



JCC
OF GREATER NEW HAVEN

2022-23

Winter Program Guide



THERE IS
Snow
BETTER PLACE
TO BE THIS WINTER

**Registration begins 9 am on 12/6 for members
& 9 am on 12/8 for the community.**

TABLE OF CONTENTS

● Aquatics	4-5
● Fitness	6-7
● Sports & Recreation	8-9
● Children/Youth.....	10-11
● Dance/Tumbling	10-11
● PJ Library	12
● Cultural Arts	12
● 360 Massage & Skin Treatments	14



Support Friends of the J



JCC DAY CAMPS are a priceless experience for kids & helpful for working families

**THE BECKERMAN
CULTURAL ARTS
SERIES** reaches
hundreds of homes,
bringing Jewish
content, joy &
engagement



**BEVERLY LEVY
EARLY LEARNING
CENTER** serves
over 100 children
with quality care
and education

Interns from the
CHAPEL HAVEN
SCHLEIFER CENTER
have shown us all
how valuable
vocations can be



www.jccnh.org/donate

AQUATICS | ADULTS

Class	Age	Day	Times	Date(s)	Member	Community
Water Aerobics	Ages 16+	Mon	9:15-10 am	Ongoing	Free	N/A
Classic Water Aerobics	Ages 16+	Tues	9:15-10 am	Ongoing	Free	N/A
Water Aerobics	Ages 16+	Wed	9:15-10 am	Ongoing	Free	N/A
Water Aerobics Deep Water	Ages 16+	Thurs	9:15-10 am	Ongoing	Free	N/A
Master's Swim	Adults	Tues	7-8 pm	12/7-1/25	\$130	\$170
Beginner Adult Group Swim	Adults	Mon	7-7:45 pm	1/22-3/27	\$170	\$220
Intermediate Adult Group Swim	Adults	Mon	7:45-8:30 pm	1/22-3/27	\$170	\$220

AQUATICS | YOUTH

Class	Age	Day	Times	Date(s)	Member	Community
Swim with Me	6 mos. - 3½	Sun	10-10:30 am	1/8-3/26	\$165	\$242
Swim with Me	6 mos. - 3½	Sun	10:30-11 am	1/8-3/26	\$165	\$242
Swim with Me	6 mos. - 3½	Sun	11:30 am-12 pm	1/8-3/26	\$165	\$242
Swim with Me	6 mos. - 3½	Sun	11:30-12 am	1/8-3/26	\$165	\$242
Bubblers	3-5 yrs	Sun	11:30 am-12 pm	1/8-3/26	\$165	\$242
Bubblers	3-5 yrs	Sun	12-12:30 pm	1/8-3/26	\$165	\$242
Bubblers	3-5 yrs	Sun	12:30-1 pm	1/8-3/26	\$165	\$242
Bubblers	3-5 yrs	Sun	1-1:30 pm	1/8-3/26	\$165	\$242
Starfish	3½-6 yrs	Sun	11:30 am-12 pm	1/8-3/26	\$165	\$242
Starfish	3½-6 yrs	Sun	12-12:30 pm	1/8-3/26	\$165	\$242
Starfish	3 1/2-6 yrs	Sun	12:30 pm-1 pm	1/8-3/26	\$165	\$242
Starfish	3 1/2-6 yrs	Sun	1-1:30 pm	1/8-3/26	\$165	\$242
Minnows	5-8 yrs	Sun	12-12:30 pm	1/8-3/26	\$165	\$242
Minnows	5-8 yrs	Sun	12:30-1 pm	1/8-3/26	\$165	\$242
Minnows	5-8 yrs	Sun	1-1:30 pm	1/8-3/26	\$165	\$242
Sting Rays	7-10 yrs	Sun	1-1:30 pm	1/8-3/26	\$165	\$242
Swim with Me	6 mos. - 3½	Tues	11-11:30 am	1/3-3/28	\$180	\$265
Bubblers	3-5 yrs	Tues	4-4:30 pm	1/3-3/28	\$180	\$265
Bubblers	3-5 yrs	Tues	5-5:30 pm	1/3-3/28	\$180	\$265
Starfish	3½-6 yrs	Tues	4-4:30 pm	1/3-3/28	\$180	\$265
Starfish	3½-6 yrs	Tues	4:30-5 pm	1/3-3/28	\$180	\$265
Minnows	5-8 yrs	Tues	4:30-5 pm	1/3-3/28	\$180	\$265
Minnows	5-8 yrs	Tues	5--5:30 pm	1/3-3/28	\$180	\$265
Sting Rays	7-10 yrs.	Tues	4:30-5 pm	1/3-3/28	\$180	\$265
Bubblers	3-5 yrs	Thurs	3:45-4:15 pm	1/5-3/23	\$165	\$242
Bubblers	3-5 yrs	Thurs	4:15-4:45 pm	1/5-3/23	\$165	\$242
Starfish	3½-6	Thurs	4:15-4:45 pm	1/5-3/23	\$165	\$242
Starfish	3½-6	Thurs	4:45-5:15 pm	1/5-3/23	\$165	\$242
Minnows	5-8 yrs	Thurs	3:45-4:15 pm	1/5-3/23	\$165	\$242
Minnows	5-8 yrs	Thurs	4:15-4:45 pm	1/5-3/23	\$165	\$242
Minnows	5-8 yrs	Thurs	4:45-5:15 pm	1/5-3/23	\$165	\$242
Sting Rays	7-10 yrs.	Thurs	4:45-5:15 pm	1/5-3/23	\$165	\$242

SWIM TEAM

Class	Age	Day	Times	Date(s)	Member fee	Community fee
White Group	6-18	Mon. Tues. Thurs.	5:30-6:15 pm	9/19-3/9	\$600	\$700
Blue Group	6-18	Mon. Tues. Thurs.	5:30-6:30 pm	9/19-3/9	\$750	\$850
		Sun.	4-5:30 pm	9/19-3/9		
Senior Group	6-18	Mon. Tues. Thurs.	6:15-7:30 pm	9/19-3/9	\$750	\$850
		Sun	4-5:30 pm	9/19-3/9		



Practice schedule will be distributed at registration. New participants: contact us at swim@jccnh.org, (203) 387-2424 x270 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 or call x270 for evaluation and placement. NO CLASSES week of Feb. 19-25 unless a previous class has been canceled.

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 CALL FOR EVALUATION 203-387-2424 X270.

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

STING RAYS: 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 CALL FOR EVALUATION 203-387-2424 x270.

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.

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 ADULTS GROUP: This class is designed to build on basic water skills and help become more comfortable in the water.

For more detailed descriptions of programs or to register:

jccnh.org/programguide/aquatics or email barbaraz@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 Starfish must email swim@jccnh.org for evaluation & placement. Adaptive, Private & Semi-Private Swim Lessons Available.

Title	Age	Day	Times	Date(s)	# of Sessions	Member	Community
WELLNESS							
MELT Method	16+	Wed	10-11 am	Ongoing	6	\$99	\$129
Therapeutic Movement For Pain		Mon/ Thurs	10-10:55 am 5-5:55 pm	Ongoing		FREE	
SPORTS MEDICINE & PHYSICAL THERAPY LECTURE SERIES:							
All About Balance	16+	Wed	12-12:45 pm	TBD	1	FREE	NA
Mind Over Bladder	16+	Wed	12-12:45 pm	TBD	1	FREE	NA
WEIGHT TRAINING FOR STRONG BONES:							
STRENGTH TRAINING 101 for the ACTIVE AGER	40+	Tues	11 am-12 pm	1/10-1/31	4	\$72	NA
WEIGHT TRAINING 101 BASICS	16+	Tues	4-5 pm	1/10-1/31	4	\$72	NA
INTRO TO SPIN	13+	Tues	10:30-11 am	1/10	1	FREE	NA
INTRO TO SPIN	13+	Thurs	5:15-5:45 pm	1/12	1	FREE	NA
TAI CHI	13+	Fri	11:15 am - 12:15 pm	Ongoing	N/A	FREE	NA
PRIVATE TRAINING							
New LIVE WELL 360	16+	BA*	N/A	N/A	18	\$1,200	NA
Orientation	13+	BA*	20 min	Ongoing	NA	FREE	NA
Consultation	13+	BA*	30 min	Ongoing	NA	FREE	NA
Personal Training Half session	13 +	BA*	25 min	Ongoing	6/12	\$258/\$492	NA
Personal Training Full session	13+	BA*	50 min	Ongoing	6/12	\$390/\$744	NA
Personal Training Partner session	13+	BA*	50 min	Ongoing	6/12	\$270 pp/ \$480 pp	NA
Pilates Apparatus Training	16+	BA*	45 min	Ongoing	3/6/12	\$230/\$450/\$840	NA
SMALL GROUP COACHING							
Bootcamp	13+	Sun	8-8:45 am	On going	6/12/20	\$99/\$192/\$300	
Trifecta	13+	Mon	6- 7:30p	11/7-12/26 & 1/9-2/27	6/12/20	\$99/\$192/\$300	
TRX Bootcamp	13+	Tues	9-10 am	On going	6/12/20	\$99/\$192/\$300	
TRX	13+	Wed	8-9 am	On going	6/12/20	\$99/\$192/\$300	
Blast	13+	Thurs	5:30-6:30 am	On going	6/12/20	\$99/\$192/\$300	
TRX Long & Strong	18+	Thurs	7-8 am	On going	6/12/20	\$99/\$192/\$300	
XCORE Tough	13+	Fri	9-10 am	On going	6/12/20	\$99/\$192/\$300	
XCORE Blast	13+	Sat	7:25-8:25 am	On going	6/12/20	\$99/\$192/\$300	
Balanced Body Pilates	13+	Sat	8:30-930 am	On going	6/12/20	\$99/\$192/\$300	

*BY APPOINTMENT

For pricing questions contact jessicas@jccnh.org

ABOUT FITNESS

LIVE WELL 360: WELLNESS is the new FITNESS! A bundle of 18 private sessions 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.

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.

BALANCE: From the perspective of Physical Therapy, a presentation about understanding and improving balance for function and prevention.

MIND OVER BLADDER: Urinary incontinence can be a common concern in women typically experienced as the body ages, post-surgery or after childbirth. During this presentation, extensive research and information will be shared as it relates to the pelvic floor and the brain / body connection. Learn the different ways urinary incontinence can affect lifestyle and how to make changes to minimize and help reverse some of these issues.

STRENGTH TRAINING 101 FOR THE ACTIVE AGER: Under the direction of Certified Active Aging Fitness Pro, this small group program is designed to teach you exercises using proper weight, ensure proper form to effectively strengthen your muscles and bones.

WEIGHT TRAINING 101 BASICS: Under the direction of Certified Strength Coach this small group program is designed to teach and review using proper weight, ensure proper form and review common concerns when lifting.

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.

TAI CHI: Gentle, moving meditation for increased body awareness, balance, and coordination

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

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

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

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

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

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

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

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

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

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

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

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

CLASSES OFFERED FREE FOR MEMBERS:

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

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

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

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



Class	Age	Day	Times	Date(s)	Member	Community
35+ Basketball League	Ages 35+	Wed	7 pm-9 pm	2/8-5/17	\$100	\$150
21+ Basketball League	Ages 21+	Thurs	7 pm-9 pm	12/1-2/2	TBD	TBD
Iddy Biddy	Grades K-1	Sun	1-1:50 pm	12/4-3/12	\$100	\$135
Boys Youth Basketball	Grades 2-4	Sun	2-3:15 pm	12/4-3/12	\$140	\$175
Youth Basketball	Grades 5-6	Sun	3:30-5 pm	12/4-3/12	\$160	\$195
Youth Basketball (Girls)	Grades 2-6	Sun	2-3:15 pm	12/4-3/12	\$140	\$175
Jr High Basketball	Grades 7-8	Tues/ Weekends	TBD	Nov- March	\$140	\$175
Rick Wallace High School Basketball League	Grades 9-12	Mon	5:30-8:30 pm	12/4-3/12	\$140	\$175
Fencing	Grades 1-3	Sun	12-1 pm	1/8-2/12	\$200	\$250
Fencing	Grades 4+	Sun	1-2 pm	1/8-2/12	\$200	\$250
Ninja Karate	Ages 4-5	Sun	10:30-11 am	1/8-3/26	\$145	\$165
Ninja Karate	Ages 6	Sun	11-11:30 am	1/8-3/26	\$145	\$165
Beginner Traditional Karate	Ages 7+	Sun	11:30 am-12:15 pm	1/8-3/26	\$180	\$200
Advanced Karate	Ages 7+	Sun	12:30-1:30 pm	1/8-3/26	\$180	\$200
Beginner Traditional Karate	Ages 7+	Wed	5-5:45 pm	1/4-3/22	\$180	\$200
Beginner Traditional Karate	Ages 9+	Wed	5:45-6:30 pm	1/4-3/22	\$180	\$200
Advanced Karate (Blue Belt and Up)	Ages 7+	Wed	6:30-7:15 pm	1/4-3/22	\$180	\$200
Adult Karate	Ages 13+	Wed	7:15-8 pm	1/4-3/22	\$180	\$200

ABOUT SPORTS & RECREATION

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

YOUTH BASKETBALL: Basic basketball fundamentals as well as sportsmanship, teamwork and fair play.

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

TRADITIONAL KARATE: 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.

BEGINNER TRADITIONAL KARATE: Traditional Tang Soo Do classes will build self-confidence in a safe and supportive environment. The emphasis of the beginner class is to teach respect for self and others, focus, concentration, courage and spirit. Beginners learn self-discipline, physical fitness and basic karate moves.

ADVANCED KARATE: Traditional Tang Soo Do advanced classes are designed for students who have moved onto a higher rank.

JR. HIGH BASKETBALL: Travelling basketball team with weekly practice and games with other clubs; participation in weekly tournament. JCC members only -- non-member fee includes youth membership for duration of program.

FENCING: Beginner fencers will engage in physical training, mobility, fencing footwork, blade work, tactical drilling and free fencing as a group. Try something different and get ready to learn.

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

For more information about Adult Basketball Leagues please reach out to Aaron at aaronb@jccnh.org



CHILDREN & YOUTH	Class	Age	Day	Times	Date(s)	Member Fee	Community Fee
	Creative Creations Winter Session 1	Ages 4-5	Mon	1:15 pm-2 pm	1/2-2/6	\$90	\$100
	Creative Creations Winter Session 2	Ages 4-5	Mon	1:15 pm-2 pm	2/13-3/27	\$90	\$100
	Jewelry Making for Kids	Ages 6-10	Wed	4 pm-5 pm	1/4-2/15	\$100	\$120
	Little Yoga	Ages 4-5	Wed	1:15-2 pm	1/4-2/8	\$90	\$100
	Sticky Fingers	Ages 4-5	Wed	1:15-2 pm	2/15-3/29	\$75	\$85
	Pee Wee Sports	Ages 4-6	Thurs	1:15 pm-2 pm	1/5-2/9	\$120	\$140
	Pee Wee Sports	Ages 4-6	Thurs	1:15 pm-2 pm	2/16-3/23	\$120	\$140
	Pee-Wee Sports and Games Weekend	Ages 4-6	Sun	11:30-12:15 pm	1/8/-2/12	\$120	\$140
	Cozy Nook with a Book	Ages 4-6	Sun	10:15 am-11 am	1/8/-1/29	\$45	\$55
	Cozy Nook with a Book	Ages 3-6	Fri	1:15-2 pm	1/6-2/7	\$45	\$55
	Cookie Dough Making	Ages 7-10	Wed	4-4:45 pm	2/1-2/22	\$120	\$150
	Dodgeball	Ages 9-11	Wed	4:15-5 pm	1-5-2/9	\$120	\$140
	Family Fun Day: Inflatable & Games	All Ages	Sun	1-3 pm	3/26	\$15 per family	\$25 per family
DANCE & TUMBLING	Intro to Micro Mini Ballet/Tap	Ages 3-4	Sun	9-9:45am	9/18-6/11	\$520*	\$620*
	Micro Mini II Ballet/Tap	Ages 5-6	Sun	10-11am	9/18-6/11	\$665*	\$765*
	Micro Mini I Ballet/Tap	Ages 4-6	Sun	11am-12pm	9/18-6/11	\$665*	\$765*
	Pre-School Tumble	Ages 3-6	Sun	10-10:45 am	9/18-6/11	\$495	\$595
	Tutus & Top Hats	Ages 1.5-3	Sun	11-11:45 am	9/18-6/11	\$520*	\$620*
	Intro to Micro Mini Ballet/Tap	Ages 3-4	Sun	12-12:45 pm	9/18-6/11	\$520*	\$620*
	Mini/Petite Ballet/Tap	Ages 6-10	Sun	12:15-1:30 pm	9/18-6/11	\$825*	\$925*
	Mini II/Petite Ballet/Tap	Ages 7-10	Tues	4:15-5:30 pm	9/20-6/11	\$890*	\$990*
	Junior/Preteen Ballet/Tap	Ages 10+	Tues	5:30-6:45 pm	9/20-6/11	\$900*	\$1,000*
	Pre-School/Kinder Tumble	Ages 3-6	Wed	3:15-4 pm	9/21-6/11	\$515*	\$615*
	Tumble I	Ages 5-8	Wed	4:15-5 pm	9/21-6/11	\$515*	\$615*
	Micro-Mini BalletTap	Ages 4-6	Wed	4:15-5:15 pm	9/21-6/11	\$670*	\$770*
	Mini/Petite Jazz	Ages 6-10	Wed	5:30-6:15 pm	9/21-6/11	\$520*	\$620*
	Tumble I/II	Ages 6+	Wed	5:15-6 pm	9/21-6/11	\$515*	\$615*
	Intro to Micro Mini Ballet/Tap	Ages 3-5	Thurs	3:15-4:05 pm	9/22-6/11	\$530*	\$630*
	Micro Mini II/Mini I Ballet/Tap	Ages 5-7	Thurs	4:15-5:15 pm	9/22-6/11	\$695*	\$795*
	Mini Dance Company (invite only)	Ages TBD	Thurs	5:30-6:15 pm	9/22-6/11	\$520*	\$620*
	Junior Dance Company (invite only)	Ages TBD	Thurs	6:15-7:30 pm	9/22-6/11	\$775*	\$875*

*Fee will be adjusted based on start date.

ABOUT CHILDREN/YOUTH & DANCE/TUMBLING

Schedules may be adjusted based on enrolment. Participants must remain members for duration of program to qualify for JCC member price. **Dance and Tumbling prices include costumes for end-of-year recital;** Sibling and multi-class discounts available, email Barbara at barbaraz@jccnh.org.

CREATIVE CREATIONS: A wonderful mix of planned crafts and creative freedom for Pre-K students. Projects include paint, clay, glue, beads, and so much more!

JEWELRY MAKING FOR KIDS: This introduction to jewelry-making class is perfect for kids who are excited about creating jewelry from scratch! We will create our own beads, pull from different cultures for inspiration, and get a chance to make necklaces, earrings, bracelets, rings, key chains and more!

STICKY FINGERS: Get ready to roll up your sleeves in this fun and delicious no bake cooking class inspired by little chefs interested in making their own snacks! The children will learn about prepping ingredients, how to follow simple recipes, and get to enjoy tasty treats that do not require an oven!

PEE WEE SPORTS: Introduction to a variety of sports and games such as basketball, soccer, tennis and more! Focus on sportsmanship, team work, hand-eye coordination and agility.

COZY NOOK WITH A BOOK: Curl up with a book for story time. Enjoy the world of reading and get your child exposed to new stories each class. We will also have time for independent interests, where the children can explore some of the books on their own, with help from staff.

COOKIE DOUGH MAKING: Explore the world of dough making with this awesome new cookie dough making class. We will create a different dough each week for participants to take home. We will be focusing on following the directions since baking is a science all while having fun and creating new things.

1,2,3 DODGEBALL: Learn and play the game each week with other friends that are in the class. Practice your skills of throwing and dodging, so by the summer time you'll be good to go for this camp like game.

INTRO TO MICRO MINI BALLET/TAP: Introductory ballet and tap class. Skill-building and fun while building balance, coordination, and confidence!

MICRO MINI II BALLET/TAP: Kinder ballet/tap class for second year dance students. Skill-building and fun while building balance, coordination, confidence and more!(Pre-requisite: Micro Mini I)

MINI/PETITE BALLET/TAP: Primary Ballet/tap class. Introduction to Vaganova ballet method. Skill-building and fun while building balance, coordination, confidence and more!

MINI II/PETITE BALLET/TAP: Primary Ballet/tap class. Introduction to Vaganova ballet method. Skill-building and fun while building balance, coordination, confidence and more! Call x250 to register for Ballet only.

JUNIOR/PRETEEN BALLET/TAP: Intermediate level ballet/tap class. Vaganova ballet method. Build balance, coordination, confidence and more! Call x250 to register for Ballet only.

JUNIOR/PRETEEN LYRICAL: Intermediate level lyrical class. Incorporates ballet and jazz styles with expressive movement to the lyrics of songs.

PRE-SCHOOL/KINDER TUMBLE: Obstacles, songs, gross motor skills, basic tumbling skills; great balance of fun and skill building.

TUMBLE I: Build balance and coordination with basic tumbling skills and obstacles.

MICRO-MINI BALLETTAP: Pre-School/Kinder ballet/tap class. Skill-building and fun while building balance, coordination, confidence and more!

TUMBLE II (INVITE ONLY): Beginning-intermediate level tumbling class. Expand tumbling skills to bridge walking, handstand rolls and round-offs. Build coordination, balance and confidence!

TUMBLE II/III: Intermediate level tumbling class. Expand tumbling skills to kickovers, limbers, and running roundoffs. Build coordination, balance and confidence!

MICRO MINI II/MINI I BALLET/TAP: Introductory primary ballet/tap class. Vaganova ballet method. Skill-building and fun while building balance, coordination, confidence and more!

MINI DANCE COMPANY (INVITE ONLY): Dance company rehearsal class. Build new skills, technique and learn choreography.

JUNIOR DANCE COMPANY (INVITE ONLY): Dance company rehearsal class. Build new skills, technique and learn choreography.

TUTUS & TOP HATS: A creative movement parent/child class designed for the youngest dancers. Class time is spent exploring movement through obstacles, songs and creative activities. A parent must accompany child.

MINI/PETITE JAZZ: a beginning jazz class. Isolations, progressions, choreography will be taught. Build musicality, coordination, confidence and more!

For more detailed descriptions of programs or to register:

jccnh.org/programguide/children-youth

A Celebration of Jewish Latin & Ladino Life in Greater New Haven

1. PJ Library Cooks! Cuban Cooking Demo with Jennifer Stempel "The Cuban Reuben"

Join us from your home kitchen for a live & interactive cooking demo with Jennifer Stempel, as she shares her Cuban take on bourekas. For ages 3-9.

Thursday, Jan. 12, 5 pm | on ZOOM



2. A Jewish Cuban Journey with PJ Library

Join PJ Library author Ruth Behar as she gives us the inside scoop on her book, *Tia Fortuna's New Home*. Let us handle dinner, you bring the kids! For ages 4-9.

Thursday, Jan. 19, 5:30 pm | at JCC of GNH



3. PJ Library Presents: Ladino Songs & Stories with Sarah Aroeste



PJ Library author and musical artist Sarah Aroeste will be live in person for a Ladino concert and stories. For ages 2-8.

Sunday, Jan. 22, 1 pm | at JCC of GNH



RSVP at jewishnewhaven.org/pj

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



PJ Library is powered by
Jewish Federation of Greater New Haven

CULTURAL ARTS

What's Happening in the Art Scene?

Dates: Wednesdays, 1/18-2/22

1:15-2:15 pm Via Zoom

Fee: Member \$60 | Community \$70

The class will include guided, virtual tours of current art shows. There is something for all levels of familiarity with art. The instructor's stated goal is to have fun, while also providing an understanding of what's out there for collecting or admiring. Art most often represents culture. Learning how to read the visual clues is important to understanding what one is looking at.



EXPECTING EXPO 2023

Sunday, February 19
11 am - 3 pm
(snow date Feb. 26)

Beckerman Lender Jewish Community Building
360 Amity Road, Woodbridge



The Expecting Expo is a wonderful way for expecting families, new parents and their families to learn about all the local support available to help them as they embark on this exciting journey.

**FREE AND OPEN
TO THE PUBLIC**

SCAN THE QR CODE TO LEARN MORE



Or Contact Kayla Bisbee at
kbisbee@jewishnewhaven.org



Jewish Federation
OF GREATER NEW HAVEN | Women's
Philanthropy



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!

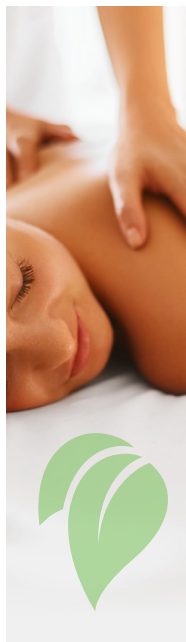
For more info, go to
jccnh.org/beckerman



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

MASSAGE THERAPY

Time Options	Spa Member		JCC Member	
	60 min	90 min	60 min	90 min
Swedish	\$72	\$103	\$76	\$109
Moderate	\$81	\$113	\$86	\$119
Deep	\$90	\$121	\$95	\$128
Thai	\$90	\$121	\$95	\$128
Hot Stone	\$90	\$121	\$95	\$128
Cupping	\$90	\$121	\$95	\$128
Orthopedic w/or w/o NMR	\$72	\$103	\$76	\$109
Sport	\$72	\$103	\$76	\$109
Gua Sha	\$72	NA	\$76	NA
Reflexology	\$72	NA	\$76	NA
Short Sessions	30 min	30 min	30 min	30 min
Focus	\$40	\$40	\$40	\$40
Hand	\$40	\$40	\$40	\$40
Foot	\$40	\$40	\$40	\$40
Chair (15 min session)	\$20	\$20	\$20	\$20



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.

SKIN CARE THERAPY

Time Options	Spa Member		JCC Member	
	60 min	90 min	60 min	90 min
Seasonal Facial (45 min session)	\$50	NA	\$50	NA
Purifying Facial	\$72	NA	\$76	NA
Signature Facial	\$72	NA	\$76	NA
Signature Plus	NA	\$103	NA	\$109
Anti-Aging Facial	NA	\$103	NA	\$109
Body Waxing	By Service	By Service	By Service	By Service



SCHEDULE NOW

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

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

JCC DAY CAMPS

**NOW HIRING
FOR SUMMER 2023
CALL DEBRA FOR
DETAILS 203-387-2424 X253**



2023 CAMP SEASON IS AROUND THE CORNER

See website for dates & times.

**Early Bird Registration from
January 4- February 10, 2023**



www.jccnh.org

Register online at jccnh.org to
receive the discounted rates or
contact Debra Kirschner at
summercamp@jccnh.org for questions.



Scan to visit online



18TH ANNUAL

**FREE & OPEN TO
THE COMMUNITY**

JCC OF GREATER NEW HAVEN

CRAFT & GIFT FAIR

SPONSORED BY
**LIBERTY
BANK**
Be Community Kind™

**WE'RE
BACK!
JOIN US...**

**SUNDAY,
DEC. 4 2022
10 AM TO 3 PM
360 AMITY ROAD
WOODBIDGE**

JCCNH.ORG/EVENTS



We are excited to announce that the JCC has transitioned to a new software program called Club Automation. Moving forward you may log-in to the Online Portal to set up your account. Learn more at: www.jccnh.org/club-automation-faq

This online portal will allow you to:

- View & edit your profile & billing information
- View your current activities that you or family members are registered for

- Browse and register for programs & drop-in classes
- View your statement
- Pay your bill
- Update your notification preferences

**Available
in the
App Store**



JCC

OF GREATER NEW HAVEN

360 Amity Road | Woodbridge,

Connecticut 06525-2548

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

2023 WINTER PROGRAM GUIDE

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

JCC
OF GREATER
NEW HAVEN

**SAY YES TO TOMORROW.
SAY YES TO YOU.**

SAY YES TO THE JCC.

Join the JCC with no commitment. The time is now.

FIRST MONTH FREE*

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

*Promotional rate is valid for first month only. Normal rates apply in the second month with secured payment plan. Must have not been a member in the past six months. Cannot be combined with other offers. Offer expires 03/31/22

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