



# 2024

## Winter Program Guide



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

Registration begins **9 am on December 5** for members  
and **9 am on December 11** for the community

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# JCC DAY CAMPS

**NOW HIRING  
FOR SUMMER 2024**

SCAN HERE TO LEARN MORE



## 2024 CAMP SEASON IS AROUND THE CORNER

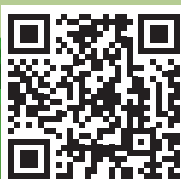
See website for dates & times.

**Early Bird Registration from  
January 3- February 2, 2024**



203-387-2424 X253 • [www.jccnh.org](http://www.jccnh.org)

Register online at [jccnh.org](http://jccnh.org) to  
receive the discounted rates or  
contact Debra Kirschner at  
[summercamp@jccnh.org](mailto:summercamp@jccnh.org) for questions.



Scan to visit online



# 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 our wonderful community volunteers 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.*



ADULT AQUATICS	Class	Age	Day	Times	Date(s)	Member	Community
	Water Aerobics	Ages 21+	Mon-Thurs	9:15-10 am	Ongoing	Free	NA
	Deep Water Aerobics	Ages 21+	Wed	10-10:45 am	Ongoing	Free	NA
	Beginner's Adult Group	Ages 15+	Mon	6:45-7:15 pm	1/8-3/25	\$230	\$285
	Beginner's Adult Group	Ages 15+	Mon	7:45-8:15 pm	1/8-3/25	\$230	\$285
	Intermediate Adult Group	Ages 15+	Mon	7:15-7:45 pm	1/8-3/25	\$230	\$285
	Master Swim	Ages 18+	Wed	6:30-7:30 pm	1/10-2/28	\$144	\$200
	Aqua Fitness	Ages 21+	Fri	11:15 am-12 pm	Ongoing	Free	NA

AQUATICS   YOUTH	Class	Age	Day	Times	Date(s)	Member	Community
	Swim with Me	Ages 6 mos-3½	Sun	10-10:30 am	1/7-3/24	\$198	\$275
	Swim with Me	Ages 6 mos-3½	Sun	10:30-11 am	1/7-3/24	\$198	\$275
	Swim with Me	Ages 6 mos-3½	Sun	11-11:30 am	1/7-3/24	\$198	\$275
	Swim with Me	Ages 6 mos-3½	Sun	11:30 am-12 pm	1/7-3/24	\$198	\$275
	Swim with Me	Ages 6 mos-3½	Sun	1-1:30 pm	1/7-3/24	\$198	\$275
	Bubblers	Ages 3-5	Sun	11-11:30 am	1/7-3/24	\$198	\$275
	Bubblers	Ages 3-5	Sun	11:30-12 pm	1/7-3/24	\$198	\$275
	Bubblers	Ages 3-5	Sun	12-12:30 pm	1/7-3/24	\$198	\$275
	Bubblers	Ages 3-5	Sun	12:30-1 pm	1/7-3/24	\$198	\$275
	Bubblers	Ages 3-5	Sun	1-1:30 pm	1/7-3/24	\$198	\$275
	Starfish	Ages 3-5	Sun	11-11:30 am	1/7-3/24	\$198	\$275
	Starfish	Ages 3½-6	Sun	11:30 am-12 pm	1/7-3/24	\$198	\$275
	Starfish	Ages 3½-6	Sun	12-12:30 pm	1/7-3/24	\$198	\$275
	Starfish	Ages 3½-6	Sun	12:30-1 pm	1/7-3/24	\$198	\$275
	Starfish	Ages 3½-6	Sun	1-1:30 pm	1/7-3/24	\$198	\$275
	Minnows	Ages 5-8	Sun	12-12:30 pm	1/7-3/24	\$198	\$275
	Minnows	Ages 5-8	Sun	12:30-1 pm	1/7-3/24	\$198	\$275
	Minnows	Ages 5-8	Sun	1-1:30 pm	1/7-3/24	\$198	\$275
	Dolphins	Ages 7-10	Sun	12:30-1 pm	1/7-3/24	\$198	\$275
	Dolphins	Ages 7-10	Sun	1-1:30 pm	1/7-3/24	\$198	\$275
	Swim with Me	Ages 6 mos-3½	Tues	11-11:30 am	1/9-3/26	\$198	\$275
	Bubblers	Ages 3-5	Tues	4-4:30 pm	1/9-3/26	\$198	\$275
	Bubblers	Ages 3-5	Tues	4:30-5 pm	1/9-3/26	\$198	\$275
	Bubblers	Ages 3-5	Tues	5-5:30 pm	1/9-3/26	\$198	\$275
	Starfish	Ages 3½-6	Tues	4-4:30 pm	1/9-3/26	\$198	\$275
	Starfish	Ages 3½-6	Tues	4:30-5 pm	1/9-3/26	\$198	\$275
	Starfish	Ages 3½-6	Tues	5-5:30 pm	1/9-3/26	\$198	\$275
	Minnows	Ages 5-8	Tues	4-4:30 pm	1/9-3/26	\$198	\$275
	Minnows	Ages 5-8	Tues	4:30-5 pm	1/9-3/26	\$198	\$275
	Minnows	Ages 5-8	Tues	5-5:30 pm	1/9-3/26	\$198	\$275
	Dolphins	Ages 7-10	Tues	4:30-5 pm	1/9-3/26	\$198	\$275
	Dolphins	Ages 7-10	Tues	5-5:30 pm	1/9-3/26	\$198	\$275
	Bubblers	Ages 3-5	Thurs	4-4:30 pm	1/4-3/28	\$216	\$300
	Bubblers	Ages 3-5	Thurs	4:30-5 pm	1/4-3/28	\$216	\$300
	Bubblers	Ages 3-5	Thurs	5-5:30 pm	1/4-3/28	\$216	\$300
	Starfish	Ages 3½-6	Thurs	4-4:30 pm	1/4-3/28	\$216	\$300
	Starfish	Ages 3½-6	Thurs	4:30-5 pm	1/4-3/28	\$216	\$300
	Starfish	Ages 3½-6	Thurs	5-5:30 pm	1/4-3/28	\$216	\$300
	Minnows	Ages 5-8	Thurs	4-4:30 pm	1/4-3/28	\$216	\$300
	Minnows	Ages 5-8	Thurs	4:30-5 pm	1/4-3/28	\$216	\$300
	Minnows	Ages 5-8	Thurs	5-5:30 pm	1/4-3/28	\$216	\$300
	Dolphins	Ages 7-10	Thurs	5-5:30 pm	1/4-3/28	\$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	9/18-3/7	\$600	\$700
	Juniors +	6-18	Mon. Tues. Thurs. Sun.	5:30-6:30 pm 4-5:30 pm	9/18-3/7 9/18-3/7	\$625	\$725
	Seniors	6-18	Mon. Tues. Thurs. Sun	6:15-7:30 pm 4-5:30 pm	9/18-3/7 9/18-3/7	\$775	\$875
	Seniors Select	6-18	Mon. Tues. Thurs. Sun	6:15-7:30 pm 4-5:30 pm	9/18-3/7 9/18-3/7	\$775	\$875

Practice schedule will be distributed at registration. **New participants:** contact us at [swim@jccnh.org](mailto: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](mailto:Swim@jccnh.org) for evaluation and placement. We are unable to provide make-ups for missed classes. **No class Feb. 18-22 unless we have needed to cancel a previous class.**

**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](mailto: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](mailto: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](http://jccnh.org/programguide/aquatics) or email [swim@jccnh.org](mailto: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](mailto:swim@jccnh.org) for evaluation & placement. **Adaptive, Private & Semi-Private Swim Lessons Available.**

FITNESS	Title	Age	Day	Times	Date(s)	Session #	Member	Community
	WELLNESS							
	30 Day Wellness Challenge	16+	*	Private Sessions	1/1-1/31	NA	\$10/ Donation	NA
	Foundations Of Yoga Practice		Sun	1:45-3	1/7	1	\$10	\$15
	Find Your Balance		Sun	1:45-3	1/14	1	\$10	\$15
	Hips Don't Lie		Sun	1:45-3:30	1/21	1	\$10	\$15
	Got Back Pain?		Sun	1:45-3:30	1/28	1	\$10	\$15
	Chakra / Color Guided Meditation		TBA			1	\$10	\$15
	Pelvic Floor: More Than Kegels	16+	Mon	12-1:30 pm	1/22	1	\$10	\$15
	Intro To Spin		Sat	10-10:45 am	1/13	1	FREE	N/A
Intro To Spin		Thurs	5:15-6 pm	1/11	1	FREE	N/A	
Melt Method	16+	Wed	10-11 am	Ongoing	6	\$99	\$129	
Live Well 360 Bundle	16+	*			18	\$1,200	NA	
Live Well 180 Bundle	16+	*			10	\$700	NA	
21 Day Detox (Virtual Program)	16+	Thurs	6:30-7:30 pm	1/12-2/15	5	\$229	\$259	
Nutrition Counseling / Dietetic Coaching	13+	*		NA	3 session package	\$149	\$179	
Nutrition Counseling / Behavioral Coaching	13+	*		NA	3 session package	\$149	\$179	
PRIVATE TRAINING:								
Orientation	13+	*	20 min	Ongoing		FOR PRIVATE TRAINING PRICING PLEASE CALL (203) 387-2424 x257		
Consultation	13+	*	30 min	Ongoing				
Personal Training Half Session	13 +	*	25 min	Ongoing	6/12			
Rock Steady Parkinson PT	13+	*	25 min	Ongoing	6/12			
Personal Training Full Session	13+	*	50 min	Ongoing	6/12			
Personal Training Partner Session	13+	*	50 min	Ongoing	18/24			
Pilates Apparatus Training	16+	*	45 min	Ongoing	3/6/12			
SMALL GROUP COACHING								
TRX Suspension Training	13+	Sun	8-8:45 am	Ongoing	6/12/20	\$99/\$192/\$300		
Strike Boxing Boot Camp	13+	Mon	6-7 pm	Ongoing	6/12/20	\$99/\$192/\$300		
Flex & Flow	13+	Tues	5:45-6:30 am	Ongoing	6/12/20	\$99/\$192/\$300		
TRX Suspension Training Bootcamp	13+	Tues	9-10 am	Ongoing	6/12/20	\$99/\$192/\$300		
TRX Suspension Training	13+	Wed	9-10 am	Ongoing	6/12/20	\$99/\$192/\$300		
Blast	13+	Thurs	5:30-6:30 am	Ongoing	6/12/20	\$99/\$192/\$300		
TRX Long & Strong	18+	Thurs	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 [terrikt@jccnh.org](mailto:terrikt@jccnh.org)

# ABOUT FITNESS

**30 DAY WELLNESS CHALLENGE:** January 1-31 commit to daily goals designed to inspire healthy living habits with the accountability to ensure success! Receive a packet of healthy living goal information in fitness, nutrition, and health.

**FOUNDATIONS OF YOGA PRACTICE:** Ideal for beginners and experienced 'yogis' alike, proper form and alignment will be the focus offering the building blocks for a safe and rewarding practice

**FIND YOUR BALANCE YOGA:** The key to harmony, the focus is on balance poses to help beginners develop stability and experienced 'yogis' to refine their equilibrium

**HIPS DON'T LIE:** Therapeutic Yoga for Healthy Joints. Gentle movement sequences in this Somatic-infused practice specific to improve joint mobility and reduce pain

**GOT BACK PAIN?:** 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

**CHAKRA / COLOR GUIDED MEDITATION:** Learn the importance of color, and understand the chakras in how they relate to our spirit, mind, and body. You will be guided by you on a color healing meditation to soothe your soul and relax your being.

**PELVIC FLOOR: MORE THAN KEGELS:** 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.

**INTRO TO SPIN:** New to indoor cycling? Learn how to set up your bike, how to use the console, and general info for you to enjoy this great aerobic activity

**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.

**LIVE WELL 360 BUNDLE:** WELLNESS is the new FITNESS! A bundle of 18 private sessions to help you achieve your goals with a complete, comprehensive wellness assessment. 2 personal training / 4 core conditioning / 2 pain free therapy / 2 spa services / 4 nutrition

**LIVE WELL 180 BUNDLE:** Wellness: just the basics! A bundle of 10 private sessions with a complete, comprehensive wellness assessment. 4 personal training / 2 core conditioning / 2 nutrition / 2 spa services

**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. **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.

**TRX SUSPENSION TRAINING:** "The TRX straps leverage gravity against your own body weight to improve strength, balance, coordination and core stability. All classes held in the fitness center. Total body workout in every class!"

**STRIKE BOXING BOOT CAMP:** Boxing training to improve endurance, balance, dexterity and confidence. Hit the bag and burn the fat **FLEX & FLOW:** Where functional strength and core training meet mobility. Build muscle and maintain long term results with corrective and mobility training to support the needs of your body. **TRX SUSPENSION**

**TRAINING BOOTCAMP:** "The TRX straps leverage gravity against your own body weight to improve strength, balance, coordination and core stability. All classes held in the fitness center. Total body workout in every class!" **TRX**

**SUSPENSION TRAINING:** "The TRX straps leverage gravity against your own body weight to improve strength, balance, coordination and core stability. All classes held in the fitness center. Total body workout in every class!"

**BLAST:** No nonsense training focused on keeping you moving, sweating and lifting heavy. Anaerobically based intervals designed for maximum fat burn.

**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.

**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. Tabata Format

**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, 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](mailto:susand@jccnh.org). Or visit: [jccnh.org/fitness](http://jccnh.org/fitness)  
For questions on personal training or boot camps contact Terri: [terrikt@jccnh.org](mailto:terrikt@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	Ongoing	\$89/mo	\$99/mo
	Traditional Karate 7+ Advance	Ages 7+	Sun	11:15am-12:15 pm	Ongoing	\$89/mo	\$99/mo
	Traditional Karate 7+ Beginner	Ages 7+	Wed	5:30-6:15 pm	Ongoing	\$89/mo	\$99/mo
	Traditional Karate 7+ Advance	Ages 7+	Wed	6:15-7 pm	Ongoing	\$89/mo	\$99/mo
	Ninja Karate	Ages 4-6	Sun	9-9:30 am	Ongoing	\$50	\$99
	Ninja Karate	Ages 6-7	Sun	9:30-10a m	Ongoing	\$50	\$99
	Adult Karate	Ages 13+	Wed	7pm-7:45 pm	Ongoing	\$89	\$99
	Iddy Biddy Basketball	Grade K-1	Sun	1-1:50 pm	12/3-3/10	\$180	\$200
	Youth Basketball Co-Ed	Grades 2-4	Sun	2-3:15 pm	12/3-3/10	\$180	\$200
	Youth Basketball Girls	Grades 5-6	Sun	2-3:15 pm	12/3-3/10	\$180	\$200
	Youth Basketball Boys	Grades 5-6	Sun	3:15-4:30 pm	12/03-3/10	\$225	\$275
	Rick Wallace High School Basketball League	Grades 9-12	Mon	5:30-8:30 pm	1/8-3/11	\$145	\$185
	Lady Bug Melodies Adaptive Music and Movement	Grades 1-5	Tues	5-5:45 pm	1/9-2/13	\$140	\$160
	Pickleball Lessons	Ages 18+	Mon	3-4:15 pm	TBD	\$55	NA
	Social Club	Ages 18+	Tues	6-7 pm	1/9-2/13	\$130	\$150
	Music with Matt	Ages 3.5-6	Tues	1:15-2 pm	1/9-2/13	\$120	\$140
	NEW Mini Spikers (Volleyball)	Ages 4-6	Suns	10:30-11:15 am	1/7- 2/4	\$120	\$140
	NEW Empire Spikes Back (Volleyball)	Ages 13-18	Sun	11:30 am-12:30 pm	1/7- 2/4	\$120	\$140
	Creative Creations Session 1	Ages 3.5-6	Mon	1:15-2 pm	1/8-2/12	\$120	\$140
	Creative Creations Session 2	Ages 3.5-6	Mon	1:15-2 pm	2/26-3/25	\$120	\$140
	Iddy Biddy Fencing Session 1	Ages 4-6	Wed	1:15-2 pm	1/10-2/7	\$150	\$175
	Iddy Biddy Fencing Session 2	Ages 4-6	Wed	1:15-2 pm	2/28-3/27	\$150	\$175
	Fencing Class Session 1	Ages 10-12	Sun	1:45-2:45 pm	1/28-3/24	\$190	\$210
	Fencing Class Session 2	Ages 7-9	Sun	3-4 pm	1/28-3/24	\$190	\$210
	Little Yoga	Ages 3.5-6	Fri	1:15-2 pm	1/12-2/16	\$120	\$140
	NEW Story Time	Ages 3.5-6	Fri	1:15-2 pm	3/1-3/29	\$100	\$120
	Pee-Wee Sports and Games Session 1	Ages 3.5-6	Thurs	1:15-2 pm	1/11-2/15	\$140	\$160
	Pee-Wee Sports and Games Session 2	Ages 3.5-6	Thurs	1:15-2 pm	2/29-3/28	\$140	\$160
	Open Climb	All Ages	Mon	3:30-6 pm	12/4-3/25	Included in Membership	\$10
	Pokemon Club	Ages 7-10	Sun	1-2 pm	1/7-2/11	\$100	\$120
	NEW Card Game Club	Ages 13+	Sun	2:15-3:30 pm	1/7-2/11	\$120	\$140
	Pokemon Club Session 2	Ages 7-10	Sun	1-2 pm	2/25-3/24	\$100	\$120
	Card Game Club Session 2	Ages 13+	Sun	2:15-3:30 pm	2/25-3/24	\$120	\$140

# 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.

**TRADITIONAL KARATE BEGINNER\*:** 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.

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

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

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

**RICK WALLACE HIGH SCHOOL BASKETBALL:** Get some friends together and compete for a chance to be basketball champions right here at the JCC. The JCC Rick Wallace Basketball League is a great way to be active and competitive with your friends. Designed for high school students who want to play basketball in a more relaxed and enjoyable setting than competitive or varsity leagues. This type of league typically focuses on providing a positive and inclusive experience for participants, regardless of their skill level.

**NEW MINI SPIKERS (VOLLEYBALL):** Volleyball for little ones. We'll learn and practice the basics of this sport like setting, bumping, passing and team work. In addition to becoming little volleyball players, we'll learn about spacial awareness and kindergarten readiness through play. Please feel free to reach out to coach Rachel at [rachelw@jccnh.org](mailto:rachelw@jccnh.org) for more information.

**NEW EMPIRE SPIKES BACK (VOLLEYBALL):** New JCC volleyball clinic for teen girls and boys. Maybe you just want to keep in practice in the off season. No matter what the reason, this could be the class for you. Each week we'll do a split practice of drills and a scrimmage. If you would like more information please email Rachel or Elliot at [rachelw@jccnh.org](mailto:rachelw@jccnh.org) or [elliottm@jccnh.org](mailto:elliottm@jccnh.org)

**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!

**IDDY BIDDY FENCING (SESSIONS 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.

**FENCING (SESSIONS 1 & 2):** 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 youths grades 2-6 and caters to all skill levels, from beginners to those with some prior fencing experience.

**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](mailto:rachelw@jccnh.org)

**NEW STORY TIME:** Listen and explore the world of books with story time. Each week we'll read a few stories and we'll create one together as a class.

**PEE-WEE SPORTS AND GAMES:** 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. For more information or to volunteer: [rachelW@jccnh.org](mailto:rachelW@jccnh.org).

**POKEMON CLUB:** Battle against classmates in Pokemon Club. Will you be the all time card champion? Find out in pokemon class. We'll learn about the game, battle, trade cards and make new friends. If you have more questions or you would like to volunteer, please reach out to Rachel at [rachelw@jccnh.org](mailto:rachelw@jccnh.org)

**NEW CARD GAME CLUB:** If you're a person that likes pokemon, magic, Yu-Gi-Oh! or many other card games, this is the class for you. We'll battle against other classmates and build our skill in these types of card games. For more information or to volunteer: [rachelW@jccnh.org](mailto:rachelW@jccnh.org).

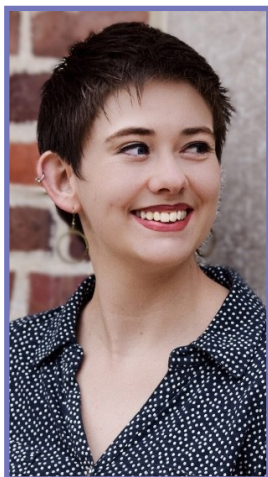
**MUSIC WITH MATT:** Join Matt for a class filled with music and fun! Our students will practice percussion and finding the beat, sing songs, and participate in musical games which will encourage self-expression using the voice and body!

For more detailed descriptions of programs or to register:  
[jccnh.org/programguide/sports-recreation](https://jccnh.org/programguide/sports-recreation) or contact  
Kelly at [kellyd@jccnh.org](mailto:kellyd@jccnh.org)

\*Contact the Registrar Antonio for all Karate registration at [antonio@jccnh.org](mailto:antonio@jccnh.org), 203 387 2424 x 322

Class	Age	Day	Times	Date(s)	Member Fee	Community Fee
Dance with Me	15-36 mos.	Sun	9:30-10am	1/7-3/24	\$200	\$225
Beginning Ballet/Tap	Ages 3.5-5	Thurs	3:30-4:15 pm	1/9-June	\$320	\$350
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	1/9-6/6	\$320	\$350
Hip Hop	Ages 7-10	Sun	12-12:45	1/7-6/2	\$320	\$350
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	Thurs	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+	TBD	TBD	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	Thurs	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+	Thurs	6:30-7:30 pm	Ongoing until June	\$620	\$690

Ongoing classes will be pro-rated.



### NEW DANCE DIRECTOR, CARLEE SACHS-KROOK

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



# ABOUT DANCE/TUMBLING

*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](mailto:dance@jccnh.org).*

**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 ppointe 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:

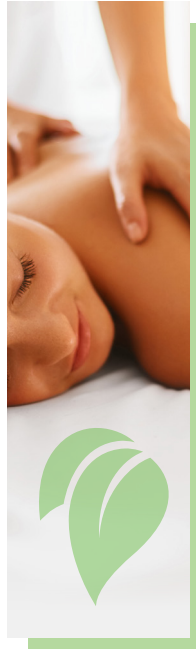
**Carlee at [dance@jccnh.org](mailto:dance@jccnh.org)**

## 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

	JCC Member	Community	JCC Member	Community
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	\$85	\$113	\$119
Sport	\$82	\$85	\$113	\$119
Gua Sha	\$82	\$85	NA	NA
Reflexology	\$82	\$85	NA	NA
Energy Healing	By Service	By Service	By Service	By Service
<b>Short Sessions</b>				
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	\$86	NA	NA
Signature	\$82	\$86	NA	NA
Signature Plus	NA	\$113	\$113	\$119
Anti-Aging	NA	\$113	\$113	\$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](mailto:jccspa@jccnh.org)**

INCLUSION	Class	Age	Day	Times	Date(s)	Member Fee	Community Fee
	Social Club	18+	Tues	6-7 pm	1/9-2/13	\$130	\$150
	Lady Bug Melodies Adapted Music & Movement	Grades 1-6	Tues	5-5:45 pm	1/9-2/13	\$140	\$160

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](http://jccnh.org/programguide/inclusion)

or contact Kelly at [kellyd@jccnh.org](mailto:kellyd@jccnh.org) | (203) 387-2424 x228

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



Jewish Federation

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Jewish Federation of Greater New Haven



Register Online at:  
[jewishnewhaven.org/shalom-baby](http://jewishnewhaven.org/shalom-baby)

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




Jewish Federation  
OF GREATER NEW HAVEN










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OF GREATER NEW HAVEN



BEVERLY LEVY  
Early Learning Center  
JCC OF GREATER NEW HAVEN






# PJ GIVES BACK!

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**PJ SHARES** ASSISTING THOSE IN NEED  
**PJ FEEDS** HELPING THE HUNGRY NEED  
**PJ READS** PROMOTING LITERACY

For more info Visit:  
[jewishnewhaven.org/pjcares](http://jewishnewhaven.org/pjcares)  
Or Scan QR Code.



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





# Kids Klub at the J

An After School Program  
Where Kids Thrive &  
Adventures Come Alive!



## 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 Winter, place a deposit at  
[jccnh.clubautomation.com](http://jccnh.clubautomation.com)

Contact Kelly at [Kellyd@jccnh.org](mailto:Kellyd@jccnh.org) for more information and pricing!  
Or visit [www.jccnh.org/kids-klub](http://www.jccnh.org/kids-klub)

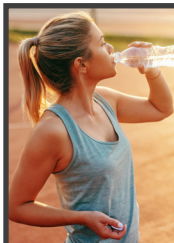
inclusion

# Social Club



Join us on Wednesdays to participate in sports and games, exercising, and arts and crafts in an adaptive environment at the JCC. All are welcome, ages 18 and older. Contact [Kellyd@jccnh.org](mailto:Kellyd@jccnh.org) with questions and register at [jccnh.clubautomation.com](http://jccnh.clubautomation.com). **\$130 MEMBERS | \$150 COMMUNITY**

**Date:** January 9 - February 13 **Time:** Tuesdays 6-7 pm  
**Location:** Makerspace, Gym, Fitness Center, Tumbling Room



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](mailto:susand@jccnh.org)



**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

**Winter Lesson Costs:**

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

Reach out to [sandyh@jccnh.org](mailto:sandyh@jccnh.org) with questions and for scheduling



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[jccnh.org/beckerman](http://jccnh.org/beckerman)

**BIRTHDAY PARTIES**

Contact Rachel at  
[rachelw@jccnh.org](mailto: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](mailto:michaelc@jccnh.org) for pricing or to book your event today.



# JCC

OF GREATER NEW HAVEN

360 Amity Road | Woodbridge,

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Visit [jccnh.org](http://jccnh.org) or call (203) 387-2424

2024 WINTER PROGRAM GUIDE

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New Haven, CT  
ECRWSS

## COME JOIN OUR...



### MEMBER HOUSEHOLDS

We are thrilled to be **growing the JCC family.**  
Thank you to each of your for being part of it!

SPECIAL PROGRAM GUIDE OFFER  
**JOIN NOW AND RECIEVE \$20.00 OFF**  
YOUR FIRST MONTH\*

- 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 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 2/28/24.

The JCC values safety and community first. Contact membership today at  
[membership@jccnh.org](mailto:membership@jccnh.org) or call (203) 387-2424 x00