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

WE'RE ALMOST THERE...

2000 MEMBER HOUSEHOLDS

WE WELCOME YOU TO BE PART OF OUR GROWING JCC FAMILY
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FREE & OPEN TO THE COMMUNITY

19TH ANNUAL 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
**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

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Day</th>
<th>Times</th>
<th>Date(s)</th>
<th>Member fee</th>
<th>Community fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water Aerobics**</td>
<td>Ages 21+</td>
<td>Mon/Thur</td>
<td>9:15-10:45 am</td>
<td>Ongoing</td>
<td>Free</td>
<td>N/A</td>
</tr>
<tr>
<td>Water Aerobics**</td>
<td>Ages 21+</td>
<td>Wed</td>
<td>10:15-11 am</td>
<td>Ongoing</td>
<td>Free</td>
<td>N/A</td>
</tr>
<tr>
<td>Water Aerobics**</td>
<td>Ages 21+</td>
<td>Fri</td>
<td>11:15 am-12 pm</td>
<td>Ongoing</td>
<td>Free</td>
<td>N/A</td>
</tr>
<tr>
<td>Master Swim</td>
<td>Ages 18+</td>
<td>Wed</td>
<td>6:30-7:30 pm</td>
<td>9/6-11/1</td>
<td>$162</td>
<td>$225</td>
</tr>
<tr>
<td>Master Swim</td>
<td>Ages 18+</td>
<td>Wed</td>
<td>6:30-7:30 pm</td>
<td>11/15-1/3</td>
<td>$144</td>
<td>$200</td>
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<tr>
<td>Beginner’s Adult Group</td>
<td>Ages 15+</td>
<td>Mon</td>
<td>6:45-7:15 pm</td>
<td>9/11-12/18</td>
<td>$280</td>
<td>$350</td>
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<tr>
<td>Beginner’s Adult Group</td>
<td>Ages 15+</td>
<td>Mon</td>
<td>7:45-8:15 pm</td>
<td>9/11-12/18</td>
<td>$280</td>
<td>$350</td>
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<td>Intermediate Adult Group</td>
<td>Ages 15+</td>
<td>Mon</td>
<td>7:15-7:45 pm</td>
<td>9/11-12/18</td>
<td>$280</td>
<td>$350</td>
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## AQUATICS | YOUTH

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

* Formerly StingRays **See Schedule for Class Descriptions

## SWIM TEAM

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Day</th>
<th>Times</th>
<th>Date(s)</th>
<th>Member fee</th>
<th>Community fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blue Marlins</td>
<td>Juniors</td>
<td>Mon, Tues, Thurs</td>
<td>5:30-6:15 pm</td>
<td>9/18-3/7</td>
<td>$600</td>
<td>$700</td>
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<tr>
<td>Blue Marlins</td>
<td>Juniors</td>
<td>Mon, Tues, Thurs</td>
<td>5:30-6:30 pm</td>
<td>4-5:30 pm</td>
<td>$625</td>
<td>$725</td>
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<tr>
<td>Blue Marlins</td>
<td>Seniors</td>
<td>Mon, Tues, Thurs</td>
<td>6:15-7:30 pm</td>
<td>9/18-3/7</td>
<td>$775</td>
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<tr>
<td>Blue Marlins</td>
<td>Seniors</td>
<td>Mon, Tues, Thurs</td>
<td>6:15-7:30 pm</td>
<td>4-5:30 pm</td>
<td>$775</td>
<td>$875</td>
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<tr>
<td>Blue Marlins</td>
<td>Select</td>
<td>Mon, Tues, Thurs</td>
<td>6:15-7:30 pm</td>
<td>9/18-3/7</td>
<td>$775</td>
<td>$875</td>
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</tbody>
</table>

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.


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.
## WELLNESS

**LIVE WELL 360 Bundle**
- Age: 16+
- Private Sessions
- Ongoing
- Date(s): 18
- Session #: $1,200
- Member: NA

**LIVE WELL 180 Bundle**
- Age: 16+
- Day: Wed
- Times: 10 am-11 am
- Ongoing
- Date(s): 10
- Session #: $700
- Member: NA

## YOGA WORKSHOP

### Winds of Change Yoga & Meditation
- Age: 16+
- Day: Sun
- Times: 1:45-3:30
- Date(s): 10/15
- Session #: $10
- Member: NA

### Embrace Autumn Yoga Experience
- Age: 16+
- Day: Sun
- Times: 1:45-3:30
- Date(s): 10/22
- Session #: $10
- Member: NA

### Therapeutic Yoga for Healthy Joints
- Age: 16+
- Day: Sun
- Times: 1:45-3:30
- Date(s): 10/29
- Session #: $10
- Member: NA

### Therapeutic Yoga for Better Backs
- Age: 16+
- Day: Sun
- Times: 1:45-3:30
- Date(s): 11/5
- Session #: $10
- Member: NA

### Winds of Change Yoga & Meditation
- Age: 16+
- Day: Sun
- Times: 1:45-3:30
- Date(s): Ongoing
- Session #: $700
- Member: NA

### De-stress & Unwind Yoga Experience
- Age: 16+
- Day: Sun
- Times: 1:45-3:30
- Date(s): 11/12
- Session #: $10
- Member: NA

### Sound Healing Meditation Series
- Age: 16+
- Day: Tues
- Times: 6:15-7 PM
- Date(s): 10/10-11/28
- Session #: 8
- Member: NA

### Understanding Trends of Weight Loss Meds
- Age: 16+
- Day: Fri
- Times: 12-12:45 PM
- Date(s): 9/8
- Session #: FREE
- Member: NA

### Dietetic Coaching
- Age: 13+
- Day: TBD
- Times: NA
- Date(s): 3
- Session #: $149
- Member: NA

### Behavioral Coaching
- Age: 13+
- Day: TBD
- Times: NA
- Date(s): 3
- Session #: $149
- Member: NA

## UNSTUCK

### MELT Method
- Age: 16+
- Day: Wed
- Times: 10-11 AM
- Date(s): Ongoing
- Session #: 6
- Member: $99
- Community: $129

## PRIVATE TRAINING:

### Orientation
- Age: 13+
- Day: Sun
- Times: 20 min
- Date(s): Ongoing

### Consultation
- Age: 13+
- Day: Sun
- Times: 30 min
- Date(s): Ongoing

### Personal Training Half Session: Tier 1
- Age: 13+
- Day: Sun
- Times: 25 min
- Date(s): Ongoing

### Personal Training Half Session: Tier 2
- Age: 13+
- Day: Sun
- Times: 25 min
- Date(s): Ongoing

### Steady As You Go Parkinsons PT
- Age: 13+
- Day: Sun
- Times: 25 min
- Date(s): Ongoing

### Personal Training Full Session: Tier 1
- Age: 13+
- Day: Sun
- Times: 50 min
- Date(s): Ongoing

### Personal Training Full Session: Tier 2
- Age: 13+
- Day: Sun
- Times: 50 min
- Date(s): Ongoing

### Personal Training Partner Session
- Age: 13+
- Day: Sun
- Times: 50 min
- Date(s): Ongoing

### Phase Personal Training Series
- Age: 13+
- Day: Sun
- Times: 50 min
- Date(s): Ongoing

### Level Up Health Coaching
- Age: 13+
- Day: Sun
- Times: 60 min
- Date(s): Ongoing

### Pilates Apparatus Training
- Age: 16+
- Day: Sun
- Times: 45 min
- Date(s): Ongoing

## SMALL GROUP COACHING

### Bootcamp
- Age: 13+
- Day: Sun
- Times: 8-8:45 am
- Date(s): Ongoing

### Strike
- Age: 13+
- Day: Mon
- Times: 6 pm-7 pm
- Date(s): Ongoing

### TRX Bootcamp
- Age: 13+
- Day: Tue
- Times: 9-10 am
- Date(s): Ongoing

### TRX
- Age: 13+
- Day: Wed
- Times: 8-9 am
- Date(s): Ongoing

### Blast
- Age: 13+
- Day: Thur
- Times: 5:30-6:30 am
- Date(s): Ongoing

### TRX Long & Strong
- Age: 18+
- Day: Thur
- Times: 7-8 am
- Date(s): Ongoing

### XCORE Tough
- Age: 13+
- Day: Fri
- Times: 9-10 am
- Date(s): Ongoing

### XCORE Blast
- Age: 13+
- Day: Sat
- Times: 7:25-8:25 am
- Date(s): Ongoing

### Balanced Body Pilates
- Age: 13+
- Day: Sat
- Times: 8:30-9:30 am
- Date(s): Ongoing

*BY APPOINTMENT For pricing questions contact jessicas@jccnh.org

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**FOR PRIVATE TRAINING**

**PRICING PLEASE CALL**

(203) 387-2424

*257*
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 the 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
<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Day</th>
<th>Times</th>
<th>Date(s)</th>
<th>Member</th>
<th>Community</th>
</tr>
</thead>
<tbody>
<tr>
<td>Traditional Karate 7+ Beginner</td>
<td>Ages 7+</td>
<td>Sun</td>
<td>10:15-11:15 am</td>
<td>Monthly</td>
<td>$89/mo</td>
<td>$99/mo</td>
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<tr>
<td>Traditional Karate 7+ Advance</td>
<td>Ages 7+</td>
<td>Sun</td>
<td>11:15 am-12:15 pm</td>
<td>Monthly</td>
<td>$89/mo</td>
<td>$99/mo</td>
</tr>
<tr>
<td>Traditional Karate 7+ Beginner</td>
<td>Ages 7+</td>
<td>Wed</td>
<td>5:30-6:15 pm</td>
<td>Monthly</td>
<td>$89/mo</td>
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<td>Ages 7+</td>
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<td>$99/mo</td>
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<tr>
<td>Ninja Karate</td>
<td>Ages 4-6</td>
<td>Sun</td>
<td>9-9:30 am</td>
<td>9/24-12/17</td>
<td>$195</td>
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<td>Ninja Karate</td>
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<tr>
<td>Beautify the JCC</td>
<td>All Families</td>
<td>Mon</td>
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<td>$5</td>
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<td>Family Event</td>
<td>Sun</td>
<td>2-4 pm</td>
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<td>JCC Bingo</td>
<td>Ages 18+</td>
<td>Mon</td>
<td>3-4:30 pm</td>
<td>9/11, 9/18, 10/23, 10/30, 11/20-11/27</td>
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<td>Dodgeball Single Elimination Tournament</td>
<td>Ages 18+</td>
<td>Thurs</td>
<td>7pm-9 pm</td>
<td>10/12</td>
<td>$90</td>
<td>$100</td>
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<td>Creative Creations: Session 1</td>
<td>Ages 3.5-6</td>
<td>Mon</td>
<td>1:15-2 pm</td>
<td>9/11-10/30</td>
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<tr>
<td>Creative Creations: Session 2</td>
<td>Ages 3.5-6</td>
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<td>Little Kicks Soccer</td>
<td>Ages 3.5-6</td>
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<td>10:30-11:15 am</td>
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<td>Tiny Tots Tennis</td>
<td>Ages 3.5-6</td>
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<td>9/13-12/13</td>
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<td>$280</td>
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<tr>
<td>Pre-School Thanksgiving Special</td>
<td>Ages 3.5-6</td>
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<td>11/16</td>
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<tr>
<td>Pee Wee Sports &amp; Games</td>
<td>Ages 3.5-6</td>
<td>Thurs</td>
<td>1:15-2 pm</td>
<td>9/14-12/14</td>
<td>$260</td>
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<td>Sticky Fingers</td>
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<td>12/1-12/22</td>
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<tr>
<td>JCC FALL Basketball Clinic w/ Dribble Drive</td>
<td>Grades K-1</td>
<td>Sun</td>
<td>2-3 pm</td>
<td>10/1-11/12</td>
<td>$175</td>
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<tr>
<td>JCC FALL Basketball League</td>
<td>Grades 2-4</td>
<td>Sun</td>
<td>3-4 pm</td>
<td>10/1-11/12</td>
<td>$175</td>
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<tr>
<td>Iddy Biddy Basketball</td>
<td>Grades K-1</td>
<td>Sun</td>
<td>1:150 pm</td>
<td>12/3-3/10</td>
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<tr>
<td>Youth Basketball Co-Ed</td>
<td>Grades 2-4</td>
<td>Sun</td>
<td>2-3:15 pm</td>
<td>12/3-3/10</td>
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<tr>
<td>Youth Basketball Girls</td>
<td>Grades 5-6</td>
<td>Sun</td>
<td>2-3:15 pm</td>
<td>12/3-3/10</td>
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<tr>
<td>Youth Basketball Boys</td>
<td>Grades 5-6</td>
<td>Sun</td>
<td>3:15-4:30 pm</td>
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<tr>
<td>Jr High Basketball</td>
<td>Grades 7-8</td>
<td>Tue</td>
<td>6-7 pm</td>
<td>11/14-3/12</td>
<td>$375</td>
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<tr>
<td>Rick Wallace High School Basketball League</td>
<td>Grades 9-12</td>
<td>Mon</td>
<td>5:30-8:30 pm</td>
<td>12/4-3/11</td>
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<tr>
<td>30+ Adult Basketball League</td>
<td>Ages 30+</td>
<td>Wed</td>
<td>7 pm-9 pm</td>
<td>10/25-1/17</td>
<td>$1000 per team</td>
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<td>Racquet Sports</td>
<td>Grades 5-8</td>
<td>Sun</td>
<td>1-2 pm</td>
<td>10/1-10/22</td>
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<td>$100</td>
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<tr>
<td>Pokemon Club</td>
<td>Ages 7-10</td>
<td>Sun</td>
<td>1:145 pm</td>
<td>10/20-11/19</td>
<td>$100</td>
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<td>Lady Bug Melodies Adaptive Music &amp; Movement</td>
<td>Grades 1-5</td>
<td>Thur</td>
<td>5-5:45 pm</td>
<td>9/14-11/2</td>
<td>$140</td>
<td>$160</td>
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<tr>
<td>JCC E-SPORTS</td>
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<td>5-6:15 pm</td>
<td>10/11-11/15</td>
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<tr>
<td>Pick up Volleyball</td>
<td>Ages 16+</td>
<td>Thurs</td>
<td>7:30-8:45 pm</td>
<td>10/19-11/30</td>
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<td>$95</td>
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<tr>
<td>Competitive Pickleball League</td>
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<td>9/19-11/7</td>
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<tr>
<td>Pickleball Lessons</td>
<td>Ages 18+</td>
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<td>4:30-5:15 pm</td>
<td>9/11-10/9</td>
<td>$40</td>
<td>$60</td>
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<tr>
<td>Israeli Dance: Beginners</td>
<td>Ages 18+</td>
<td>Tues</td>
<td>6:45-7:45 pm</td>
<td>Sep: 12, 19, 26 Oct: 3, 17, 24, 31 Nov: 7, 14, 28 Dec: 5</td>
<td>$150 or $14 Drop in</td>
<td>$170 Drop in</td>
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<tr>
<td>Israeli Dance: Open Session</td>
<td>Ages 18+</td>
<td>Tues</td>
<td>7:30-8:30 pm</td>
<td>Sep: 12, 19, 26 Oct: 3, 17, 24, 31 Nov: 7, 14, 28 Dec: 5</td>
<td>$150 or $14 Drop in</td>
<td>$170 Drop in</td>
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</table>
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 fundamentals as well as sportsmanship, teamwork and fair play. Start with age-appropriate skill development followed by team play and scrimmages.

TINY TOTS TENNIS: Basics of tennis with other young players! Basic skill, sportsmanship, teamwork, and sharing materials.

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.

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!

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.

IDIY 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.

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

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!

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

pg. 9
### Dance & Tumbling

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

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 thinking.

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-pointe 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.
### 360 MASSAGE & SKIN CARE

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!

<table>
<thead>
<tr>
<th>Time Options</th>
<th>Spa Member</th>
<th>JCC Member</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>60 min</td>
<td>90 min</td>
</tr>
<tr>
<td>Swedish</td>
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<tr>
<td>Moderate</td>
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<tr>
<td>Deep</td>
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<td>Energy Healing</td>
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<tr>
<td>Thai</td>
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<tr>
<td>Hot Stone</td>
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<tr>
<td>Cupping</td>
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<tr>
<td>Orthopedic</td>
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<td>$85</td>
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<tr>
<td>Sport</td>
<td>$82</td>
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<tr>
<td>Gua Sha</td>
<td>$82</td>
<td>$85</td>
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<td>Reflexology</td>
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**Short Sessions**

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<tr>
<td>Foot</td>
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<td>Chair</td>
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<tr>
<td>Compression Therapy</td>
<td>$50</td>
<td>$50</td>
<td>$50</td>
<td>$50</td>
</tr>
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</table>

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

<table>
<thead>
<tr>
<th>Time Options</th>
<th>Spa Member</th>
<th>JCC Member</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>60 min</td>
<td>90 min</td>
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<tr>
<td>Seasonal Cleanse</td>
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<tr>
<td>Purifying</td>
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<td>Signature</td>
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<td>Signature Plus</td>
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<tr>
<td>Anti-Aging</td>
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<tr>
<td>Eyebrow/Eyelash Tinting</td>
<td>By Service</td>
<td>By Service</td>
</tr>
<tr>
<td>Body Waxing</td>
<td>By Service</td>
<td>By Service</td>
</tr>
</tbody>
</table>

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.

(203) 387-2424 x444 | jccspa@jccnh.org
FAMILY CAMP WEEKEND RETREAT

SEPTEMBER 1-4, CAMP LAURELWOOD, MADISON
An all inclusive family Shabbat weekend
Designed specifically for Jewish families with kids 12 and under
• Boating • Unplugging to connect with the family • Songs around the campfire
For more info and to RSVP visit: camplaurelwood.org/jewish-family-camp

SHALOM BABY CAFE
Weekly meetup for families raising Jewish babies & toddlers with Shabbat themed music, coffee, and snacks (kosher dairy).
Register Online at: jewishnewhaven.org/shalom-baby

PJ GIVES BACK!
VOLUNTEER EXPERIENCES FOR FAMILIES
PJ CARES PROTECTING THE ENVIRONMENT
PJ SHARES ASSISTING THOSE IN NEED
PJ FEEDS HELPING THE HUNGRY NEED
PJ READS PROMOTING LITERACY
For more info Visit: jewishnewhaven.org/pjcares
Or Scan QR Code.
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

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**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

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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
Enjoy Our Great FILMS, AUTHORS, or better yet, THE ENTIRE SERIES! Don’t Miss it!
For more info, go to jccnh.org/beckerman

**Enjoy Our Great FILMS, AUTHORS, or better yet, THE ENTIRE SERIES! Don’t Miss it!**
For more info, go to jccnh.org/beckerman

**ROOM & GYM RENTALS AT THE JCC**
Presentations • Parties • Showers • Conferences • Meetings
Bar Mitzvahs • Bat Mitzvahs & More
Email sandyh@jccnh.org for pricing or to book your event today.

**Birthday Parties**
Contact Rachel at rachelw@jccnh.org or call 203-387-2424 ext. 212 for more information or to Book your party today.

**Availability Monday-Friday**
Lessons available in the following instruments: Piano, saxophone, clarinet, flute, trumpet, acoustic and electric guitar, electric bass, and drums

**Summer Lesson Costs:**
5 Pack of Lesson for Members: $250  |  5 Pack of Lessons for Non Members: $300
Reach out to sandyh@jccnh.org with questions and for scheduling

**MUSIC CLASSES**
with Matt Kampe

**BECKERMAN JEWISH CULTURAL ARTS SERIES**
Six Lane Indoor Swimming Pool

• Pickleball & Racquetball Courts

• Virtual Group Exercise Classes

Free to Members

• Rothberg Family Climbing Wall

• Massage & Skin Treatments

• Swim and Sports Lessons

• Fitness Center

• Basketball Courts

• Spin Classes

* 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.