ages 40+	Mon	4-5:15 pm	9/11-10/9	\$40	\$60
Pickelball Lessons	Ages 18+	Mon	4:30-5:15 pm	9/11-10/9	\$40	\$60
Israeli Dance: Beginners	Ages 18+	Tues	6:45-7:45 pm	Sep: 12, 19, 26 Oct: 3, 17, 24, 31	\$150 or \$14 Drop in	\$170 or \$16 Drop in
Israeli Dance: Open Session	Ages 18+	Tues	7:30-8:30 pm	Nov: 7, 14, 28 Dec: 5	\$150 or \$14 Drop in	\$170 or \$16 Drop in

ABOUT SPORTS & RECREATION

NINJA KARATE: Our Little Ninjas Program is designed for 4 to 6-year-olds and teaches motor skills, coordination with martial arts techniques in a fun, energetic, and friendly environment.

BEGINNER TRADITIONAL KARATE: Karate will be offered as a monthly membership (\$89/month JCC members, \$99/month Community) Come to classes on Sundays, Wednesdays or both. The price will stay as a recurring rate each month. Traditional Tang Soo Do classes will build self-confidence in a safe and supportive environment. Teaches respect for self and others, focus, concentration, courage and spirit. We will hold a welcome class Sun, Sept. 24 and Wed, Sept. 27.

ADULT KARATE: Build self-confidence in a safe and supportive environment. Test for belt ranking at the end of the session.

TRADITIONAL KARATE ADULT: Build self-confidence in a safe and supportive environment. The emphasis of these classes is respect for self and others, focus, concentration, courage and spirit. Beginners learn self-discipline, physical fitness and basic moves; more experienced students develop sparring skills and continue to build on fitness and confidence. Students will have the opportunity to test for belt ranking at the end of the session.

BEAUTIFY THE JCC: Beautify the sprawling JCC campus with the sports and recreation department! Take part in planting bulbs that will pop up this spring and enjoy time with your family this fall.

SPECIAL EVENT PUMPKIN PATCH AND PAINT: Family Fun Day October 22nd. Find and paint a pumpkin to take home. Games of "Scarecrow Tag", games, trivia. Details available after registration. Fee is per family

JCC BINGO: Try your luck with JCC Monday Night Bingo. Bingo cards sold at the door @\$5 each.

DODGEBALL SINGLE ELIMINATION TOURNAMENT: Sign up with friends for an evening of DODGEBALL. Coed tournament – team must have 5-8 people with at least two female. Pre-register and PIF by Oct. 5.

LITTLE KICKS SOCCER: Learn the basics of soccer and team-building. Pre-school children work on listening skills, teamwork, and sharing along with the rules of soccer and early skill development.

TINY TOTS TENNIS: Basics of tennis with other young players! Basic skill, sportsmanship, team-building, and game playing.

PEE WEE SPORTS AND GAMES: Basics of sports and games. New activity each week to expose the participants to lots of different sports and games. Kindergarten readiness, listening skills, teamwork and sharing materials.

PRESCHOOL THANKSGIVING SPECIAL: Join us for a special event geared towards our preschool friends to celebrate Thanksgiving with a craft and snack.

STICKY FINGERS: Each week we will be making a new nut-free, kosher snack. In addition we will listen to a story or draw a picture that relates to the snack we are making.

CREATIVE CREATIONS: Create crafts of all varieties with opportunities to participate in free art and in planned projects. Paint, clay, beads, and more! A JCC favorite!

IDDY BIDDY BASKETBALL: Basketball for boys and girls. Focus less on competition and more on fun, teamwork, fair play and basic skills.

YOUTH BASKETBALL: Basic basketball fundamentals as well as sportsmanship, teamwork and fair play. Start with age-appropriate skill development followed by team play and scrimmages.

RACQUET SPORTS: Pickleball, Racquetball, Badminton and Tennis. learn the basics of these racquet sports and discover a new passion.

POKEMON CLUB: Trade cards, learn the game, hang out with friends and play Pokemon.

LADY BUG MELODIES ADAPTIVE MUSIC AND MOVEMENT: This class is designed to engage children in physical activity, while emphasizing the importance of social skills and positive behaviors, combined in a fun and enthusiastic performance.

JCC FALL BASKETBALL CLINIC/LEAGUE WITH DRIBBLE DRIVE: Work on the FUNDamental skills of basketball in this awesome clinic with a focus on development, teamwork, and scrimmages.

PICK UP VOLLEYBALL: Do you have a group of friends looking to play in a relaxed Volleyball league weekly? Join us at the JCC for an informal league which is about fun and exercise along with socializing amongst other players.

JCC E-SPORTS: Five weeks of laid-back yet competitive e-sports gaming. A different sport-related game each week, including FIFA, Madden, The show and 2K basketball. The final week will feature a tournament battle. Bring your best controller and get ready for fun!

COMPETITIVE PICKLEBALL LEAGUE: A Tuesday evening Pickleball league for our younger players, ages 18-40.

PICKLEBALL LESSONS: 4-week class to introduce Pickleball skills and rules. Session will be repeated monthly as registration requires.

GREENBERG PICKLEBALL LEAGUE: Monday evening league for our more "mature" players ages 40+. Will repeat monthly. Must be able to serve, return serve, and "dink" consistently.

For more detailed descriptions of programs or to register:
jccnh.org/programguide/sports-recreation or contact
Kelly at kellyd@jccnh.org

Class	Age	Day	Times	Date(s)	Member Fee	Community Fee
Dance with Me	15-36 mos.	Sun	9-9:30 am	9/24-12/17	\$200	\$225
Dance with Me	15-36 mos.	Mon	11-11:30 am	9/11-12/18	\$230	\$260
Beginning Ballet/Tap	3.5-5 yrs	Sun	9:30-10:15 am	9/24-6/2	\$510	\$580
Beginning Ballet/Tap	3.5-5 yrs	Tues	3:30-4:15 pm	9/12-12/19	\$250	\$275
Beginning Jazz/Tap	3.5-5 yrs	Sat	10-10:45 am	10/14-6/8	\$510	\$580
Beginning Jazz/ Tumble	3.5-5 yrs	Thurs	3:30-4:15 pm	9/14-12/21	\$250	\$275
Beginning Tumble	3.5-5 yrs	Sun	10:30-11:15 pm	9/24-6/2	\$510	\$580
Ballet/Tap 1	5-7 yrs	Sun	10:15-11 am	9/24-6/2	\$510	\$580
Ballet/Tap 1	5-7 yrs	Tues	4:15-5 pm	9/12-6/4	\$595	\$665
Ballet/Tap 1	5-7 yrs	Sat	9:15-10 am	10/14-6/8	\$510	\$580
Tumble 1	5-7 yrs	Sun	11:15 am-12 pm	9/24-6/2	\$510	\$610
Ballet 2	7-10 yrs	Thurs	4:30-5:30 pm	9/14-6/6	\$620	\$690
Tap 2	7-10 yrs	Wed	4:30-5:30 pm	9/24-6/5	\$620	\$690
Ballet/Tap 2	7-10 yrs.	Sun	11 am-12 pm	9/24-6/2	\$550	\$580
Jazz 2	7-10 yrs	Mon	4-4:45 pm	9/11-6/3	\$540	\$610
Hip Hop 2	7+ yrs	Tues	5-6 pm	9/12-6/4	\$640	\$710
Hip Hop 3	7+ yrs	Sat	11-11:45 am	9/16-6/8	\$510	\$580
Tumble 2	7-10 yrs.	Wed	5:30-6:30 pm	9/13-6/5	\$620	\$690
Ballet 3	10+ yrs	Tues	5:30-6:30 pm	9/12-6/4	\$640	\$710
Jazz 3	10+ yrs	Wed	5:30-6:30 pm	9/16-6/5	\$620	\$690
Tumble 3	10+ yrs	Sat	12-12:45 pm	9/11-6/8	\$510	\$580
Company Lyrical/Jazz II (Invitation Only)	Ages 7-10	Thurs	5:30-6:30 pm	9/14-6/6	\$620	\$690
Company Pointe (Invitation Only)	Ages 10+	Tues	6:30-7 pm	9/12-6/4	\$320	\$355
Company Contemporary 3 (Invitation Only)	Ages 10+	Thurs	6:30-7:30 pm	9/14-6/6	\$620	\$690
Contemporary Tap 3 (Invitation Only)	Ages 10+	Wed	6:30-7:30 pm	9/13-6/5	\$620	\$690



NEW DANCE DIRECTOR, CARLEE SACHS-KROOK

Carlee Sachs-Krook moves fluidly between the roles of dance educator and scholar. An eclectic groover with a background in ballet, contemporary, jazz, tap, creative dance, and Pilates, she holds a BFA in Dance from Sam Houston State University and an MA in American Dance Studies from Florida State University as well as a Balanced Body Pilates certification. She has taught various dance styles to children and adults for over ten years across studio, community, and collegiate settings. Grounding in culturally reflexive and student-centered approaches to learning, she strives to nurture her students' curiosity, sense of play, and creativity. Her teaching practice guides her research interests, which lie at the intersection of dance, pedagogy, popular culture, and social justice. Her research appears in the textbook *Dance and US Popular Culture* edited by Dr. Jennifer Atkins and *The Dancer-Citizen*.

ABOUT DANCE/TUMBLING

Tia-Simone Gardner and Avery Turlington return to join new Dance Director Carlee Sachs-Krook in teaching our dance and tumbling classes. Schedules may be adjusted based on enrollment. Participants must remain members for duration of program to qualify for JCC member price (fee adjustment will be made if membership is dropped). Dance Handbook will be distributed after registration with calendar info and other protocols. For information about classes, particularly Company classes (Invitation Only) email dance@jccnh.org.

DANCE WITH ME: Develop creativity, body awareness, coordination, and social/emotional skills through play, song and movement *Infants & Toddlers 15-36 months, with accompanying adult-play, sing, move in a joyful, exploratory & communal space.*

BEGINNING BALLET/TAP: Develop creativity, coordination, musicality and social/emotional skills through play, song and movement

BEGINNING JAZZ/TAP: Introduction to fundamental jazz and tumbling skills, including balance, coordination and rhythm. Develop gross creativity, motor skills and social/emotional skills through play, song and movement

BEGINNING JAZZ/TUMBLE: Introduction to fundamental tumbling skills, including balance, coordination and agility. Develop gross motor skills and social/emotional skills through play and movement.

BEGINNING TUMBLE: Focus on honing skills introduced in Beginning Ballet/Tap. Continue to develop creativity, body awareness, coordination and social/emotional skills through play, song and movement.

BALLET/TAP 1: Focus on honing skills introduced in Beginning Tumble. Continue to develop balance, coordination and social/emotional skills through play and movement while also building strength and flexibility.

TUMBLE 1: Combines play and structured practice to introduce intermediate ballet movement and coordination challenges. Continue to develop creativity, body awareness, coordination and confidence while building strength and critical thinking skills.

BALLET 2: Combines play and structured practice to introduce intermediate tap movement and coordination challenges. Continue to develop creativity, coordination, rhythm and confidence while building musical and critical thinking skills.

BALLET/TAP 2: Combines Ballet 2 and Tap 2

JAZZ 2: Combines play and structured practice to introduce students to intermediate jazz movement and coordination challenges. Continue to develop creativity, body awareness, musicality and confidence while building strength and critical thinking skills.

HIP HOP 2: Combines skill-building and fun to introduce students to beginning hip hop movements and concepts. Learn popular dance moves to current age-appropriate music, developing confidence, artistry and musicality.

HIP HOP 3: Combines skill-building and fun to introduce students to beginning hip hop movements and concepts. Learn popular dance moves to current age-appropriate music, developing confidence, artistry and musicality.

TUMBLE 2: Combines play and structured practice to introduce intermediate tumbling skills and agility challenges. Continue to develop balance, coordination and confidence while also building strength, flexibility and spatial awareness.

BALLET 3: Focus on refining intermediate ballet skills through a combination of structured practice and creative challenges. Continue to develop creativity, body awareness, coordination and confidence while honing strength, artistry and critical thinking skills.

JAZZ 3: Focus on refining intermediate jazz skills through a combination of structured practice and creative challenges. Continue to develop creativity, body awareness, musicality and confidence while honing strength, expressivity and critical thinki

TUMBLE 3: Focus on refining intermediate tumbling skills through a combination of structured practice and creative challenges. Continue to develop coordination, strength, flexibility and confidence while honing artistry and critical thinking skills.

COMPANY LYRICAL/JAZZ II: For dancers looking for extra creative and coordination challenges. Combines play and structures practice to hone intermediate jazz and lyric skills. Continue to develop strength, flexibility, musicality and confidence while building artistry and critical thinking skills.

COMPANY POINTE (INVITATION ONLY): For dancers looking to take their ballet training to the next level. Introduction to pre-poinette and pointe work. Develop balance, strength, flexibility, body awareness and artistry as skills or extra creative and coordination challenges. Combines play and structures practice to hone intermediate jazz and lyric skills. Continue to develop strength, flexibility, musicality and confidence while building artistry and critical thinking skills.

COMPANY CONTEMPORARY 3 (INVITATION ONLY): For dancers looking for an artistic challenge. Combine structured practice and creative challenges to introduce beginning contemporary movement and improvisation. Develop creativity, body awareness, artistry and confidence while honing strength, musicality and critical thinking skills.

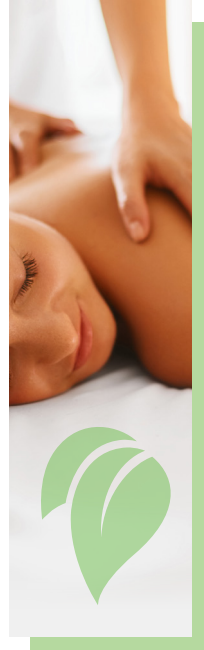
CONTEMPORARY TAP 3 (INVITATION ONLY): Additional musicality and coordination challenges. Focus on refining intermediate tap skills through a combination of structured practice and creative challenges. Continue to develop creativity, rhythm and confidence while honing strength, musicality and critical thinking skills



All welcome & every session is uniquely tailored to you, the client, to promote a healthy body and mind. Massage involves the manipulation of the body's soft tissue for a positive effect. No longer just a luxury, massage therapy is a relevant choice of health care helping to relieve muscular tension, break pain spasms, and promote healing or recovery from injury and even improve performance!

MASSAGE THERAPY

Time Options	Spa Member		JCC Member	
	60 min	90 min	60 min	90 min
Swedish	\$82	\$86	\$113	\$119
Moderate	\$91	\$95	\$123	\$129
Deep	\$100	\$105	\$131	\$138
Energy Healing	By Service	By Service	By Service	By Service
Thai	\$100	\$105	\$131	\$138
Hot Stone	\$100	\$105	\$131	\$138
Cupping	\$100	\$105	\$131	\$138
Orthopedic	\$82	\$85	\$113	\$119
Sport	\$82	\$85	\$113	\$119
Gua Sha	\$82	\$85	NA	NA
Reflexology	\$82	\$85	NA	NA
Short Sessions				
Focus	\$50	\$50	\$50	\$50
Hand	\$50	\$50	\$50	\$50
Foot	\$50	\$50	\$50	\$50
Chair	\$20	\$20	\$20	\$20
Compression Therapy	\$50	\$50	\$50	\$50



Every Face is welcome! Each facial session is customized to your skin type, each treatment includes a skin analysis consultation to match the needs of your skin. Our service specialist is certified and internationally experienced. ILIKE Organic Skin Care Products are used in all our sessions.

FACIAL & SKIN CARE

Time Options	Spa Member		JCC Member	
	60 min	90 min	60 min	90 min
Seasonal Cleanse	\$60	\$60	NA	NA
Purifying	\$82	\$86	NA	NA
Signature	\$82	\$86	NA	NA
Signature Plus	NA	NA	\$113	\$119
Anti-Aging	NA	NA	\$113	\$119
Eyebrow/Eyelash Tinting	By Service	By Service	By Service	By Service
Body Waxing	By Service	By Service	By Service	By Service



SCHEDULE NOW

Please contact us if you are looking for a specific treatment or technique not listed. One of our treatment specialists would be happy to assist you with your request or questions.

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Register Online at:
jewishnewhaven.org/shalom-baby

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Logos: PJ Library, Jewish Federation of Greater New Haven, Beverly Levy Early Learning Center JCC of Greater New Haven, Ezra Academy



Kids Klub at the J

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our After School Program includes...

- Homework help, Playground & Outdoor Gaga, Indoor Sports in our Gym, Swimming, Arts & Crafts in our Makerspace, Climbing Wall, Pickleball, Cooking, & more!
- Transportation currently offered to students from Ezra Academy, Beecher Road School, Bethany Community School, Southern CT Hebrew Academy & Edgewood School.
- Ezra Academy discount offered thanks to school provided transportation.
- Participation also offers discounts on Vacation Camp Programs, access to our Snow Day Program, & transportation to all classes & lessons at the JCC.

**Other schools will be considered with interest. **Minimum day coverage available.*

HOURS: 3 PM-6 PM

To save your spot for the fall, place a deposit at
jccnh.clubautomation.com

Contact Kelly at Kellyd@jccnh.org for more information and pricing!
Or visit www.jccnh.org/kids-klub

inclusion

Social Club



Join us on Wednesdays to participate in sports and games, exercising, and arts and crafts in an adaptive environment at the JCC. All are welcome, ages 15 and older. Contact Kellyd@jccnh.org with questions and register at jccnh.clubautomation.com. **\$130 MEMBERS | \$150 COMMUNITY**

Wednesdays, 6-7 pm, September 20-October 18

Location: Makerspace, Gym, Fitness Center, Tumbling Room



LIVE WELL
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Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. More than being free from illness, wellness is a dynamic process of change and growth. Beyond the physical body, we will also address aspects of health including emotional, mental, social, and even spiritual fitness.

Get a **FREE** consultation to see how this program can help you
For more information: susand@jccnh.org



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with Matt Kampe



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5 Pack of Lesson for Members: **\$250** | 5 Pack of Lessons for Non Members: **\$300**

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JCC

OF GREATER NEW HAVEN

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2023 FALL PROGRAM GUIDE

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- Six Lane Indoor Swimming Pool
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*Promotional rate is valid for 1st month only. Normal rates apply in the second month with a secured payment plan. Must have not been a member in the past six months. Cannot be combined with other offers. OFFER EXPIRES 11/1/23.

The JCC values safety and community first. Contact membership today at membership@jccnh.org or call (203) 387-2424 x0