



2024

Spring Program Guide



Registration begins **9 am on February 28** for members
and **9 am on March 4** for the community

TABLE OF CONTENTS

• Aquatics	4-5
• Fitness	6-7
• Sports & Recreation	8-9
• Dance & Tumbling	10-11
• 360 Massage & Skin Treatments	12
• PJ Library	13

IT'S BACK!

BIG TICKET RAFFLE

TICKETS ARE ON SALE
FEBRUARY 25
- MARCH 10!

WINNERS WILL BE SELECTED
ON SUNDAY, MARCH 10

WIN BIG!

**\$5000
CASH**

**\$3000
ENTERTAINMENT PACKAGE**
FROM LIVERPOOL PRODUCTIONS

**1 YEAR JCC
MEMBERSHIP**
(ANY CATEGORY)

**BIG TICKET RAFFLE
IS BACK AND BETTER
THAN EVER!**

BE A PART OF SOMETHING BIG

Your support will help fund essential programming, provide resources to those in need, and enhance the overall JCC experience.

Did we mention that purchasing tickets is super easy? All you have to do is visit our website, register & hit purchase.

Purchase your tickets from February 25 to March 10 for a chance to win incredible prizes.

Don't miss out on the opportunity to make a difference and win big!

SCAN TO LEARN MORE



OR VISIT JCCNH.ORG

SAVE THE DATE



Murray Lender

FAMILY BAGEL RUN!

5K RUN/KIDS RUN/2K FIT WALK

USATF Certified Course.

SUNDAY 9.15.24

**GREEN &
SKLARZ LLC**
GS-LAWFIRM.COM
(203) 285-8545



NOW HIRING



Visit staff page



TOP 10 REASONS TO WORK AT OUR SUMMER DAY CAMP

- #10. Make a difference in the life of a child.
- #9. Be a positive role model.
- #8. Get valuable leadership training and experience.
- #7. We welcome all faiths and backgrounds.
- #6. Develop lifelong friendships.
- #5. Expand your peer networking.
- #4. Boost your resume and earn college credits.
- #3. Get a free annual JCC membership.
- #2. Get paid to have fun in the sun.
- #1. What other job can you get paid to dress like a superhero, go swimming, climb a rock wall, make friendship bracelets and create memories to last a lifetime? You get all that and more working at the JCC Day Camps.

2024 CAMP SEASON: Session 1, June 24 - July 19 | Session 2, July 22 - August 16
HOURS: Monday - Friday | 9 AM-4 PM | 4 Years Through Entering 9th Grade.



JCC Day Camps
JCC OF GREATER NEW HAVEN

Learn more at www.jccnh.org/camp

Have questions? Contact summercamp@jccnh.org
or call Debra at 203-387-2424 Ext 253



ADAPTIVE SUMMER CAMP



Campers will enjoy a variety of activities designed to build self esteem and social skills. Daily activities will include, playscape, bounce house, arts and crafts, sensory activities, swim, and more!

Session 1: Grades 2-5, June 17-21 | **Session 2:** Grades 5-8, August 19-23

\$350 Members | \$450 Community

Contact Kellyd@jccnh.org for more info

ADULT AQUATICS	Class	Age	Day	Times	Date(s)	Member	Community
	Water Aerobics	Ages 21+	Mon-Thurs	9:15-10 am	Ongoing	Free	N/A
	Deep Water Aerobics	Ages 21+	Wed	10:15-11 am	Ongoing	Free	N/A
	Aqua Fitness	Ages 21+	Fri	11:15 am-12 pm	Ongoing	Free	N/A
	Beginner's Adult Group	Ages 15+	Mon	6:45-7:15 pm	4/8-6/17	\$190	\$235
	Beginner's Adult Group	Ages 15+	Mon	7:45-8:15 pm	4/8-6/17	\$190	\$235
	Intermediate Adult Group	Ages 15+	Mon	7:15-7:45 pm	4/8-6/17	\$190	\$235
	Master Swim	Ages 18+	Wed	6:30-7:30 pm	3/13-5/29	\$216	\$300

AQUATICS YOUTH	Class	Age	Day	Times	Date(s)	Member	Community
	Swim with Me	Ages 6 mos. - 3½	Sun	10-10:30 am	4/7-6/16	\$180	\$250
	Swim with Me	Ages 6 mos. - 3½	Sun	10:30-11 am	4/7-6/16	\$180	\$250
	Swim with Me	Ages 6 mos. - 3½	Sun	11-11:30 am	4/7-6/16	\$180	\$250
	Swim with Me	Ages 6 mos. - 3½	Sun	11:30 am-12 pm	4/7-6/16	\$180	\$250
	Bubblers	Ages 3-5	Sun	11-11:30 am	4/7-6/16	\$180	\$250
	Bubblers	Ages 3-5	Sun	11:30 am-12 pm	4/7-6/16	\$180	\$250
	Bubblers	Ages 3-5	Sun	12-12:30 pm	4/7-6/16	\$180	\$250
	Bubblers	Ages 3-5	Sun	12:30-1 pm	4/7-6/16	\$180	\$250
	Bubblers	Ages 3-5	Sun	1-1:30 pm	4/7-6/16	\$180	\$250
	Starfish	Ages 3½-6	Sun	11-11:30 am	4/7-6/16	\$180	\$250
	Starfish	Ages 3½-6	Sun	11:30 am-12 pm	4/7-6/16	\$180	\$250
	Starfish	Ages 3½-6	Sun	12-12:30 pm	4/7-6/16	\$180	\$250
	Starfish	Ages 3½-6	Sun	12:30-1 pm	4/7-6/16	\$180	\$250
	Starfish	Ages 3½-6	Sun	1-1:30 pm	4/7-6/16	\$180	\$250
	Minnows	Ages 5-8	Sun	12-12:30 pm	4/7-6/16	\$180	\$250
	Minnows	Ages 5-8	Sun	11-11:30 am	4/7-6/16	\$180	\$250
	Minnows	Ages 5-8	Sun	12-12:30 pm	4/7-6/16	\$180	\$250
	Minnows	Ages 5-8	Sun	12:30-1 pm	4/7-6/16	\$180	\$250
	Minnows	Ages 5-8	Sun	1-1:30 pm	4/7-6/16	\$180	\$250
	Dolphins	Ages 7-10	Sun	12:30-1 pm	4/7-6/16	\$180	\$250
	Dolphins	Ages 7-10	Sun	1-1:30 pm	4/7-6/16	\$180	\$250
	Swim with Me	Ages 6 mos. - 3½	Tues	11-11:30 am	4/9-6/18	\$180	\$250
	Bubblers	Ages 3-5	Tues	4-4:30 pm	4/9-6/18	\$180	\$250
	Bubblers	Ages 3-5	Tues	4:30-5 pm	4/9-6/18	\$180	\$250
	Bubblers	Ages 3-5	Tues	5-5:30 pm	4/9-6/18	\$180	\$250
	Starfish	Ages 3½-6	Tues	4-4:30 pm	4/9-6/18	\$180	\$250
	Starfish	Ages 3½-6	Tues	4:30-5 pm	4/9-6/18	\$180	\$250
	Starfish	Ages 3½-6	Tues	5-5:30 pm	4/9-6/18	\$180	\$250
	Minnows	Ages 5-8	Tues	4-4:30 pm	4/9-6/18	\$180	\$250
	Minnows	Ages 5-8	Tues	4:30-5 pm	4/9-6/18	\$180	\$250
	Minnows	Ages 5-8	Tues	5-5:30 pm	4/9-6/18	\$180	\$250
	Dolphins	Ages 7-10	Tues	4:30-5 pm	4/2-6/18	\$180	\$250
	Dolphins	Ages 7-10	Tues	5-5:30 pm	4/9-6/18	\$180	\$250
	Bubblers	Ages 3-5	Thurs	4-4:30 pm	4/4-6/20	\$216	\$300
	Bubblers	Ages 3-5	Thurs	4:30-5 pm	4/4-6/20	\$216	\$300
	Starfish	Ages 3½-6	Thurs	4-4:30 pm	4/4-6/20	\$216	\$300
	Starfish	Ages 3½-6	Thurs	4:30-5 pm	4/4-6/20	\$216	\$300
	Starfish	Ages 3½-6	Thurs	5-5:30 pm	4/4-6/20	\$216	\$300
	Minnows	Ages 5-8	Thurs	4-4:30 pm	4/4-6/20	\$216	\$300
	Minnows	Ages 5-8	Thurs	4:30-5 pm	4/4-6/20	\$216	\$300
	Minnows	Ages 5-8	Thurs	5-5:30 pm	4/4-6/20	\$216	\$300
	Dolphins	Ages 7-10	Thurs	4:30-5 pm	4/4-6/20	\$216	\$300
	Dolphins	Ages 7-10	Thurs	5-5:30 pm	4/4-6/20	\$216	\$300

SWIM TEAM	Class	Age	Day	Times	Date(s)	Member fee	Community fee
	Juniors	6-18	Mon. Tues. Thurs.	5:30-6:15 pm	4/8-6/20	\$250	\$285
	Juniors +	6-18	Mon. Tues. Thurs.	5:30-6:30 pm	4/7-6/20	\$275	\$315
			Sun.	4-5:30 pm			
	Seniors	6-18	Mon. Tues. Thurs.	6:15-7:30 pm	4/7-6/20	\$325	\$370
			Sun.	4-5:30 pm			
	Seniors Select	6-18	Mon. Tues. Thurs. Sun.	6:15-7:30 pm 4-5:30 pm	4/7-6/20	\$325	\$370

Practice schedule will be distributed at registration. **New participants:** contact us at swim@jccnh.org, for placement. **Fees will be pro-rated based on start date.**

ABOUT AQUATICS

Group Swim levels are based on age and experience in the water; ages are suggestions, not hard rules. New swimmers above Bubbblers must email Swim@jccnh.org for evaluation and placement. We are unable to provide make-ups for missed classes. **No class Tues April 23, Sunday May 26, or (Adults) Mondays 4/22, 4/29 and 5/27.**

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 accompaniment 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'. 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 email swim@jccnh.org for evaluation.

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: 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+.



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 Bubbblers must email swim@jccnh.org for evaluation & placement. **Adaptive, Private & Semi-Private Swim Lessons Available.**

Title	Age	Day	Times	Date(s)	Sessions	Member	Community
WELLNESS							
Autogenic Training Series	18+	Thur	11 am-12 pm	3/7-4/25	8	\$80	\$100
21 Day Detox (Virtual Program)	16+	NA	11 am-12 pm	4/30	5	\$229	\$259
Nutrition Counseling / Dietetic Coaching	13+	*	11 am-12 pm	NA	3	\$149	\$179
Nutrition Counseling / Behavioural Coaching	13+	*	11 am-12 pm	NA	3	\$149	\$179
FOUNDATIONS OF YOGA WORKSHOPS							
Build Stability with Foundations of Yoga		Sun	1:30-3 pm	3/3	1	\$20	\$25
Create Space with Forward Folds		Sun	1:30-3 pm	3/10	1	\$20	\$25
Find Your Center with Core Connection		Sun	1:30-3 pm	3/17	1	\$20	\$25
Unwind with Twist Into Bliss		Sun	1:30-3 pm	3/24	1	\$20	\$25
Unwinding Chronic Pain		Sun	1:30-3:30 pm	4/7	1	\$20	\$25
Unravelling Back & Neck Pain		Sun	1:30-3:30 pm	4/14	1	\$20	\$25
Restorative Yoga		Sun	1:30-3 pm	5/5, 5/12, 5/19	1	\$20/session	\$25/session
Intro to Spin		Thur	5:15-6 pm	4/11	1	Free	
Intro to Spin		Sat	10-10:45 am	4/13	1	Free	
Pelvic Floor: More Than Kegels (Two Sessions)	16+	Wed	11-12 am	3/20 & 3/27	2	\$15 per person	\$20
Melt Method	16+	Wed	10-11 am	ongoing	6	\$99	\$129
Women's Self-Care Retreat	18+	Fri	2-5 pm	4/5	1	FREE	\$20
Intro To Tai Chi	16+	Fri	12:15-1:15 pm	3/8, 4/12 5/10	1 per month	FREE	\$20
SMALL GROUP COACHING							
TRX Circuit	13+	Sun	8-8:45 am	Ongoing	6/12/20	\$99/\$192/\$300	
Strike Boxing	13+	Mon	6-7 pm	Ongoing	6/12/20	\$99/\$192/\$300	
Bootcamp	13+	Tues	5:45-6:30 am	Ongoing	6/12/20	\$99/\$192/\$300	
TRX Circuit	13+	Tues	9-10 am	Ongoing	6/12/20	\$99/\$192/\$300	
TRX For Sports	13+	Wed	9-10 am	Ongoing	6/12/20	\$99/\$192/\$300	
Total Body Blast	13+	Thur	6-6:45 am	Ongoing	6/12/20	\$99/\$192/\$300	
TRX Circuit	13+	Thur	7-8 am	Ongoing	6/12/20	\$99/\$192/\$300	
CrossCore Training (Weights)	13+	Fri	9-10 am	Ongoing	6/12/20	\$99/\$192/\$300	
CrossCore Training (Cardio)	13+	Sat	7:25-8:20 am	Ongoing	6/12/20	\$99/\$192/\$300	
Balanced Body Pilates Mats Workout	13+	Sat	8:30-9:20 am	Ongoing	6/12/20	\$99/\$192/\$300	

*By Appointment

For pricing questions contact pamelao@jccnh.org

PERSONAL TRAINING

A PERSONALIZED APPROACH TO ACHIEVING YOUR GOALS. CHOOSE YOUR PERSONAL TRAINER OR YOUR ADVANCED PT SPECIALIST.

- PERSONAL TRAINING
- PARTNER TRAINING
- PILATES
- YOGA
- WEIGHT TRAINING
- INJURY PREVENTION
- PARKINSON'S 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.



COMING SOON: PARKINSON'S SUPPORT GROUP AND SPECIALITY TRAINING.

ABOUT FITNESS

AUTOGENIC TRAINING SERIES: Science based self guided relaxation technique for overall stress reduction.

PELVIC FLOOR: MORE THAN KEGELS (TWO SESSIONS): 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.

WOMEN'S SELF-CARE RETREAT: women's health care lectures, rejuvenating exercise sessions, refreshments

INTRO TO TAI CHI: learn the basics to feel more comfortable when taking the weekly class.

21 DAY DETOX (VIRTUAL PROGRAM): This interactive group program will give you the tools to kick sugar and inflammatory ingredients from your diet while enjoying delicious whole foods without calorie restriction and explore foods that make you feel your best.

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.

TRX CIRCUIT: Pump up your fitness with TRX, BOSUs, Med balls, & Weights. Different circuit combo every week!

STRIKE BOXING: Boxing training to improve coordination and balance while having fun learning self defense.

BOOTCAMP: Take your fitness to the next level with intense cardio and strength intervals.

TRX FOR SPORTS: Whether you play pickleball, tennis, or golf, your game will improve with TRX! Exercises target strength, balance, rotation and mobility so you can move better, hit harder, and play with less risk of injury.

TOTAL BODY BLAST: Strength, balance, cardio, and core training using kettlebells, BOSUs, weights and med balls. Different Circuit every week.

CROSSCORE TRAINING (WEIGHTS): This pulley system equipment offers rotational bodyweight training (RBT) by using unilateral exercises to challenge your strength, balance, and coordination. Great for core stability!

CROSSCORE TRAINING (CARDIO): This pulley system equipment offers rotational bodyweight training (RBT) by using unilateral exercises to challenge your strength, balance, and coordination. Intersperse with cardio intervals.

BALANCED BODY PILATES MATS WORKOUT: Core training at its best. Class uses Balance Body Rings, SmartBells and Balls to improve strength and stability of all core muscles both front and back.

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 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 small group coaching contact Pam: **pamelao@jccnh.org**

SPORTS AND RECREATION	Class	Age	Day	Times	Date(s)	Member	Community
	Traditional Karate 7+ Beginner	Ages 7+	Sun	10:15-11:15 am	4/7-6/16	\$200	\$265
	Traditional Karate 7+ Advanced	Ages 7+	Sun	11:15 am-12:15 pm	4/7-6/16	\$200	\$265
	Traditional Karate 7+ Beginner	Ages 7+	Wed	5:30-6:15 pm	4/3-6/19	\$200	\$265
	Traditional Karate 7+ Advanced	Ages 7+	Wed	6:15-7 pm	4/3-6/19	\$200	\$265
	Ninja Karate	Ages 4-6	Sun	9-9:30 am	4/7-6/16	\$200	\$265
	Ninja Karate	Ages 6-7	Sun	9:30-10 am	4/7-6/16	\$200	\$265
	Adult Karate	Ages 13+	Wed	7 pm-7:45 pm	4/3-6/19	\$200	\$265
	Pickleball Lessons	Ages 18+	Mon	3-4 pm	3/11 - 4/1	\$40	\$60
	Fencing Class	Ages 10-12	Sun	1:45-2:45 pm	4/7-6/2	\$225	\$250
	Fencing Class	Ages 7-9	Sun	3-4 pm	4/7-6/2	\$225	\$250
	Little Kicks Soccer Session 1	Ages 4-6	Sun	10:30-11:15 am	4/7-5/12	\$130	\$150
	Little Kicks Soccer Session 2	Ages 4-6	Sun	10:30-11:15 am	5/19-6/16	\$110	\$120
	Creative Creations	Ages 3.5-6	Mon	1:15-2 pm	4/8-6/3	\$120	\$140
	NEW Little Leapers	Ages 3-6	Mon	2:15-3 pm	4/8-6/3	\$120	\$140
	NEW Curious Minds	Ages 4-6	Tues	2:15-3 pm	4/9-6/4	\$130	\$150
	Fencing	Ages 4-6	Wed	1:15-2 pm	4/10-6/5	\$200	\$225
	Little Yoga	Ages 3.5-6	Fri	1:15-2 pm	4/12-5/17	\$120	\$140
	NEW Nature Classroom	Ages 3.5-6	Fri	1:15-2 pm	5/24-6/14	\$120	\$140
	Pee-Wee Sports and Games Session 1	Ages 3.5-6	Thur	1:15-2 pm	4/11-5/16	\$140	\$160
	Pee-Wee Sports and Games Session 2	Ages 3.5-6	Thur	1:15-2 pm	5/23-6/20	\$140	\$160
	Open Climb	All	Mon	3:30-6pm	4/8-6/17	Free	\$10
	Tiny Tots Tennis	Ages 3.5-6	Tues	1:15-2 pm	4/9-6/4	\$175	\$200
	Clay Creations	Ages 4-6	Thur	2-2:45 pm	4/11-6/4	\$140	\$150
	Card Game Club Session 2	Ages 13+	Sun	2:15-3:30 pm	2/25-3/24	\$120	\$140
	Basketball Skills and Drills	Grades K-3	Sun	1:45-2:45 pm	4/7-5/12	\$75	\$95
	Basketball Skills and Drills	Grades 4-6	Sun	3-4 pm	4/7-5/12	\$75	\$95
	Junior Pickleball	Grades K-3	Sun	10:30-11:15 pm	4/7-6/2	\$160	\$180
	Junior Pickleball	Grades 4-6	Sun	11:30-12:30 pm	4/7-6/2	\$160	\$180
	JCC Youth Track Club	Grades 5-8	Sun	10am-11 am	4/7-5/12	\$120	\$140
	Youth Esports Club session 1	Ages 8-12	Sun	1 pm-2 pm	4/7-5/5	\$100	\$120
	Youth Esports Club session 2	Ages 8-12	Sun	1 pm-2 pm	5/12-6/9	\$100	\$120
	Adult Esports Club Session 1	Ages 14+	Sun	2:15-3:15 pm	4/7-5/5	\$100	\$120
	Adult Esports Club Session 2	Ages 14+	Sun	2:15-3:15 pm	5/12-6/9	\$100	\$120
	Adult Pickleball Clinic Beginner	Ages 18+	Mon	9:30-10:45 am	4/15-5/13	\$80	\$100
	Adult Pickleball Clinic Beginner	Ages 18+	Tues	9:30-10:45 am	4/16-5/14	\$80	\$100
	Adult Pickleball Clinic Intermediate	Ages 18+	Mon	8-9:15 am	4/15-5/13	\$80	\$100
	Adult Pickleball Clinic Advanced	Ages 18+	Tues	8-9:15 am	4/16-5/14	\$80	\$100
	Adult Card Club	Ages 14+	Wed	6:30-7:30 pm	4/10-5/8	\$50	\$60
	Earth Day Celebration	All	Sun	1-2:30 pm	4/21	\$10	\$20
INCLUSION	NEW Inclusion Social Club	Ages 18+	Tues	6-7 pm	5/7-6/11	\$130	\$150
	NEW Inclusion Sunday Funday	Grades 2-5	Sun	2-2:45 pm	4/7-5/12	\$130	\$150
	NEW Inclusion Yoga and Mindfulness	Ages 15+	Mon	4:30-5:15 pm	5/6, 5/13, 5/20, 6/3	\$100	\$125

ABOUT SPORTS & RECREATION

LITTLE KICKS SOCCER SESSION 1 & 2: 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.

CREATIVE CREATIONS: Create crafts of all varieties with opportunities to participate in free art and in 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 CURIOUS MINDS: An exciting way for kids to explore the world around them while developing the 6 main Science skills

FENCING SESSION 1 & 2: Welcome to the fantastic world of fencing! In our fencing class designed for wonderful 4-year-olds, you'll embark on an exciting adventure filled with fun, games, and learning the art of fencing.

LITTLE YOGA: Learn, stretch and play. Each week in little yoga we will learn a new yoga move and build upon ones we already know. We'll practice breathing techniques, cool downs and Kindergarten readiness too. For more information please reach out to Rachel at rachelw@jccnh.org.

NEW NATURE CLASSROOM: Come and play nature based games with us in this NEW Class. We will be participating in some gardening during this class, so dress to get messy. We will explore and learn all about bugs, plants, trees, animals, and how humans impact the environment.

PEE-WEE SPORTS AND GAMES SESSION 1 & 2: Each week we'll learn, practice and play a new sport or game. In addition to building our athletic skills we will also be working on kindergarten readiness, listening skills and team work.

OPEN CLIMB: Come climb on our 34 ft wall. We have harness and belay staff available for open climb each Monday. In addition to our climbing wall, we also have a bouldering wall where you climb across not up. If you would like more information please reach out to Rachel at rachelw@jccnh.org

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

CLAY CREATIONS: While working with clay your preschooler will learn basic skills, refine their fine motor skills, cognitive development all while expanding their imaginations.

CARD GAME CLUB SESSION 2: If you're a person that like pokemon, magic, yugioh or many other card games, this is the class for you. During this class we'll battle against other classmates and build our skill in these types of card games. Please reach out to Rachel for more information or if you would like to be a volunteer at rachelw@jccnh.org

BASKETBALL SKILLS AND DRILLS: Sad the season ended? Want to continue playing basketball? Come work on your basketball skills with this clinic! We will work on enhancing basic skills from the game of Basketball so you can continue playing all year round!

JUNIOR PICKLEBALL: Come learn the fastest growing sport in America! Get head of the curve and try Pickleball. It's a fun way to stay active and play with friends. With our certified Pickleball instructor, Kyle Schermerhorn, you will learn the basics and strategy of this amazing, up and coming sport. Don't delay, sign up today!

JCC YOUTH TRACK CLUB: JCC Youth Track Club is for any young individual looking to improve on their running ability, get into the sport of running or gain endurance for another sport. Over the course of this 6 week program we will establish individual goals, learn injury prevention methods and of course run! We will challenge ourselves with a variety of running related workouts, activities and games. Don't forget to bring your sneakers and water bottle.

YOUTH ESPORTS CLUB SESSION 1 & 2: Join us for 5 weeks of fun and family friendly esports gaming. Through one of the fastest growing past times in the world we will be working on problem solving skills, teamwork and boosting confidence while also creating new friendships! We will be playing a different sport related game each week, including FIFA, Madden, Mario Kart, and more!

ADULT ESPORTS CLUB SESSION 1 & 2: Are you a casual gamer looking for a laid-back space to enjoy your favorite e-sports titles? Look no further than our esports club where we cater to the chill side of the gaming community. We are a welcoming e-sports club created with the casual gamer in mind. We provide a relaxed environment where gamers of all skill levels can come together to play, unwind, and connect with like-minded individuals who share a passion for gaming.

ADULT PICKLEBALL CLINIC BEGINNER: With our new Pickleball Pro Kyle Schermerhorn! Pickleball is a dynamic racket sport that combines elements of tennis, badminton, and ping pong, making it easy to learn and enjoyable for all ages. In this introductory class, you'll learn the basic rules, techniques, and strategies of pickleball while improving your hand-eye coordination and fitness.

ADULT PICKLEBALL CLINIC INTERMEDIATE: Elevate your pickleball game with our Intermediate Class! Designed for players with some experience, this program delves deeper into the nuances of pickleball strategy, footwork, and advanced techniques. Our skilled instructors will fine-tune your skills, focusing on precise shots, effective court positioning, and strategic play.

ADULT PICKLEBALL CLINIC ADVANCED: Unleash your pickleball potential in our Advanced Class, tailored for experienced players seeking mastery and a competitive edge! Elevate your game with intense drills, strategic gameplay analysis, and personalized coaching from our top-tier instructors. This program focuses on refining advanced techniques, intricate shot selection, and court awareness to elevate your skill set to the highest level.

ADULT CARD CLUB SESSION 1 & 2: For lovers of Pokemon, Magic the Gathering, Yugioh or any other card game. We'll battle against other classmates and build skills in a wide variety of games!

EARTH DAY CELEBRATION: Learn about the earth with fun games and crafts. A family event all ages would enjoy. For more information please reach out rachelw@jccnh.org

NEW 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 inclusiveness. All are welcome to socialize with us.

NEW INCLUSION SUNDAY FUNDAY: Each week we will participate in an different activity, sports and games, arts and crafts, obstacle course, hiking, yoga.

NEW INCLUSION YOGA AND MINDFULNESS: Experience a unique blend of adaptive yoga and mindfulness in our class, tailored to accommodate individuals of all abilities and levels of mobility.

No classes on April 23, 29, May 26, 27 & June 12

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
NEW Dance on the Spectrum	Ages 5-12	Sun	11:30-12:15 am	4/7-6/2	\$200	\$225
NEW Adult Ballet	Ages 15+	Wed	6-7 pm	4/3-5/29	\$110	\$125
Dance with Me	15-36 mo	Sun	9:30-10am	4/7-6/2	\$170	\$185
Beginning Ballet/Tap	Ages 3.5-5	Sun	9:30-10:15 am	Ongoing until June	\$510	\$580
Beginning Ballet/Tap	Ages 3.5-5	Tues	3:30-4:15 pm	Ongoing until June	\$250	\$275
Beginning Tumble	Ages 3.5-5	Sun	10:30-11:15 pm	Ongoing until June	\$510	\$580
Ballet/Tap 1	Ages 5-7	Sun	10:15-11 am	Ongoing until June	\$510	\$580
Ballet/Tap 1	Ages 5-7	Tues	4:15-5 pm	Ongoing until June	\$595	\$665
Ballet/Tap 2	Ages 7-10	Thur	4:30-5:30 pm	Ongoing until June	\$620	\$690
Ballet/Tap 2	Ages 7-10	Sun	11 am-12 pm	Ongoing until June	\$550	\$580
Hip Hop 2	Ages 7+			Ongoing until June	\$640	\$710
Ballet 3	Ages 10+	Tues	5:30-6:30 pm	Ongoing until June	\$640	\$710
Company Lyrical/Jazz II	Ages 7-10	Thur	5:30-6:30 pm	Ongoing until June	\$620	\$690
Company Pointe (Invitation Only)	Ages 10+	Tues	6:30-7 pm	Ongoing until June	\$320	\$355
Company Contemporary 3 (Invitation Only)	Ages 10+	Thur	6:30-7:30 pm	Ongoing until June	\$620	\$690

Ongoing classes will be pro-rated.



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

Our dance and tumbling classes are taught this year by Carlee Sachs-Krook and Tia-Simone Gardner. 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. Classes already in session will be pro-rated based on start date. For information about classes, particularly Company classes (Invitation Only) email dance@jccnh.org.

NEW DANCE ON THE SPECTRUM: Ages 5-12 for children on the autism spectrum. This class takes an adaptive and inclusive approach to creative dance, centering neurodivergent thinking, socializing, and learning. Dancers will improve their balance, flexibility, strength, and coordination while honing their creativity.

NEW ADULT BALLET: Ages 15+. All ages, abilities, and levels welcomed. Rekindle or begin your love affair with ballet as you improve your balance, flexibility, strength, grace, and confidence. This class takes a somatic and artistic approach to ballet, focusing on safe movement techniques and creative expression.

DANCE WITH ME: Infants & Toddlers 15-36 months, with accompanying adult - play, sing, move in a joyful, exploratory & communal space.

BEGINNING BALLET/TAP: Ages 3.5-5. 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 BALLET/TAP: Ages 3.5-5. Develop creativity, body awareness, coordination, and social/emotional skills through play, song and movement.

HIP HOP: Ages 7-10. 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.

BEGINNING TUMBLE: Ages 3.5-5. Introduction to fundamental tumbling skills, including balance, coordination and agility. Develop gross motor skills and social/emotional skills through play and movement

BALLET/TAP: Ages 7-10. 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: Ages 7-10. Combines Ballet 2 and Tap 2.

HIP HOP: Ages 7-10. 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.

BALLET 3: Ages 10+. 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.

COMPANY LYRICAL/JAZZ II: Ages 7-10. 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): Ages 10+. 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): Ages 10+. 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.

For more detailed descriptions of programs or to contact:

Carlee at dance@jccnh.org

BIRTHDAY PARTIES

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



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.

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!

MASSAGE THERAPY

	Spa Member		JCC Member	
Time Options	60 min	60 min	90 min	90 min
Swedish	\$82	\$86	\$113	\$119
Moderate	\$91	\$95	\$123	\$129
Deep	\$100	\$105	\$131	\$138
Thai	\$100	\$105	\$131	\$138
Hot Stone	\$100	\$105	\$131	\$138
Cupping	\$100	\$105	\$131	\$138
Orthopedic	\$82	\$86	\$113	\$119
Sport	\$82	\$86	\$113	\$119
Gua Sha	\$82	\$86	NA	NA
Reflexology	\$82	\$86	NA	NA
Energy Healing	By Service	By Service	By Service	By Service
Short Sessions	30 min	30 min	30 min	30 min
Focus	\$50	\$50	\$50	\$50
Hand	\$50	\$50	\$50	\$50
Foot	\$50	\$50	\$50	\$50
Compression Therapy	\$50	\$50	\$50	\$50
Chair	\$20	\$20	\$20	\$20



360 MASSAGE & SKIN CARE

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

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

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



Shalom Baby

Register Online at:
jewishnewhaven.org/shalom-baby


Weekly meetup for families raising Jewish babies & toddlers with Shabbat themed music, coffee, and snacks (kosher dairy).

Shalom Baby Jewish Federation of Greater New Haven Women's Philanthropy




MONDAYS ARE FUNDAYS!

FOR KIDS AGES 12 AND UNDER...




Come join in on the fun...




PJ Library Storytime

The 1st and 3rd Mondays of every month. Feb. 5—May 20 **4:45-5:45 PM**
Enjoy regularly scheduled free play dates after work in the comfort of the Fleischman Family Center at the JCC! Jewish-themed PJ Library stories and play for families with children ages 5 and under. **FREE.**




Yoga-Time for Families

March 11 (Purim), March 25, (Shabbat Rest), April 8 (Passover). **5-5:45 PM**
Wiggle, stretch and learn together! All ages are welcome with their grownup. **Classes led by certified teacher:** Sherri Sosensky
Ages 4 and older should bring their own yoga mat, ages 3 and under can share with their grownup (mats not provided).
Cost: \$15 per child, per session.



JCC membership is encouraged, but not required.

**Beckerman Lender Jewish Community Building
360 Amity Rd, Woodbridge**



jewishnewhaven.org/pj-storytime jewishnewhaven.org/pj-yoga

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
OF GREATER
NEW HAVEN

BECKERMAN
JEWISH CULTURAL ARTS SERIES

Enjoy Our Great
FILMS,
AUTHORS,
or better yet,
THE
ENTIRE
SERIES!
Don't Miss it!

For more info, go to
jccnh.org/beckerman



BEVERLY LEVY
Early Learning Center
JCC OF GREATER NEW HAVEN



Pre-K 5 Class

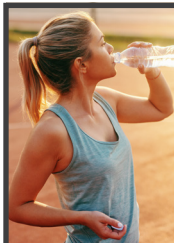
Coloring Futures **BRIGHT**

Transition into kindergarten for children who **do not make the registration birthday** or **who need an extra year of Pre-K**

Full Day & Half Day options. Kindergarten Readiness Curriculum. **Enrolling now for the 24/25 school year.**

Contact **SarahS@jccnh.org** for more information.

NOW ENROLLING.



LIVE WELL
360

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**



ISRAELI DANCE

AGES 18+ | TIME TUESDAYS



BEGINNER: 6:45 - 7:45 PM OPEN SESSIONS: 7:30 - 8:30 PM

To register or inquire about classes, contact the instructor Leng at **203.912.4086** or email her at **IsraeliDanceTeacher@gmail.com**. **www.ctisraelidance.com**

**SUNDAY
MARCH 10
2-5 PM**
360 AMITY RD.,
WOODBIDGE



jewishnewhaven.org/community-fair

JEWISH COMMUNITY EXTRAVAGANZA



**EXPLORE
& ENJOY!**

JEWISH CAMPS

SYNAGOGUES

PRESCHOOLS

RAFFLES/PRIZES

**PURIM FUN
FOR ALL AGES!**

Brought
to you by



POWERED BY
Jewish Federation
OF GREATER NEW HAVEN
Jewish Foundation
OF GREATER NEW HAVEN



EXPECTING EXPO 2024



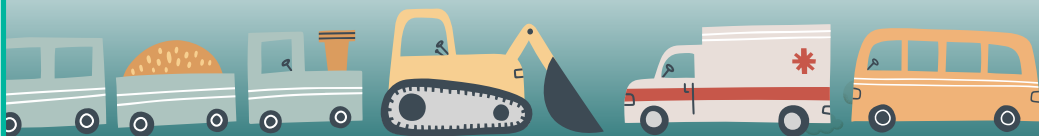
Jewish Federation
OF GREATER NEW HAVEN

Women's
Philanthropy



JCC
OF GREATER NEW HAVEN

**TOUCH A
TRUCK '24**



Sunday, June 2, 2024



Expecting Expo: 9 am-12 pm Touch a Truck: 10:30 am-2:30 pm



JCC

OF GREATER NEW HAVEN

360 Amity Road | Woodbridge,

Connecticut 06525-2548

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

2024 SPRING PROGRAM GUIDE

NON-PROFIT
STANDARD MAIL
U.S. POSTAGE
PAID
Permit No. 2134
New Haven, CT
ECRWSS



JCC
OF GREATER NEW HAVEN

DON'T MISS YOUR CHANCE TO TAKE ADVANTAGE OF THESE MEMBERSHIP OFFERS.

- Six Lane Indoor Swimming Pool
- Virtual Group Exercise Classes
- Basketball Courts
- Fitness Center
- Childcare and Camp
- Pickleball & Racquetball Courts
- Spin Classes
- Free to Members
- Swim and Sports Lessons
- Massage & Skin Treatments Available
- Rothberg Family Climbing Wall

The JCC values safety and community first. Contact membership today at

membership@jccnh.org or call (203) 387-2424 x0

*Promotional rate is valid for first two months only. Normal rates apply in the third 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 3/31/24.