REGISTRATION BEGINS AT 9 AM AUGUST 5 FOR JCC MEMBERS, AND 9 AM AUGUST 8 FOR THE COMMUNITY.
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### NOW ENROLLING

<table>
<thead>
<tr>
<th>PLAY</th>
<th>LEARN</th>
<th>GROW</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full or Part-time</td>
<td>Nature &amp; Play Based Curriculum</td>
<td>Kindergarten Readiness</td>
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<tr>
<td>Low Student/Teacher Ratio</td>
<td>All Faiths Welcome</td>
<td>Powered by Jewish Values</td>
</tr>
</tbody>
</table>

**ALSO OFFERING:** Infant & Toddler Day Care

**REGISTER NOW!**
[jccnh.org/beverly](http://jccnh.org/beverly)

or call us for more info at 203-387-2424 x278

**BEVERLY LEVY**  
Early Learning Center  
JCC OF GREATER NEW HAVEN  
360 Amity Road, Woodbridge, CT

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**SUNDAY, SEPT. 15**
[jccnh.org/bagel-run](http://jccnh.org/bagel-run)

**13TH ANNUAL 5K BAGEL RUN**

**FIT WALK & KIDS FUN RUN**

USATF Certified Course

**Presented by**

GREEN & SKARZ LLC  
(203) 285-8545  
gs-lawfirm.com

**SUNDAY, NOV. 24, 2024 | 10 AM – 3 PM**

**CALLING ALL ARTS & CRAFTS ENTHUSIASTS & VENDORS**

**VENDORS: VISIT jccnh.org/craftfairvendors**
### 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. We are unable to provide make-ups for missed classes. **No classes 10/3, 10/17, 10/24, 11/28, 12/1.**

#### 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 accommodation required.

#### 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.**

#### 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.

#### MINNOWS:
Independent swimmers who can swim 10’. Swimmers learn to float without support and recover to vertical position. MINNOWS: Swimmers are ready to work independently. Swim-readiness activities such as blowing bubbles, putting face in water, floating, kicking and proper arm motion. **No parent for evaluation.**

#### DOLPHINS:
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 Swim Team! New to our program: must email swim@jccnh.org for evaluation.

#### 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+.

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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>
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<td>Sun</td>
<td>12:30 pm</td>
<td>9/22-12/15</td>
<td>$240</td>
<td>$325</td>
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<td>Sun</td>
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**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.
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<thead>
<tr>
<th>Title</th>
<th>Age</th>
<th>Day</th>
<th>Times</th>
<th>Date(s)</th>
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<td>Yoga For Osteoporosis</td>
<td>50+</td>
<td>Thurs</td>
<td>11:15-12:15</td>
<td>9/5-26</td>
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<td>1-3 PM</td>
<td>9/8</td>
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<td>Somatic Movement: A Path To A Painfree Back</td>
<td>16+</td>
<td>Sun</td>
<td>1-3 PM</td>
<td>9/22</td>
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<td>Pelvic Floor And The Core</td>
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<td>9/24</td>
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<td>Wed</td>
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<td>TRX Circuit</td>
<td>13+</td>
<td>Sun</td>
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<td>Strike Boxing</td>
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<td>Mon</td>
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<tr>
<td>Bootcamp with Gene</td>
<td>13+</td>
<td>Sun</td>
<td>10-11 am</td>
<td>Ongoing</td>
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<tr>
<td>TRX Circuit</td>
<td>13+</td>
<td>Tues</td>
<td>9-10 am</td>
<td>Ongoing</td>
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<tr>
<td>TRX For Sports</td>
<td>13+</td>
<td>Wed</td>
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<td>Ongoing</td>
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<td>NEW Boxing</td>
<td>13+</td>
<td>Tues</td>
<td>5:45-6:30 am</td>
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<td>Bootcamp Training</td>
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<td>5:45-6:30 am</td>
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<td>TRX Long &amp; Strong</td>
<td>13+</td>
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<td>7-8 am</td>
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<td>CrossCore Training (Weights)</td>
<td>13+</td>
<td>Fri</td>
<td>9-10 am</td>
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<td>CrossCore Training (Cardio)</td>
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<td>Balanced Body Pilates Mats Workout</td>
<td>13+</td>
<td>Sat</td>
<td>8:30-9:20 am</td>
<td>Ongoing</td>
<td>6/12/20</td>
<td>$99/$192/$300</td>
<td></td>
</tr>
</tbody>
</table>

*By Appointment

For pricing questions contact pamelao@jccnh.org

**ABOUT FITNESS**

**YOGA FOR OSTEOPOROSIS:** Essential yoga postures that develop flexibility, strength, balance and agility to support bone health with breathing techniques to improve respiratory function.

**AGING ‘GRATEFULLY’ WELLNESS EVENT:** Celebrate Grandparents Day with an afternoon of wellness: Gentle movement for mobility, strength, cognitive health, overall cross training, and ‘golden’ nutrition will be discussed.

**SOMATIC MOVEMENT: A PATH TO A PAIN FREE BACK:** This specialized Somatic-infused movement experience will help you find the cause of your back pain and discover the most optimal ways to move in a gentle and mindful way.

**RESTORATIVE YOGA:** A practice of deep relaxation, allowing the body to surrender into each pose fully, without strain or effort. With the aid of bolsters, you’ll experience profound support and comfort, facilitating a profound release of physical and mental stress.

**PELVIC FLOOR AND THE CORE:** The pelvic floor musculature is a key part of the inner deep core. Learn comprehensive exercises to address mild dysfunction and how to do the Kegel exercise correctly.

**MELT METHOD:** A science-backed self-care technique using foam roller & small balls to rehydrate connective tissue and erase common aches & pains enhancing performance and restoring balance to the body.

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

**NUTRITION COUNSELING / BEHAVIORAL COACHING:** Health coaching to identify eating triggers and ways to improve behaviors related to emotional eating.

**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, Active Aging Silver Sneakers, and Indoor Cycling (Spinning).

For questions on personal training or small group coaching contact Pam: pamelao@jccnh.org

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

**PERSONAL TRAINING**

A personalized approach to achieving your goals. Choose your personal trainer or your advanced PT specialist.

- Personal Training
- Partner Training
- Weight Training
- Pilates
- Yoga
- Injury Prevention
- New Parkinson’s Monthly Support & Training

The Greater New Haven JCC Personal Training Team works with people of all ages and abilities. Our team is made up of trainers with areas of expertise in cross training, functional fitness, strength training, weight loss training, corrective exercise, Parkinson’s Support & Training, and injury prevention. Choose from 55-minute or 25-minute sessions.

Contact Terri for more info at terrikt@jccnh.org
ABOUT SPORTS & RECREATION

Please note that there will be no classes on November 27, 28, 29, and December 1. Additionally, classes will not be held on any Jewish holidays when the JCC is closed.

KARATE: Begin a journey of self discovery, focus, and empowerment! Our karate programs offer expert instruction in traditional karate techniques, specialized for ages 4 and up. Whether you’re a beginner or an experienced practitioner, our supportive community fosters growth in both mind and body. Develop confidence, concentration, and physical fitness while making friends and learning invaluable self-defense skills.

ESPORTS: Join us for 6 weeks of friendly-family Esports gaming with On The Spot Entertainment! Experience problem-solving, teamwork, and confidence while making new friends. We feature the latest systems—PS5, Xbox, and Nintendo Switch—offering games like Football, Basketball, Soccer, plus VR and Mario Party.

FENCING CLASS: Our Youth Fencing Class is an exciting and engaging program designed to introduce young participants to the exhilarating world of fencing. Fencing is not only a physically demanding sport but also a mentally stimulating one that fosters discipline, focus, and sportsmanship. This class is open to youth grades 2-6 and caters to all skill levels, even beginners to those with some prior fencing experience.

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

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

LITTLE LEAPERS: A music and movement class geared toward the development of fine motor skills, coordination, balance, and physical development.

FALLING FOR NATURE: For kids! Enjoy games, obstacle courses, dancing, and sports drills that boost strength, coordination, and flexibility. Led by a certified instructor, each session keeps kids engaged and motivated to promote a healthy, active lifestyle in a positive environment. Come ready to move, play, and have a blast!

NEW JR PICKLEBALL: Join our fun and energetic fitness class for kids! Enjoy games, obstacle courses, dancing, and sports drills that boost strength, coordination, and flexibility. Led by a certified instructor, each session keeps kids engaged and motivated to promote a healthy, active lifestyle in a positive environment. Come ready to move, play, and have a blast!

NEW CLAY CREATIONS: Learn about the basics and body!

MUSIC WITH MATT: Discover the beat, sing songs, and participate in musical fun! Our students will practice percussion and music and fun! Our students will practice percussion and music and fun! Our students will practice percussion and music and fun! Our students will practice percussion and music and fun!

NEW PEWEE SPORTS & GAMES: Learn about the basics and body!

NEW FALLING FOR Nature: For kids! Enjoy games, obstacle courses, dancing, and sports drills that boost strength, coordination, and flexibility. Led by a certified instructor, each session keeps kids engaged and motivated to promote a healthy, active lifestyle in a positive environment. Come ready to move, play, and have a blast!

NEW YOUTH BASKETBALL: For kids! Enjoy games, obstacle courses, dancing, and sports drills that boost strength, coordination, and flexibility. Led by a certified instructor, each session keeps kids engaged and motivated to promote a healthy, active lifestyle in a positive environment. Come ready to move, play, and have a blast!

NEW KARATE: For kids! Enjoy games, obstacle courses, dancing, and sports drills that boost strength, coordination, and flexibility. Led by a certified instructor, each session keeps kids engaged and motivated to promote a healthy, active lifestyle in a positive environment. Come ready to move, play, and have a blast!

NEW clampbasketball: For kids! Enjoy games, obstacle courses, dancing, and sports drills that boost strength, coordination, and flexibility. Led by a certified instructor, each session keeps kids engaged and motivated to promote a healthy, active lifestyle in a positive environment. Come ready to move, play, and have a blast!

NEW fun & fit: For kids! Enjoy games, obstacle courses, dancing, and sports drills that boost strength, coordination, and flexibility. Led by a certified instructor, each session keeps kids engaged and motivated to promote a healthy, active lifestyle in a positive environment. Come ready to move, play, and have a blast!

NEW Creative Movement: Learn about the basics and body!

NEW Fencing: Learn about the basics and body!

NEW Fall camps: For kids! Enjoy games, obstacle courses, dancing, and sports drills that boost strength, coordination, and flexibility. Led by a certified instructor, each session keeps kids engaged and motivated to promote a healthy, active lifestyle in a positive environment. Come ready to move, play, and have a blast!

NEW Little Kicks Soccer: Learn the basics of soccer and teamwork. Pre-school children work on listening skills, teamwork, and sharing along with the rules of soccer and early skill development.

NEW Creative Creations: Create crafts of all varieties with opportunities to participate in free art and planned projects. Paint, paper projects, clay and more! A JCC favorite.

NEW Little Leapers: A music and movement class geared toward the development of fine motor skills, coordination, balance, and physical development.

NEW TINTS TENNIS SESSION 1: Have your little one learn the amazing sport of Tennis! Pro Kyle Schenmerhorn is excited to bring his knowledge and experience to our class to help your child learn basic skills of one of the most popular sports in the world!

NEW MUSIC WITH MATT: Join Matt for a class filled with music and fun! Our students will practice percussion and find the beat, sing songs, and participate in musical games which will encourage self-expression using the voice and body!

NEW PEE-WEE SPORTS AND GAMES: Learn about the basics and body!

NEW Fall camps: For kids! Enjoy games, obstacle courses, dancing, and sports drills that boost strength, coordination, and flexibility. Led by a certified instructor, each session keeps kids engaged and motivated to promote a healthy, active lifestyle in a positive environment. Come ready to move, play, and have a blast!

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NEW PEE-WEE SPORTS AND GAMES: Learn about the basics and body!
ISRAELI DANCE
Tuesday evenings - Fall Schedule
Enjoy learning basic steps to classic & modern Israeli dances. Prior experience is not required in the Beginners’ class. Great exercise for your mind & body!

DATES:
- September 9
- September 16
- September 23
- September 30
- October 7
- October 14
- October 21
- October 28

TIMES:
- Beginners Class: 6:45 PM - 7:45 PM
- Open Session: 7:30 PM - 9:30 PM

FEES:
- $14 Members
- $16 Community

For more information or to register, contact the instructor, Leng:
Phone: (203) 912-4086 | Email: IsraeliDanceTeacher@gmail.com
www.CTIsraeliDance.com

ABOUT DANCE/TUMBLING

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

BALLET/TAP 1: Combines play and structure. Introduces tap and ballet movement and coordination challenges. Continue to develop creativity, coordination, rhythm and confidence while building musical and critical thinking skills.

BALLET/TAP 2: For more advanced dancers that have completed Ballet and Tap 1.

BEGINNING TUMBLE: Develop balance, coordination, body awareness, and social/emotional skills through play, song and movement.

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 CONTEMPORARY 3: 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.

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

For more detailed descriptions of programs or to register: contact Nicolle at dance@jccnh.org

JCC VACATION CAMP
$85 Members Per Day
$95 Community Per Day

Join us for an incredible time! Whether it’s for a day or the entire week, we have a range of activities including arts and crafts, swimming, and much more! Our fantastic program is open to grades K-6. Be sure to bring all the essentials, including sneakers, a bathing suit, a towel, goggles, lunch, snacks, and a water bottle.

DATES: October 14, November 5 & 11, December 27 & 30, January 20

JCC of Greater New Haven, 360 Amity Road, Woodbridge CT 06525
For questions contact Kelly at Kellyd@jccnh.org To register log in on jccnh.clubautomation.com

ROOM & GYM RENTALS AT THE JCC

Presentations • Parties • Showers • Conferences
Meetings • Bar Mitzvahs • Bat Mitzvahs & More

Email michaelc@jccnh.org for pricing or to book your event today.
POWERED BY
How to Be a Storybook Hero
Did you know that you can sign up other families for PJ Library?
Give someone the gift of Jewish children's books mailed monthly to their home. It costs nothing for you or their family. All you need is the child's name and mailing address and their parent's email.
Sign up at pjlibrary.org

Find events by liking us on Facebook and visiting us at jewishnewhaven.org/pj

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. I LIKE Organic Skin Care Products are used in all our sessions.

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. (203) 387-2424 x444 | jccspa@jccnh.org

Jewish Federation of Greater New Haven
PJ Library is powered by

Jewish Federation of Greater New Haven

PJ Library powered by

Families raising Jewish children from birth to 12 years old can sign up at pjlibrary.org

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

For information regarding PJ Library events, and to sign up for free monthly Jewish children’s books please visit: jewishnewhaven.org/pjlibrary
or contact Kayla Bisbee at kbisbee@jewishnewhaven.org

JCC Program Guide | Register Online jccnh.org/programguide
**Music Classes**

**with Matt Kampe**

**Availability Monday-Friday**

Lessons available in the following instruments: Piano, saxophone, clarinet, flute, trumpet, acoustic and electric guitar, electric bass, and drums.

**Fall Lesson Costs:**

- 5 Pack of Lesson: $300
- 10 Pack of Lessons: $600

Reach out to kellyd@jccnh.org with questions and for scheduling.

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**Extended Day**

**at the J**

**MONDAY - FRIDAY**

3:30 pm - 5:30 pm

**GRADES K-8**

**COMING THIS FALL!**

Activities include Arts and Crafts, Sports, Games, Outdoor Play, Playground, Swimming, and more! In-building transportation to JCC classes!

**$30 A DAY**

Drop In Fee: $35 a day

**No Transportation Provided**

**7 Child Daily Minimum**

Contact Kelly with questions at kellyd@jccnh.org

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**Inclusion**

- **Social Club:** Sports & games, dance parties, exercise, arts and crafts and socialization. Join us on Tuesdays for our new class Social Club! Adaptive and inclusive. All are welcome to socialize with us.

- **Jewish Adult Adaptive Learning:** Jewish education class with hands on activities.

- **New Adaptive Culinary Education:** We will offer a culinary education class filled with basic kitchen skills, safety protocols and making yummy recipes.

- **New Sensory Sundays:** Sensory Sundays offers different interactive activities such as art, music and gym time in a quieter adaptive environment.

- **New Adaptive Pickleball:** Adapted Pickleball class is tailored to accommodate diverse abilities and needs.

- **New Lunch Bunch:** A place to connect with new and old friends while eating lunch in a facilitated social group.

These programs are specifically designed for people with special needs. We encourage and welcome members from our community to attend any of these programs, with the understanding that they are fully inclusive of ALL people.

For more detailed descriptions of programs or to register: jccnh.org/programguide/inclusion

- Contact Kelly at kellyd@jccnh.org for more info
- Contact Rachel at rachels@jccnh.org for more info

or call (203) 387-2424 x228.

More Programs to Come! Under 18 must be accompanied by an adult.

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- Relieve muscle and joint pain
- Reduce stress and fatigue
- Support the immune system
- Improve function of organ systems

“Relax and let go” with a combination of massage-like vibrations, soothing music, warming heat and healing light. *FDA approved Grade 3 Medical Device used by NASA

**More Information Email:** TaraA@jccnh.org - or - SusanD@jccnh.org

Schedule your appointment:

203.387.2424 x444
*Promotional rate is valid for first month only. Normal rates apply in the second month with a secured payment plan. New members only & must be a member for 3 months. Must have not been a member in the past six months. Cannot be combined with other offers. Offer expires 10/01/24.

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

50% OFF YOUR FIRST MONTH OF MEMBERSHIP WITH A SECURED PAYMENT PLAN*

Scan Here to Register Online

- Six Lane Indoor Swimming Pool
- Basketball Courts
- Fitness Center
- Childcare and Camp
- Pickleball & Racquetball Courts
- Spin Classes
- Swim and Sports Lessons
- Medical & Skin Treatments Available

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2024 FALL PROGRAM GUIDE

Visit Jccnh.org or call (203) 387-2424

360 Amity Road | Woodbridge, Connecticut 06525-2548