

SEE WHAT  
WE HAVE  
PLANNED



**JCC**  
OF GREATER NEW HAVEN

**2026**

Spring Program Guide



**enJOY**

All your community has to offer

**REGISTRATION BEGINS AT 9 AM, MARCH 9 FOR JCC MEMBERS,  
AND 9 AM, MARCH 16 FOR THE COMMUNITY.**

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**BEVERLY LEVY**  
Early Learning Center  
JCC OF GREATER NEW HAVEN

**NOW  
ENROLLING**

**REGISTER NOW!**

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

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



**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!

**AGES:** 5-10, June 15-19, June 22-26 | Monday-Friday, 9 am -12 pm

**\$350 Members | \$450 Community**

Contact [Kellyd@jccnh.org](mailto:Kellyd@jccnh.org) for more info

# 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.



**JCC Day Camps**  
JCC OF GREATER NEW HAVEN

Learn more at [www.jccnh.org/camp](http://www.jccnh.org/camp)  
Have questions? Contact Amy at  
[amyn@jccnh.org](mailto:amyn@jccnh.org) or call at 203-387-2424 Ext 237



# JCC DAY CAMPS



**2026 CAMP SEASON:** Session 1, June 22 - August 14

**HOURS:** Monday - Friday | 8:30 AM-4 PM | 4 Years Through Entering 9th Grade.

## Summer After Camp

### ACTIVITIES INCLUDE:

Outdoor play • Crafts • Gaga ball • Free swim  
Pre-planned games for all ages

**MONDAY-FRIDAY 4-6 PM**

Registration at [jccnh.org/after-camp](http://jccnh.org/after-camp) | \$22 a day!  
Contact Kelly at [kellyd@jccnh.org](mailto:kellyd@jccnh.org) for more info

Looking for fun activities after camp? Join us for our after-camp program, where families can register for any days they need!



**AQUATICS**

Class	Age	Day	Times	Date(s)	Member	Community
Swim with Me	6 mo-3	Sun	10-11:30 am	4/12-6/14	\$230	\$280
Swim with Me	6 mo-3	Sun	10:30-11 am	4/12-6/14	\$230	\$280
Bubble with Me	2-3 1/2	Sun	11-11:30 am	4/12-6/14	\$230	\$280
Swim with Me	6 mo-3	Sun	11:30 am -12 pm	4/12-6/14	\$230	\$280
<b>NEW</b> Bubble with Me	2-3 1/2	Sun	12:00-12:30 pm	4/12-6/14	\$230	\$280
<b>NEW</b> Bubble with Me	2-3 1/2	Sun	12:30-1:00 pm	4/12-6/14	\$230	\$280
Bubblers	3-6	Sun	11-11:30 am	4/12-6/14	\$230	\$280
Bubblers	3-6	Sun	11:30 am-12 pm	4/12-6/14	\$230	\$280
Bubblers	3-6	Sun	12-12:30 pm	4/12-6/14	\$230	\$280
Bubblers	3-6	Sun	12:30-1 pm	4/12-6/14	\$230	\$280
Bubblers	3-6	Sun	1-1:30 pm	4/12-6/14	\$230	\$280
Starfish	4-7	Sun	11-11:30 am	4/12-6/14	\$230	\$280
Starfish	4-7	Sun	11:30 am-12 pm	4/12-6/14	\$230	\$280
Starfish	4-7	Sun	12-12:30 pm	4/12-6/14	\$230	\$280
Starfish	4-7	Sun	12:30-1 pm	4/12-6/14	\$230	\$280
Starfish	4-7	Sun	1-1:30 pm	4/12-6/14	\$230	\$280
Minnnows	5-8	Sun	11:30 am-12 pm	4/12-6/14	\$230	\$280
Minnnows	5-8	Sun	12-12:30 pm	4/12-6/14	\$230	\$280
Minnnows	5-8	Sun	12:30-1 pm	4/12-6/14	\$230	\$280
Minnnows	5-8	Sun	1-1:30 pm	4/12-6/14	\$230	\$280
Dolphins	7-10	Sun	12:30-1 pm	4/12-6/14	\$230	\$280
Dolphins	7-10	Sun	1-1:30 pm	4/12-6/14	\$230	\$280
Bubblers	3-6	Tues	4-4:30 pm	3/31-6/9	\$230	\$280
Bubblers	3-6	Tues	4:30-5 pm	3/31-6/9	\$230	\$280
Bubblers	3-6	Tues	5-5:30 pm	3/31-6/9	\$230	\$280
Starfish	4-7	Tues	4-4:30 pm	3/31-6/9	\$230	\$280
Starfish	4-7	Tues	4:30-5 pm	3/31-6/9	\$230	\$280
Starfish	4-7	Tues	5-5:30 pm	3/31-6/9	\$230	\$280
Minnnows	5-8	Tues	4-4:30 pm	3/31-6/9	\$230	\$280
Minnnows	5-8	Tues	4:30-5 pm	3/31-6/9	\$230	\$280
Minnnows	5-8	Tues	5-5:30 pm	3/31-6/9	\$230	\$280
Dolphins	7-10	Tues	4:30-5 pm	3/31-6/9	\$230	\$280
Dolphins	7-10	Tues	5-5:30 pm	3/31-6/9	\$230	\$280
Bubblers	3-6	Thurs	4-4:30 pm	4/9-6/11	\$230	\$280
Bubblers	3-6	Thurs	4:30-5 pm	4/9-6/11	\$230	\$280
Bubblers	3-6	Thurs	5-5:30 pm	4/9-6/11	\$230	\$280
Starfish	4-7	Thurs	4-4:30 pm	4/9-6/11	\$230	\$280
Starfish	4-7	Thurs	4:30-5 pm	4/9-6/11	\$230	\$280
Starfish	4-7	Thurs	5-5:30 pm	4/9-6/11	\$230	\$280
Minnnows	5-8	Thurs	4:30-5 pm	4/9-6/11	\$230	\$280
Minnnows	5-8	Thurs	4-4:30 pm	4/9-6/11	\$230	\$280
Minnnows	5-8	Thurs	5-5:30 pm	4/9-6/11	\$230	\$280
Dolphins	7-10	Thurs	4:30-5 pm	4/9-6/11	\$230	\$280
Dolphins	7-10	Thurs	5-5:30 pm	4/9-6/11	\$230	\$280
ADULT AQUATICS						
Water Aerobics	21+	M-Th	9:15-10 am	Ongoing	FREE	NA
Deep Water Aerobics	21+	Wed	10:15-11 am	Ongoing	FREE	NA
Aqua Fitness	21+	Fri	11:15 am-12 pm	Ongoing	FREE	NA
Beginner's Adult Group	15+	Mon	6:30-7 pm	4/6-6/8	\$240	\$290
Beginner's Adult Group	15+	Mon	7:30-8 pm	4/6-6/8	\$240	\$290
Intermediate Adult Group	15+	Mon	7-7:30 pm	4/6-6/8	\$240	\$290
Intermediate Adult Group	15+	Mon	8-8:30 pm	4/6-6/8	\$240	\$290
Master Swim	18+	Wed	6:30-7:30 pm	3/25-5/13	\$192	\$232
Master Swim	18+	Wed	6:30-7:30 pm	5/27-7/15	\$192	\$232

Class	Age	Day	Times	Date(s)	Member	Community
Juniors	6-12	Sun	3:45-4:30 pm	4/9-6/25	\$355	\$415
Juniors	6-12	Tues, Thurs	5:30-6:15 pm			
Juniors+	8-15	Sun	4:30-5:30 pm	4/9-6/25	\$420	\$465
Juniors+	8-15	Mon	5:30-6:30 pm			
Juniors+	8-15	Tues, Thurs	6:15-7:15 pm			
Junior Select	8-15	Sun	4:30-5:30 pm			
Junior Select	8-15	Mon	5:30-6:30 pm			
Junior Select	8-15	Tues, Thurs	6:15-7:15 pm	4/9-6/25	\$490	\$555
Junior Select	8-15	Friday	5:15-6:45 pm			
Seniors	10-18	Sun	3:45-5:30 pm			
Seniors	10-18	Mon	5:30-7:00 pm			
Seniors	10-18	Tues, Thurs	6:15-7:30 pm	4/9-6/25	\$525	\$630
Seniors	10-18	Fri	5:15-6:45 pm			
Seniors Select	13-18	Sun	3:45-5:30 pm			
Seniors Select	13-18	Mon	5:30-7:30 pm	4/9-6/25	\$600	\$725
Seniors Select	13-18	Tues, Thurs	6:00-7:30 pm			
Seniors Select	13-18	Fri	5:15-6:45 pm			



**Description:** Our swim team is designed for swimmers who are ready to elevate their skills to the next level. Participants will learn all four strokes, perfect their flip turns and dives, and boost their endurance along the way. Our coaching aims to refine technique, speed, and mental readiness for competition, building a foundation for success in and out of the pool.

*\*Fee prorated based on join date.*

## ABOUT AQUATICS

**SWIM WITH ME:** Designed to meet the needs of infants and toddlers 6-36 months. Explore water, body awareness, coordination and safety through games, songs and repetition. Instructors will train parents on how to teach their children how to swim so participants can practice outside of class! Children must wear swim diapers.

**Parent/Adult accompaniment required.**

**NEW BUBBLE WITH ME:** Designed for younger swimmers trying to go from Swim With Me to Bubblers. Parents will be in the water initially, but the goal is to promote independence.

The class helps children gain confidence in the water and prepares them for a smooth transition to the Bubblers program. **Parent/Adult accompaniment required at first.**

**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. Swimmers under the age of 3 require an evaluation. **No parent participation.**

**STARFISH:** For children comfortable putting their face in and exploring the water. Participants will learn freestyle and backstroke to become independent. Must be able to swim for at least ten feet to move into Minnows.

**MINNOWS:** Independent swimmers who can swim 10'. Students learn how to rotary breathe in freestyle and swim longer distances. We teach swimmers how to be more confident in backstroke and breaststroke. Diving is also introduced in this class. **New to our program: must email swim@jccnh.org for an evaluation.**

**DOLPHINS:** Swimmers practice previously learned skills for 25 yards at a time to build endurance. Fine tuning technique and efficiency is the main focus of this level. Graduates of Dolphins can join our Blue Marlins Swim Team! **New to our program: must email swim@jccnh.org for an evaluation.**

**BEGINNER ADULT GROUP:** This class is designed to build on basic skills to help participants feel more comfortable in the water. Students will work on how to swim independently in freestyle, breaststroke, and backstroke. Ages 15+.

**INTERMEDIATE ADULT GROUP:** Intermediate group swim lessons is designed for an individual that would like to work on breathing and stroke technique. Ages 15+.

**NOTE:** Each group fee is for ALL the days that group swims. Junior Select is Junior +, just with an additional day of practice.

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.**

Title	Age	Day	Times	Date(s)	Sessions	Member	Community
<b>WELLNESS</b>							
Yoga For Strong Bones & Healthy Aging	50+	Tues/ Thurs	11:15 am-12:30 pm	Ongoing	6/12/20	\$99/\$192/\$300	\$25*
ALIGN & FLOW semi private Yoga Coaching	16+	Mon	11 am-12:15 pm	Ongoing	6/12/20	\$99/\$192/\$300	\$25*
Melt Method	16+	Wed	10-11 am	Ongoing	6/12/20	\$99/\$192/\$300	\$25*
<b>NEW</b> GRAY MATTERS: Dementia Prevention	55+	Wed	12:15-1:15 pm	4/15-5/20	6	\$120	\$150
<b>NEW</b> GLP 1's Your Weight Loss Journey	NA	Fri	12:15-1 pm	3/13	1	Free	Free
<b>NEW</b> BETTER BALANCE WORKSHOP	NA	Tues	11:15 am-12 pm	3/24	1	Free	NA
<b>ROCKSTEADY BOXING FOR PARKINSON'S</b>							
Rock Steady Class Pd 3 & 4		Tues/ Thurs	11-12:15 pm	Ongoing	8	\$200	\$240
Rock Steady Class Pd 1 & 2		Tues/ Thurs	1:30-2:45 pm	Ongoing	8	\$200	\$240
Parkinson's Support Group		Tues	4:30-6 pm	3/17, 4/21, 5/19, 6/16		Free	Free
<b>SMALL GROUP COACHING</b>							
MetCon Training with Gene	13+	Sun/ Fri	9-10 am	Ongoing	6/12/20	\$99/\$192/\$300	\$25*
TRX Circuit	13+	Tues/ Thurs	9 am/ 8 am	Ongoing	6/12/20	\$99/\$192/\$300	\$25*
TRX for Better Movement	13+	Wed	9-10 am	Ongoing	6/12/20	\$99/\$192/\$300	\$25*
DEKA Fit	13+	Mon/ Wed	5:45 am/ 6 pm	Ongoing	6/12/20	\$99/\$192/\$300	\$25*
Preschool Fun & Fit	2.8-6	Wed	1:15-2 pm	1/7-3/18		\$220	\$270

\*Per Class

# PRIVATE TRAINING

**CUSTOMIZE YOUR EXPERIENCE! OUR DIVERSE TRAINING OPTIONS ALLOW YOU TO TAILOR YOUR FITNESS JOURNEY TO MEET YOUR SPECIFIC NEEDS AND GOALS.**



The Greater New Haven JCC Personal Training Team is here to guide people of all ages and abilities on their fitness journeys. Our team of expert trainers specializes in a variety of areas. Whether you're just starting out or looking to refine your fitness routine, our trainers create personalized plans tailored to your unique goals and needs. Sessions are available in 50-minute or 25-minute formats, ensuring you can fit training into your schedule.

- Strength & cardio training
- Pilates reformer & mat pilates
- TRX/cross core suspension training
- Metcon training
- Aquatic therapy
- Teen-specific training
- Corrective exercise
- Pre & post natal training
- In home & virtual training
- Martial arts & boxing
- Parkinson's specific programs
- Injury prevention
- Sport-specific training
- Mobility coaching

Contact Pam for more info at [pamelao@jccnh.org](mailto:pamelao@jccnh.org)

# ABOUT FITNESS

## YOGA FOR STRONG BONES & HEALTHY AGING:

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

## ALIGN & FLOW SEMI PRIVATE YOGA COACHING:

A semi-private, small group session for a more personal experience with hands on adjustments to help refine your practice. You will deeply explore each posture and move through this slow flow vinyasa session.

**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.

**ROCK STEADY BOXING:** Designed for people with Parkinson's disease, this non-contact fitness program aims to enhance quality of life by improving physical capabilities such as agility, balance, and speed, through boxing inspired exercises.

**ROCK STEADY CLASS PD 3 & 4:** Designed for those with multiple symptoms, generalized dysfunction, and cognitive impairment. Must be accompanied with an aide.

**ROCK STEADY CLASS PD 1 & 2:** Designed for those with mild symptoms where very little assistance is needed.

**PARKINSON'S SUPPORT GROUP:** Where Strength Meets Support: Patients and caregivers meet monthly for informational and emotional support.

**METCON TRAINING WITH GENE:** This high-energy class will fire up your metabolic conditioning, torching fat and boosting endurance. Led by Gene, you'll push your limits and transform your fitness.

**TRX CIRCUIT:** Feel your core like never before with TRX training! Improve your balance, strength, coordination and core stability. Can be done by both new and advanced exercisers. Led by Pam Hutchinson, MS Exercise Science

**DEKA FIT:** Join Danny and get your heart pumping as she leads you through 10 functional fitness zones that combine strength, cardio, mobility, and foundational movements to build endurance, burn fat, and boost confidence.

**FUN AND FIT:** In Fun and Fit, kids will jump, stretch, run, and play their way to a healthy, active lifestyle – led by a certified trainer! This high-energy class combines movement, games, and activities designed to boost strength, coordination, and confidence—all while having tons of fun.

**NEW GRAY MATTERS: DEMENTIA PREVENTION:** Small group sessions for interactive learning using current research. Learn strategies to support memory, attention, and problem solving with tools to enhance brain health.

**NEW GLP 1'S YOUR WEIGHT LOSS JOURNEY:** Designed for people using GLP-1 medications who want clear, practical guidance beyond the scale - this workshop will help to separate myths from science based evidence.

**NEW BETTER BALANCE:** Workshop designed to help you understand what causes loss of balance as you age and offer strategies to improve it.

For questions on **personal training** or small group coaching contact Pam Olszyk:

**[pamelao@jccnh.org](mailto:pamelao@jccnh.org)**

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)**

## 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, ToughAgers and Indoor Cycling (Spinning)



**ROCK STEADY  
BOXING**  
JCC of GREATER NEW HAVEN

Rock Steady Boxing is a non-contact boxing-based fitness program specifically designed for people with Parkinson's disease. It aims to improve quality of life by improving physical capabilities, such as agility, balance, and speed, through boxing-inspired exercises. The program is not just about physical exercise; it also provides a supportive community and fosters a sense of empowerment in the fight against Parkinson's.

Email **[Terrikt@jccnh.org](mailto:Terrikt@jccnh.org)** or  
call **203 387-2424x202** to learn more!

# New Exciting Offering: Intro to Pilates Reformer Classes



We are thrilled to announce the addition of multiple Reformers to offer small group classes in a new, larger dedicated space!

This Reformer class focuses on introducing foundational Pilates principles while providing a safe, full-body workout. The class emphasizes proper alignment, breath control, and core engagement while guiding students through basic Reformer exercises such as footwork, bridging, arm work, and gentle abdominal series. Movements are performed slowly and with control to help build strength, flexibility, and body awareness. This class is designed to teach fundamental techniques and movement patterns that create a strong base, allowing students to safely progress into more advanced exercises over time.

Class	Age	Day	Times	Date(s)	Member	Community
Reformer Basics (Beginner)	13+	Fri	7 am & 2 pm	Ongoing	\$99/\$192/\$300	\$25 class
Reformer Basics (Beginner)	13+	Wed	12 pm	Ongoing	\$99/\$192/\$300	\$25 class
Reformer Basics (Beginner)	13+	Mon	6 pm	Ongoing	\$99/\$192/\$300	\$25 class
Reformer Workout (intermediate)	13+	Sun Mon	9 am Sun, 7 am, Mon	Ongoing	\$99/\$192/\$300	\$25 class
Reformer Workout (intermediate)	13+	Tues Wed Thur	4:30 pm, Tue 9:30 am, Wed 9 am, Thur	Ongoing	\$99/\$192/\$300	\$25 class
Reformer Workout (intermediate)	13+	Thur Sat	5 pm, Thur 1 pm, Sat	Ongoing	\$99/\$192/\$300	\$25 class



# Parkinson's Support Group

Where strength meets support.

Join our Parkinson's Support Group for a welcoming space to connect, share experiences, and find support. Whether you're living with Parkinson's, a caregiver, or a loved one, our sessions provide valuable resources, expert guidance, and a sense of community.

Contact Terri for more info at  
**[terrikt@jccnh.org](mailto:terrikt@jccnh.org)**

Or Scan the QR Code.



## Visit our Jess Ciola Functional Training Suite

The Jess Ciola Functional Training Suite is your go-to space for Private Personal Training and energizing Small Group Coaching. It's designed to help you move better, feel stronger, and support your overall well-being.

**Whether you're starting fresh or looking to level up, we're here to walk alongside you on your journey to better health.**

Ready to take that next step? Let's do it together! contact Pam Olszyk at [pamelao@jccnh.org](mailto:pamelao@jccnh.org) to get started!

Class	Age	Day	Times	Date(s)	Member	Community
Adult Beginner Karate	18+	Sun	10:15-11 am	4/12-6/14	\$230	\$255
Ninja Karate	5-6	Sun	11-11:45 am	4/12-6/14	\$230	\$255
Traditional Beginner Karate	7+	Sun	11:45 am-12:30 pm	4/12-6/14	\$230	\$255
Traditional Advanced Karate	TBD	Sun	12:30-1:30 pm	4/12-6/14	\$240	\$260
Rockin' Tots	1-3	Sun	9:15-10 am	4/12-6/14	\$130	\$150
<b>NEW</b> Traversing Toddlers	3.5-5	Sun	3-3:45 pm	4/12-6/14	\$130	\$150
<b>NEW</b> JCC Soccer Clinic	6-8	Sun	11:30am-12:15 pm	4/12-6/14	\$130	\$150
JCC Youth Basketball Clinic	6-8	Sun	1-1:45 pm	4/12-6/14	\$100	\$125
JCC Youth Basketball Clinic	8-11	Sun	1:45-2:30 pm	4/12-6/14	\$100	\$125
Fencing	5-10	Sun	1:30-2:30 pm	4/12-5/17	\$180	\$205
FREE Story Time	All	Mon	9:30-10 am	4/13-5/18	FREE	FREE
<b>NEW</b> Retired Recreation	55+	Mon	10:30-11:30 am	4/13-5/18	\$60	\$80
<b>NEW</b> Origami	All	Mon	12:30-1:30 pm	4/13-5/18	FREE	FREE
Beginner Pickleball League	TBD	Wed	5 pm - 6:30 pm	4/1-5/6	\$175	\$185
Strive Skills Basketball Training	Grd 4+	TBD	Varying	Monthly	\$240 per month	
Strive Skills Basketball Training	Grd 4+	TBD	Varying	Monthly	\$400 per month	
<b>ADULT PICKLEBALL CLINICS</b>						
Pickleball Clinic Beginner	18+	Mon	9:30-10:45 am	4/6-4/27	\$80	\$100
Pickleball Clinic Beginner	18+	Tues	9-10:15 am	4/7-4/28	\$80	\$100
Pickleball Clinic Intermediate	18+	Mon	11 am-12:15 pm	4/6-4/27	\$80	\$100
Pickleball Clinic Intermediate	18+	Tues	10:15-11:30 am	4/7-4/28	\$80	\$100
Pickleball Clinic Beginner Session 2	18+	Mon	9:30-10:45 am	5/4-5/25	\$80	\$100
Pickleball Clinic Beginner Session 2	18+	Tues	9-10:15 am	5/5-5/25	\$80	\$120
Pickleball Clinic Intermediate Session 2	18+	Mon	11 am-12:15 pm	5/4-5/25	\$80	\$100
Pickleball Clinic Intermediate Session 2	18+	Tues	10:15-11:30 am	5/5-5/26	\$80	\$120
Pickleball Clinic Beginner Session 3	18+	Mon	9:30-10:45 am	6/1-6/22	\$80	\$120
Pickleball Clinic Beginner Session 3	18+	Tues	9-10:15 am	6/2-6/23	\$80	\$120
Pickleball Clinic Intermediate Session 3	18+	Mon	11 am-12:15 pm	6/1-6/22	\$80	\$120
Pickleball Clinic Intermediate Session 3	18+	Tues	10:15-11:30 am	6/2-6/23	\$80	\$120

## ABOUT SPORTS & RECREATION

**ADULT BEGINNER KARATE:** Discover the fundamentals of karate in a supportive and energizing environment. This class is designed for adults with little to no experience who want to build strength, flexibility, confidence, and self-defense skills.

**NINJA KARATE:** Our Little Ninjas Program is designed for children ages 5 to 6 years old and teaches motor skills and coordination through martial arts techniques in a fun, energetic, and friendly environment.

**TRADITIONAL BEGINNER KARATE:** Learn the time-honored art of karate in a structured, disciplined setting. This class introduces beginners to the fundamentals of traditional karate, focusing on proper stances, strikes, blocks, and forms while emphasizing respect, focus, self-discipline and self confidence.

**TRADITIONAL ADVANCED KARATE:** This class is designed for experienced karate students looking to refine their skills and deepen their understanding of traditional martial arts. Participants will advance their training through complex forms, advanced striking and blocking techniques and sparring drills,.

**ROCKIN' TOTS:** Designed for climbers aged 1 to 3 years old, this 45 minute program will allow toddlers to try out climbing on our bouldering wall and participate in other climbing-related activities. Rock wall staff will be available to explain activities for parents/guardians to help their toddlers climb, explore, crawl, and play with others! The accompanying adults must supervise the toddlers.

**NEW TRAVERSING TODDLERS:** Designed for climbers aged 3.5-5 years old, this 45 minute program will teach about the basics of climbing. We will focus on gaining confidence in ourselves, body awareness and mastering the JCC rockwall. Rock wall staff will be available to explain activities for parents/guardians to help their toddlers climb, explore, crawl, and play with others! The accompanying adults must supervise the toddlers.

**LITTLE KICKS SOCCER:** Learn the basics of soccer, while playing fun silly games that build upon skill. Our coaches are also teaching kindergarden readiness like listening skills, team work, following directions, colors and numbers. For more information please reach out to coach Rachel at [rachelw@jccnh.org](mailto:rachelw@jccnh.org)

**NEW JCC SOCCER CLINIC:** Master the skills you already have in soccer and learn new ones with us each Sunday at the JCC. During our time on the soccer field we will be doing drills and minnie games to improve in the sport.

**FENCING:** Our Youth Fencing Class is an exciting and engaging program that introduces 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.

**FREE STORY TIME:** Cozy up in the JCC for story time. Each week we will read different books accompanied by a small activity.

**JCC YOUTH BASKETBALL CLINIC:** Whether you're a beginner or already love the game, this clinic is the perfect place for young athletes to improve their skills while having fun! Our coaches will teach the basics of basketball, including dribbling, passing, shooting, and defense, all in a fun and supportive environment.

**NEW RETIRED RECREATION:** A fun filled 6 weeks of different programs. This is a great opportunity to try new things and meet others with similar interest. Nature activities, crafts and games.

**STRIVE SKILLS BASKETBALL TRAINING:** Come train with Strive Skills Trainer Rashard Rodriguez, a skill development Basketball Trainer with experience from High School Basketball, College, Team USA and the EuroProBasket Summer League. Rashard can help you to become a great basketball player. Contact James at [jamesl@jccnh.org](mailto:jamesl@jccnh.org) for more details.

**STRIVE SKILLS BASKETBALL LABS:** Looking to enhance your basketball skills? Look No further than Strive Skills Basketball Labs. With Basketball Trainer Rashard Rodriguez come participate in the upcoming Labs to enhance your skills at the game of basketball.

**PICKLEBALL CLINICS :** We offer 4-week sessions of pickleball with our pro, Kyle Schermerhorn. Pickleball combines elements of tennis, badminton and ping pong. Learn basic rules, techniques and strategies while improving hand-eye coordination and fitness. Join us for a lively and social pickleball experience - the perfect way to stay active and make new friends on the court. Registration opens one month before each session.

For more detailed descriptions of programs or to register:

[jccnh.org/programguide/sports-recreation](http://jccnh.org/programguide/sports-recreation) or contact

Kelly at [kellyd@jccnh.org](mailto:kellyd@jccnh.org)

# Drop-in Stitch Club



**Tuesdays | 12:30pm - 2pm | Location: West Rock Room**

Do you love knitting, crocheting, or needlepoint? Join our welcoming community at the JCC. Bring your projects, share ideas and connect with other enthusiasts. Let's create together!

Join us for weekly drop-in sessions, providing a commitment-free opportunity to connect with like-minded individuals. No pre-registration is required, making it easy to actively engage in activities you enjoy. **Free for community members. Ages 18+**

**Contact Amy at [amyn@jccnh.org](mailto:amyn@jccnh.org) or call (203) 387-2424 ex. 237**

## BIRTHDAY PARTIES



Contact Rachel at [rachelw@jccnh.org](mailto:rachelw@jccnh.org) or call **203-387-2424 ex. 212**

for more information or to **book your party today.**

**BOOK YOUR BIRTHDAY PARTY TODAY!!**

## ROOM RENTALS AT THE JCC

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

Email [jaimer@jccnh.org](mailto:jaimer@jccnh.org) for pricing  
or to book your event today.



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. 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	Spa Member	JCC Member
	TIME OPTIONS	60 min	60 min	90 min	90 min
	Swedish	\$92	\$96	\$123	\$129
	Orthopedic	\$92	\$96	\$123	\$129
	Sport	\$92	\$96	\$123	\$129
	Gua Sha	\$92	\$96	NA	NA
	Moderate	\$101	\$105	\$133	\$139
	Deep	\$110	\$115	\$141	\$148
	Thai	\$110	\$115	\$141	\$148
	Cupping	\$110	\$115	\$141	\$148
	<b>NEW</b> CranioSacral	Call Spa for Pricing			
	SHORT SESSIONS	30 min	30 min		
	<b>NEW</b> Biomat®	\$40	\$40	Package pricing available	
	Focus	\$50	\$50		
	Hand	\$50	\$50		
	Foot	\$50	\$50		
	Chair (15 min session)	\$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. [Ask about our packages for massages, facials and recovery. Get Great additional discounts.](#)

FACIAL & SKIN THERAPY		Spa Member	JCC Member	Spa Member	JCC Member
	TIME OPTIONS	60 min	60 min	90 min	90 min
	Signature Facial	\$92	\$96	NA	NA
	Signature Plus Facial	NA	NA	\$123	\$129
	Anti-Aging Facial	NA	NA	\$123	\$129
	<b>NEW</b> BioLight Brightening	\$75	Single	6 for \$360	Package
	TINTING	Tinting/Waxing session times dependent on service			
	Brow Tint	\$30	\$30		
	Brow Shape & Tint	\$40	\$40		
	Lash Tint	\$20	\$20		
	Brow/Lash Tint	\$60	\$60		
	Brow /Lash/Shape/Tint Bundle	\$75	\$75		
	WAXING (Full service waxing for Men & Women)	Facial Package Pricing			
	<i>Additional waxing options upon request</i>				
	Brow Shape (non wax)	\$15	\$15	4 pack / 60 min	\$344
	Brows	\$20	\$20	8 pack / 60 min	\$688
	Lip or Chin	\$15	\$15	4 pack / 90 min	\$476
	Half Arm (2)	\$40	\$40	8 pack / 90 min	\$952
	Full Arm (2)	\$55	\$55		
	Underarm (2)	\$25	\$25		
	Bikini	\$35	\$35		
	Lower Leg (2)	\$45	\$45		
	Upper Leg (2)	\$45	\$45		
	Full Leg (2)	\$85	\$85		
	<b>NEW</b> Sugar Waxing	Call Spa for Pricing			

**Call today to learn about our package pricing.**

**SCHEDULE TODAY (203) 387-2424 x444 | [jccspa@jccnh.org](mailto:jccspa@jccnh.org)**

Class	Age	Day	Times	Date(s)	Member	Community
<b>PRESCHOOL</b>						
Preschool Little Tumble & Move	2.8-6	Mon	1:15-2 pm	3/30/26 - 6/8/26	\$200	\$225
Preschool Curiosity Crew / STEM	2.8-6	Mon	2:15-3 pm	3/30/26 - 6/8/26	\$200	\$225
Preschool Mini Track and Field	2.8-6	Tues	1:15-2 pm	3/31/26 - 6/9/26	\$220	\$245
Preschool Mini Track and Field	2.8-6	Tues	2:15-3 pm	3/31/26 - 6/9/26	\$220	\$245
Preschool Fun and Fit	2.8-6	Wed	1:15-2 pm	4/1/26 - 6/10/26	\$200	\$225
Preschool Number Ninjas	2.8-6	Wed	2:15-3 pm	4/1/26 - 6/10/26	\$200	\$225
Preschool JCC Rookies	2.8-6	Thurs	1:15-2 pm	4/9/26 - 6/11/26	\$200	\$225
Preschool Hebrew Hooray!	2.8-6	Thurs	2:15-3 pm	4/9/26 - 6/11/26	\$200	\$225
Preschool Yoga, Meditation, and Affirmation Station	2.8-6	Fri	1:15-2 pm	4/3/26 - 6/12/26	\$200	\$225
Preschool Kids in the Kitchen	2.8-6	Fri	2:15-3 pm	4/3/26 - 6/12/26	\$250	\$275
<b>SCHOOL AGE</b>						
School Age Curiosity Crew / STEM	5-12	Mon	4:30-5:15 pm	3/30/26 - 6/8/26	\$200	\$225
School Age Inspiring Artists	5-12	Tues	4:30-5:15 pm	3/31/26 - 6/9/26	\$220	\$225
School Age Kids in the Kitchen	5-12	Wed	4:30-5:15 pm	4/1/26 - 6/10/26	\$225	\$250
School Age JCC Rising Stars	5-12	Thurs	4:30-5:15 pm	4/9/26 - 6/11/26	\$200	\$225
School Age Mini Track and Field	5-12	Fri	4:30-5:15 pm	4/3/26 - 6/12/26	\$200	\$225
<b>BABY AND ME</b>						
Baby and Me Musical Monday	6 mos.-2	Mon	10-11 am	3/30/26 - 6/8/26	\$100	\$125
Baby and Me Sensory Tuesday	6 mos.-2	Tues	10-11 am	3/31/26 - 6/9/26	\$110	\$135
Baby and Me Language Wednesday	6 mos.-2	Wed	10-11 am	4/1/26 - 6/10/26	\$100	\$125
Baby and Me Artsy Thursday	6 mos.-2	Thurs	10-11 am	4/9/26 - 6/11/26	\$100	\$250

# ABOUT CHILDREN & YOUTH

**PRESCHOOL LITTLE TUMBLE & MOVE:** This is a joyful movement enrichment class in which preschoolers will explore the magic of movement through tumbling, stretching, dancing, and playful coordination activities. Each session promotes physical confidence, balance, and gross motor development in a fun and nurturing environment.

**PRESCHOOL CURIOSITY CREW:** In Curiosity Crew, preschoolers will dig into the wonders of science, technology, engineering, and math through hands-on, sensory-rich activities that spark curiosity and creativity! Each class is an exciting adventure where little learners mix, build, pour, squish, and explore the world around them—one messy experiment at a time.

**PRESCHOOL MINI TRACK AND FIELD:** In Mini Track and Field, preschoolers will experience the excitement of track and field events in a fun, supportive environment! Each week, children will be introduced to a track and field event, from sprints and long runs to relay races, long jumps, and even discus and javelin throws. Kids will also explore the thrill of hurdles and shot put, with each lesson designed to help them develop coordination, strength, and confidence.

**PRESCHOOL FUN AND FIT:** In Fun and Fit, preschoolers will jump, stretch, run, and play their way to a healthy, active lifestyle – led by a certified trainer! This high-energy class combines movement, games, and activities designed to boost strength, coordination, and confidence—all while having tons of fun.

**PRESCHOOL NUMBER NINJAS:** In Number Ninjas, preschoolers will counter their way through math fun! Little learners will explore counting, patterns, simple problem solving, and much more through hands on activities. Each class builds number confidence, sharpens focus, and encourages team work! This class is perfect for curious little learners so gravitate towards early math concepts!

**PRESCHOOL JCC ROOKIES:** In JCC Rookies, preschoolers will discover the exciting world of sports through a weekly rotation of different activities—perfect for kids who love to move, play, and try things! Each week, we'll introduce a sport, from soccer and basketball to T-ball and relay races, helping kids develop important skills like teamwork, coordination, balance, and basic sportsmanship.

**PRESCHOOL HEBREW HOORAY!** : In Hebrew Hooray, preschoolers will discover the magic of the Hebrew language through a fun and creative learning experience. This playful language enrichment class introduces preschoolers to basic Hebrew words and phrases through music, movement, storytelling, and hands-on fun. Children will explore everyday vocabulary, colors, numbers, greetings, and so much more!

**PRESCHOOL YOGA, MEDITATION, & AFFIRMATION STATION:** In Yoga, Meditation, and Affirmation Station, preschoolers will embark on a peaceful journey of self-discovery through yoga, positive affirmations, and mindful meditation. Each class begins with the fun practice of learning and reciting five affirmations to help build self-confidence and a positive mindset.

**PRESCHOOL KIDS IN THE KITCHEN:** In Kids in the Kitchen, little chefs will explore the joy of cooking while developing important skills like measuring, mixing, and following instructions—all in a safe and fun environment! Each week, kids will roll up their sleeves, get their hands a little messy, and create yummy, no-bake treats—from savory snacks to sweet fruit creations.

**SCHOOL AGE CURIOSITY CREW/STEM:** In Curiosity Crew, school age students will dig into the wonders of science, technology, engineering, and math through hands-on, sensory-rich activities that spark curiosity and creativity! Each class is an exciting adventure where little learners mix, build, pour, squish, and explore the world around them—one messy experiment at a time.

**SCHOOL AGE INSPIRING ARTISTS:** School-age students will explore the exciting world of art history by learning about influential artists such as Van Gogh, Monet, Picasso, Matisse, and more. Each week, artists will study a featured master, examine their unique style and techniques, and create original artwork inspired by what they've learned. Through guided discussions, hands-on projects, and creative challenges, students will strengthen fine motor skills, build artistic confidence, and develop an appreciation for different forms of artistic expression.

**SCHOOL AGE JCC RISING STARS:** In JCC Rising stars, school age children move out of their rookie year and will discover the exciting world of sports through a weekly rotation of different activities—perfect for kids who love to move, play, and try new things! Each week, we'll introduce a new sport, from soccer and basketball to T-ball and relay races, helping kids develop important skills like teamwork, coordination, balance, and basic sportsmanship.

**SCHOOL AGE KIDS IN THE KITCHEN:** In Kids in the Kitchen, school age chefs will explore the joy of cooking while developing important skills like measuring, mixing, and following instructions—all in a safe and fun environment! Each week, kids will roll up their sleeves, get their hands a little messy, and create yummy, no-bake treats—from savory snacks to sweet fruit creations.

**SCHOOL AGE MINI TRACK AND FIELD:** In Mini Track and Field, school age runners will experience the excitement of track and field events in a fun, supportive environment! Each week, children will be introduced to a new track and field event, from sprints and long runs to relay races, long jumps, and even discus and javelin throws. Kids will also explore the thrill of hurdles and shot put, with each lesson designed to help them develop coordination, strength, and confidence!

**BABY AND ME MUSICAL MONDAY:** Musical Monday is a lively, interactive class where little ones and their grownups can explore the magic of music together. Through songs, simple instruments, movement, and playful movement activities, we'll help babies and toddlers build early listening, language, and motor skills.

**BABY AND ME SENSORY TUESDAY:** This playful, hands-on class is specially designed for our littlest learners and their caregivers to engage all five senses through exciting, age-appropriate activities.

**BABY AND ME LANGUAGE WEDNESDAY:** Discover the magic of early communication in this joyful class designed for infants and their caregivers! Together we'll explore language through gentle songs, engaging stories, and baby-friendly American Sign Language (ASL). Each session blends music, movement, and storytelling to help babies make connections between words, signs, and meaning—all while strengthening the special bond between parent and child.

**BABY AND ME ARTSY THURSDAY:** Artsy Thursday invites our littlest artists and their caregivers to dive into a world of color, texture, and imagination. Each week, babies and toddlers will explore a variety of sensory-friendly art activities designed just for their developmental stage — think finger painting, squishy collages, and playful mark-making!

For more detailed descriptions of programs or to register:

contact Sarah: [sarahs@jccnh.org](mailto:sarahs@jccnh.org)

Class	Age	Day	Times	Date(s)	Member	Community
Adaptive Pickleball	15+	Tues	3 pm-4 pm	4/14-5/19	\$130	\$175
<b>NEW</b> Lunch Bunch	15 +	Wed	12:15 pm-1 pm	TBD	N/A	N/A
<b>NEW</b> Adaptive Sports	Grd 2-5	Wed	4 pm-4:45 pm	4/22-5/27	\$130	\$155
<b>NEW</b> Adaptive Playgroup	2-4	Tues	10 am - 11:15 am	4/21 - 5/26	\$80	\$100

## ABOUT INCLUSION

**ADAPTIVE PICKLEBALL:** Join us for Spring Adaptive Pickleball and Sports. This program is designed for individuals with disabilities who want to stay fit, try new activities, and enjoy sports in a supportive, inclusive space. You'll be part of a welcoming community where everyone can shine. All abilities welcome. All fun guaranteed!

**NEW LUNCH BUNCH:** A place to connect with new and old friends while eating lunch in a facilitated social group.

**NEW ADAPTIVE SPORTS:** Our Adaptive Sports program is designed to introduce children of all abilities to the joy of movement, teamwork, and physical activity in a fun and supportive environment. Each week, participants will explore a new sport or activity, adapted to meet a wide range of abilities and learning styles.

**NEW ADAPTIVE PLAYGROUPE:** Our new Adaptive Playgroup is for children and their caregivers to engage in play group catered especially for them. We will offer a time for free play, circle activities, gross motor movement and time for parents to connect with each other. Contact Amy at [amyn@jccnh.org](mailto:amyn@jccnh.org) for more information.

## SUPPORT GROUPS FOR PARENTS & CAREGIVERS OF CHILDREN WITH DISABILITIES

Looking for connection, understanding, and guidance? Join our 8-week support group designed specifically for parents and caregivers of children with disabilities.

**OPEN TO PARENTS OF ALL AGED CHILDREN: MONDAYS, 4-4:45PM**

Each session offers a safe space to share experiences, gain practical advice, and explore key topics such as:

- Navigating school transitions
- Building a support network for your own well-being
- Improving sleep routines
- Understanding special education systems

**Cost: \$125 for the full 8-week series or \$20 per session (drop-in)**

*Take time for yourself while connecting with others who understand the journey. You are not alone.*

*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 call Rachel Scolnic Dobin (203) 387-2424 x228.

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

**EVERY**

~~The first~~  
**book is  
on us.**

**PJ Library**



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



Families raising Jewish children from birth to 12 years old can sign up at [pjlibrary.org](http://pjlibrary.org)

Find Spring events by liking us on Facebook and visiting us at [jewishnewhaven.org/pj](http://jewishnewhaven.org/pj)

# **AFTERSCHOOL**

at the J

**MONDAY - FRIDAY**

**3:30 pm - 5:30 pm**

**GRADES K-8**

**2,3,4,5 DAY  
OPTIONS**

**Transportation & Early  
Friday Care for Ezra  
Academy Students**

Daily activities include Arts and Crafts, Sports, Games, Outdoor Play, Playground, Friday Swim, and more! In-building transportation to JCC enrichment classes!

Contact Kelly with questions at [kellyd@jccnh.org](mailto:kellyd@jccnh.org)

# Dance with Me

Develop **creativity, body awareness, coordination**, and social/emotional skills through play, song and movement. Infants & Toddlers 15-36 months, with accompanying adult-play, sing, move in a joyful, exploratory & communal space.

**New class starts 3/29-5/17**

**Age:** 15-36 mos.

**Time:** Sunday, 10-10:30 am

**Member:** \$200 | **Non-member:** \$230



Questions? Contact Kelly Dinapoli at [kellyd@jccnh.org](mailto:kellyd@jccnh.org)

 **JCC**  
OF GREATER NEW HAVEN

**MUSIC CLASSES**  
with Matt Kampe



**Availability Monday-Thursday**

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

**Spring Lesson Costs:** 5 Pack of Lessons: **\$300**

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



# Spring Karate

See the **Sports and Recreation** section on the following page for our full offerings & additional info.

## JCC VACATION CAMP **\$85 Members Per Day** **\$95 Community Per Day**

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

**DATES:** March 20, April 3, 13-17 August 17-22

**JCC of Greater New Haven, 360 Amity Road, Woodbridge CT 06525**

For questions contact Kelly at [Kellyd@jccnh.org](mailto:Kellyd@jccnh.org)  
To register log in on [jccnh.clubautomation.com](http://jccnh.clubautomation.com)



**LOCATION:**

JCC of Greater New Haven, 360 Amity Road, Woodbridge

**DATES:** March 24, March 31

6-7 PM: Beginner Instruction | 6:45-8:45 PM: Open session

Israeli dance has become a worldwide phenomenon, not just in the Jewish community, and not just in Israel. Globally, hundreds of thousands of dancers participate in Israeli dance classes as a recreational outlet.

This is a wonderful way to enjoy exercise/aerobic activities, without feeling like you are exercising. Reap the physical and mental benefits of dance.



**JCC**

OF GREATER NEW HAVEN

360 Armitay Road | Woodbridge,

Connecticut 06525-2548

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

**2026 Spring Program Guide**

NON-PROFIT  
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Permit No. 2134  
New Haven, CT



# Milestone REWARDS program

Every milestone.  
More rewards.  
**MORE TO  
ENJOY.**

The JCC wants to thank you for being part of our community with the Milestones Rewards Program. This limited-time offer, for new members, runs from March through April—don't miss your chance to earn rewards!

## Join Today & Earn Rewards



- 1st Month of Membership: JCC Swag (JCC T-Shirt)
- 2nd Month of Membership: \$10 Gift Card Cafe J
- 3rd Month of Membership: Free BioMat™ Session
- 4th Month of Membership: Free Personal Training Session (50 Min)
- 5th Month of Membership: Free Massage at Spa at the J (Focus, 30 min)
- 6th Month of Membership: 1 Day Pass for Spa at the J
- 7th Month of Membership: 1 Free Private Swim Lesson
- 8th Month of Membership: \$50 JCC Gift Card (Can be used anywhere in the building)
- 9th Month of Membership: JCC Themed Gift (Contact us for Details)
- 10th Month of Membership: 50% Pilates Reformer Session
- 11th Month of Membership: 50% off Birthday Party or Program
- 12th Month of Membership: 50% off one month of membership

Promotion cannot be combined with other offers. Restrictions may apply. Contact [lisas@jccnh.org](mailto:lisas@jccnh.org) for specific details regarding each reward. Offer must be redeemed in the month in which it is valid. Offer not valid for young adults (13-25). Offer expires 5/1/26.



All your community has to offer

Contact membership today at  
[membership@jccnh.org](mailto:membership@jccnh.org)  
OR Call (203) 387-2424 x0



SCAN  
HERE  
REGISTER  
TODAY