

SEE WHAT  
WE HAVE  
PLANNED



**JCC**  
OF GREATER NEW HAVEN

# 2025-26

## Winter Program Guide



# enJoy

All your community has to offer

**EXCITING NEW OFFERINGS!**

We've expanded our children's and youth offerings with fresh, fun, and enriching activities your family will love. See pages 14-15.

**REGISTRATION BEGINS AT 9 AM MONDAY, 12/1 FOR JCC MEMBERS,  
AND 9 AM WEDNESDAY, 12/8 FOR THE COMMUNITY.**

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# NOW ENROLLING



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

**REGISTER NOW!**

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

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

- Full or Part-time • Nature & Play Based Curriculum
- Kindergarten Readiness • Low Student/Teacher Ratio
- All Faiths Welcome • Powered by Jewish Values
- ALSO OFFERING: Infant & Toddler Day Care

## JCC YOUTH BASKETBALL



### SUNDAYS, DECEMBER 7 - MARCH 8

**Iddy Biddy, Grades K-1.....**1:00-1:45 pm

**Biddy , Grades 2-4: .....**1:45-2:30 pm

**Youth, Grades 5-6: .....**2:30-3:30 pm

**\$240 Members / \$285 Community**

Please email **[jamesl@jccnh.org](mailto:jamesl@jccnh.org)** for details or register online at  
**[jccnh.clubautomation.com](http://jccnh.clubautomation.com)**



JCC DAY CAMP 2026

# EARLY BIRD

ENROLLMENT STARTS JANUARY 5 THROUGH 23

**CAMP SEASON IS AROUND THE CORNER  
SEE WEBSITE FOR DATES & TIMES.**

Visit us online

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



**(203) 387-2424 x237 • [www.jccnh.org](http://www.jccnh.org)**



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

Class	Age	Day	Times	Date(s)	Member	Community
Swim with Me	6 mos-3	Sun	10-11:30 am	1/11-3/22	\$230	\$280
Swim with Me	6 mos-3	Sun	10:30-11 am	1/11-3/22	\$230	\$280
Bubble with Me	2-3 1/2	Sun	11-11:30 am	1/11-3/22	\$230	\$280
Swim with Me	6 mos-3	Sun	11:30 am -12 pm	1/11-3/22	\$230	\$280
Bubble with Me	2-3 1/2	Sun	12-12:30 pm	1/11-3/22	\$230	\$280
Bubble with Me	2-3 1/2	Sun	12:30-1 pm	1/11-3/22	\$230	\$280
Bubblers	3-6	Sun	11-11:30 am	1/11-3/22	\$230	\$280
Bubblers	3-6	Sun	11:30 am-12 pm	1/11-3/22	\$230	\$280
Bubblers	3-6	Sun	12-12:30 pm	1/11-3/22	\$230	\$280
Bubblers	3-6	Sun	12:30-1 pm	1/11-3/22	\$230	\$280
Bubblers	3-6	Sun	1-1:30 pm	1/11-3/22	\$230	\$280
Starfish	4-7	Sun	11-11:30 am	1/11-3/22	\$230	\$280
Starfish	4-7	Sun	11:30 am-12 pm	1/11-3/22	\$230	\$280
Starfish	4-7	Sun	12-12:30 pm	1/11-3/22	\$230	\$280
Starfish	4-7	Sun	12:30-1 pm	1/11-3/22	\$230	\$280
Starfish	4-7	Sun	1-1:30 pm	1/11-3/22	\$230	\$280
Minnnows	5-8	Sun	11:30 am-12 pm	1/11-3/22	\$230	\$280
Minnnows	5-8	Sun	12-12:30 pm	1/11-3/22	\$230	\$280
Minnnows	5-8	Sun	12:30-1 pm	1/11-3/22	\$230	\$280
Minnnows	5-8	Sun	1-1:30 pm	1/11-3/22	\$230	\$280
Dolphins	7-10	Sun	12:30-1 pm	1/11-3/22	\$230	\$280
Dolphins	7-10	Sun	1-1:30 p.m.	1/11-3/22	\$230	\$280
Bubblers	3-6	Tues	4-4:30 p.m.	1/6-3/24	\$253	\$308
Bubblers	3-6	Tues	4:30-5 pm	1/6-3/24	\$253	\$308
Bubblers	3-6	Tues	5-5:30 pm	1/6-3/24	\$253	\$308
Starfish	4-7	Tues	4-4:30 pm	1/6-3/24	\$253	\$308
Starfish	4-7	Tues	4:30-5 pm	1/6-3/24	\$253	\$308
Starfish	4-7	Tues	5-5:30 pm	1/6-3/24	\$253	\$308
Minnnows	5-8	Tues	4-4:30 pm	1/6-3/24	\$253	\$308
Minnnows	5-8	Tues	4:30-5 pm	1/6-3/24	\$253	\$308
Minnnows	5-8	Tues	5-5:30 pm	1/6-3/24	\$253	\$308
Dolphins	7-10	Tues	4:30-5 pm	1/6-3/24	\$253	\$308
Dolphins	7-10	Tues	5-5:30 pm	1/6-3/24	\$253	\$308
Bubblers	3-6	Thurs	4-4:30 pm	1/8-3/19	\$230	\$280
Bubblers	3-6	Thurs	4:30-5 pm	1/8-3/19	\$230	\$280
Bubblers	3-6	Thurs	5-5:30 pm	1/8-3/19	\$230	\$280
Starfish	4-7	Thurs	4-4:30 pm	1/8-3/19	\$230	\$280
Starfish	4-7	Thurs	4:30-5 pm	1/8-3/19	\$230	\$280
Starfish	4-7	Thurs	5-5:30 pm	1/8-3/19	\$230	\$280
Minnnows	5-8	Thurs	4:30-5 pm	1/8-3/19	\$230	\$280
Minnnows	5-8	Thurs	4-4:30 pm	1/8-3/19	\$230	\$280
Minnnows	5-8	Thurs	5-5:30 pm	1/8-3/19	\$230	\$280
Dolphins	7-10	Thurs	4:30-5 pm	1/8-3/19	\$230	\$280
Dolphins	7-10	Thurs	5-5:30 pm	1/8-3/19	\$230	\$280
<b>ADULT AQUATICS</b>						
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	1/5-3/23	\$264	\$319
Beginner's Adult Group	15+	Mon	7:30-8 pm	1/5-3/23	\$264	\$319
Intermediate Adult Group	15+	Mon	7-7:30 pm	1/5-3/23	\$264	\$319
Intermediate Adult Group	15+	Mon	8-8:30 pm	1/5-3/23	\$264	\$319
Master Swim	18+	Wed	6:30-7:30 pm	11/12-1/21	\$192	\$232

Class	Age	Day	Times	Date(s)	Member	Community
Juniors	6-12	Sun	3:45-4:30 pm	9/25-3/10	\$690*	\$800*
Juniors	6-12	Tues, Thurs	5:30-6:15 pm	9/25-3/10	\$690*	\$800*
Juniors+	8-15	Sun	4:30-5:30 pm	9/25-3/10	\$790*	\$875*
Juniors+	8-15	Mon	5:30-6:30 pm	9/25-3/10	\$790*	\$875*
Juniors+	8-15	Tues, Thurs	6:15-7:15 pm	9/25-3/10	\$790*	\$875*
Seniors	10-18	Sun	3:45-5:30 pm	9/25-3/10	\$1,000*	\$1,200*
Seniors	10-18	Mon	5:30-7 pm	9/25-3/10	\$1,000*	\$1,200*
Seniors	10-18	Tues, Thurs	6:15-7:30 pm	9/25-3/10	\$1,000*	\$1,200*
Seniors	10-18	Fri	5:15-6:45 pm	9/25-3/10	\$1,000*	\$1,200*
Seniors Select	13-18	Sun	3:45-5:30 pm	9/25-3/10	\$1,150*	\$1,350*
Seniors Select	13-18	Mon	5:30-7:30 pm	9/25-3/10	\$1,150*	\$1,350*
Seniors Select	13-18	Tues, Thurs	6-7:30 pm	9/25-3/10	\$1,150*	\$1,350*
Seniors Select	13-18	Fri	5:15-6:45 pm	9/25-3/10	\$1,150*	\$1,350*



**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 breath 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 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.**

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 ROCKSTEADY BOXING FOR PARKINSON'S</b>							
Rock Steady Class Pd 3 & 4		Tues/ Thurs	11-12:15 pm	on going	8	\$200	\$240
Rock Steady Class Pd 1 & 2		Tues/ Thurs	1:30-2:45 pm	on going	8	\$200	\$240
Parkinson's Support Group	50+	Tues	4:30-6 pm	12/16, 1/20, 2/17		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*
Senior Circuit	50+	Mon	10 am	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.**



- 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

The JCC of Greater New Haven 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.

**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.

**NEW 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.

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

**NEW 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.

**SENIOR CIRCUIT:** Stay strong active and confident with our senior circuit coaching! This small group program focuses on low impact strength, balance, and mobility exercises tailored to your needs. Enjoy expert guidance, personalized support and a fun encouraging atmosphere!

**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.

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, STEP 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!



## Visit our **NEW** 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!



## **Fun and Fit** Strong is the **NEW FUN!**

**Wednesdays, 1:15-2 pm | Ages 2.8-6**

**DATES: 1/7-3/18, 2026**

**\$220 Members | \$270 Community**

**Jump, Play, and Get Strong!** This high-energy class mixes strength, agility, and teamwork through fun fitness games, circuits, and challenges. It's all about moving with purpose, building confidence, and having a blast - no boring workouts here!

Contact [pamelao@jccnh.org](mailto:pamelao@jccnh.org) with questions and register at [jccnh.clubautomation.com](http://jccnh.clubautomation.com).

# 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.



## Winter Karate

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

Class	Age	Day	Times	Date(s)	Member	Community
Adult Beginner Karate	18+	Sun	10:15-11 am	1/4-3/15	\$250	\$270
Ninja Karate	5&6	Sun	11-11:45 am	1/4-3/15	\$250	\$270
Tradional Beginner Karate	7+	Sun	11:45 am-12:30 pm	1/4-3/15	\$250	\$270
Tradional Adadvanced Karate	TBD	Sun	12:30-1:30 pm	1/4-3/15	\$260	\$280
Little Yoga	3.5-6	Sun	10:30-11:15 am	1/4-3/8	\$200	\$250
Rockn' Tots	1-3	Mon	10:15-11 am	1/5-3/9	\$180	\$200
Fencing	5-8	Sun	1:30-2:30 pm	1/4-3/8	\$275	\$300
Fencing	9-15	Wed	4:15-5:15 pm	1/7-3/11	\$275	\$300
Iddy Biddy Basketball	K-1*	Sun	1-1:45 pm	12/7-3/8	\$240	\$285
Biddy Basketball	2-4*	Sun	1:45-2:30 pm	12/7-3/8	\$240	\$285
Youth Basketball	5-6*	Sun	2:30-3:30 pm	12/7-3/8	\$240	\$285
Rick Wallace Basketball League	9-12*	Mon	5:30-8:30 pm	12/1-12/22, 1/5-3/16 (playoffs)	\$175	\$185
Strive Skills Basketball Training	4+ *	TBD	Varying	Monthly	\$240 per month	
Strive Skills Basketball Training	4+*	TBD	Varying	Monthly	\$400 per month	
Strive Skills Basketball Labs	4+*	TBD	Varying	Monthly	\$175 per month	
<b>NEW</b> Peak Power & Strength Basketball Lab	4-9*	Tues	6-7 pm	Ongoing	\$99 per 4 sessions	
<b>ADULT PICKLEBALL CLINICS</b>						
Pickleball Clinic Beginner	18+	Mon	9:30-10:45 am	1/5-1/26	\$80	\$100
Pickleball Clinic Beginner	18+	Tues	9-10:15 am	1/6-1/27	\$80	\$100
Pickleball Clinic Intermediate	18+	Mon	11 am-12:15 pm	1/5-1/26	\$80	\$100
Pickleball Clinic Intermediate	18+	Tues	10:15-11:30 am	1/6-1/27	\$80	\$100
Pickleball Clinic Beginner Session 2	18+	Mon	9:30-10:45 am	2/2-2/23	\$80	\$100
Pickleball Clinic Beginner Session 2	18+	Tues	9-10:15 am	2/3-2/24	\$80	\$120
Pickleball Clinic Intermediate Session 2	18+	Mon	11 am-12:15 pm	2/2-2/23	\$80	\$100
Pickleball Clinic Intermediate Session 2	18+	Tues	10:15-11:30 am	2/3-2/24	\$80	\$120
Pickleball Clinic Beginner Session 3	18+	Mon	9:30-10:45 am	3/2-3/23	\$80	\$120
Pickleball Clinic Beginner Session 3	18+	Tues	9-10:15 am	3/3-3/24	\$80	\$120
Pickleball Clinic Intermediate Session 3	18+	Mon	11 am-12:15 pm	3/2-3/23	\$80	\$120
Pickleball Clinic Intermediate Session 3	18+	Tues	10:15-11:30 am	3/3-3/24	\$80	\$120

\*Indicates grade range as opposed to age

# 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,.

**LITTLE YOGA:** Learn, stretch and play. Each week we will learn a new yoga move and build upon ones we already know. Every class we practice breathing techniques, kindergarten readiness and confidence building. For more information please reach out to Rachel at [rachelw@jccnh.org](mailto:rachelw@jccnh.org).

**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.

**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.

**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 BASKETBALL LEAGUE:** Get in the game with our fun, low-pressure basketball league designed for high school students of all skill levels! Whether you're new to the sport or have some experience, this league focuses on teamwork, sportsmanship, and skill development in a supportive environment.

**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.

**NEW PEAK POWER & STRENGTH BASKETBALL LAB:** Through a combination of strength training, explosive movement drills, and sport-specific exercises, you'll build the foundation necessary to dominate both ends of the floor. Outjump, outspurt, and outmuscle the competition. Reach your peak athletic potential.

**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



**Tuesday | 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.



# SPA AT THE J

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!

MESSAGE 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		
	Compression Therapy	\$40	\$40	Package pricing available	
	Chair (15 min session)	\$20	\$20		



## MESSAGE & SKIN CARE AT THE J

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>						
Little Tumble & Move	2.8-6	Mon	1:15-2 pm	1/5-3/16	\$200	\$250
Curiosity Crew / STEM	2.8-6	Mon	2:15-3 pm	1/5-3/16	\$200	\$250
Mini Track and Field	2.8-6	Tues	1:15-2 pm	1/6-3/17	\$220	\$270
Mini Track and Field	2.8-6	Tues	2:15-3 pm	1/6-3/17	\$220	\$270
Fun and Fit	2.8-6	Wed	1:15-2 pm	1/7-3/18	\$220	\$270
Number Ninjas	2.8-6	Wed	2:15-3 pm	1/7-3/18	\$220	\$270
JCC Rookies	2.8-6	Thurs	1:15-2 pm	1/8-3/19	\$220	\$270
Hebrew Hooray!	2.8-6	Thurs	2:15-3 pm	1/8-3/19	\$220	\$270
Yoga, Meditation, and Affirmation Station	2.8-6	Fri	1:15-2 pm	1/9-3/20	\$220	\$270
Kids in the Kitchen	2.8-6	Fri	2:15-3 pm	1/9-3/20	\$250	\$300
<b>SCHOOL AGE</b>						
Curiosity Crew / STEM	5-12	Mon	4:30-5:15 pm	1/5-3/16	\$200	\$250
Yoga, Meditation, and Affirmation Station	5-12	Tues	4:30-5:15 pm	1/6-3/17	\$220	\$250
JCC Rising Stars	5-12	Wed	4:30-5:15 pm	1/7-3/18	\$220	\$250
Kids in the Kitchen	5-12	Thurs	4:30-5:15 pm	1/8-3/19	\$250	\$300
Mini Track and Field	5-12	Fri	4:30-5:15 pm	1/9-3/20	\$220	\$270
<b>BABY AND ME</b>						
Musical Monday	6 mos.-2	Mon	10-11	1/5-3/16	\$100	\$130
Sensory Tuesday	6 mos.-2	Tues	10-11	1/6-3/17	\$110	\$140
Language Wednesday	6 mos.-2	Wed	10-11	1/7-3/18	\$110	\$140
Artsy Thursday	6 mos.-2	Thurs	10-11	1/8-3/19	\$110	\$140

# 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 YOGA, MEDITATION, & AFFIRMATION STATION:** In Yoga, Meditation, and Affirmation Station, school aged children 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.

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

Class	Age	Day	Times	Date(s)	Member	Community
Adaptive Yoga	18+	Mon	2:30-3:30 pm	1/5-2/16	\$175	\$215
Adaptive Pickleball	15+	Tues	3-4 pm	1/6-2/10	\$150	NA
<b>NEW</b> Adaptive Basketball	15+	Wed	3-4 pm	1/7-2/11	\$150	NA
<b>NEW</b> Lunch Bunch	15 +	Wed	12:15-1 pm	1/7- 2/11	NA	NA

## ABOUT INCLUSION

**ADAPTIVE YOGA:** Adaptive Yoga is a form of yoga that modifies traditional poses to accommodate different abilities and needs. It's designed to be inclusive and accessible to everyone.

**ADAPTIVE PICKLEBALL:** Join us for Winter 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 ADAPTIVE BASKETBALL:** Join us for Winter Adaptive Basketball. This program is designed to make basketball accessible and enjoyable for individuals of all abilities.

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

### 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
- Improving sleep routines
- Building a support network for your own well-being
- 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](https://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.



**Location:** JCC of Greater New Haven, 360 Amity Road, Woodbridge

**Dates:** January 6, January 13, January 27, February 3, February 10, February 24, March 3, March 10, 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.

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

## **COMING SOON: PILATES REFORMER CLASSES**

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

**Stay tuned for class schedules and registration details coming soon!**



DANCE	Class	Age	Day	Times	Date(s)	Member	Community
	Beginning Ballet/Tap	3.5-5	Sun	9-9:45 am	9/21-5/17	\$595	\$665
	Dance with Me	15-36 mos	Sun	10-10:30 am	1/4-3/8	\$200	\$230
	Ballet/ Tap 1	5-8	Sun	10:30-11:15 am	9/21-5/17	\$595	\$665
	Ballet/ Tap 2	8-10	Sun	11:15 am -12:30 pm	9/21-5/17	\$600	\$650
	Beginning Jazz	7-10	Sun	12:30-1:15 pm	9/21-5/17	\$540	\$560
	Beginning Ballet/Tap	3.5-5	Thurs	4:30-5:15pm	9/18-5/21	\$595	\$665
	Ballet/ Tap 1	5-8	Thurs	5:15-6pm	9/18-5/21	\$595	\$665
	Company Lyrical/Jazz	10+	Thurs	6-7pm	9/18-5/21	\$600	\$650
	Musical Theater	10+	Thurs	7-8pm	9/18-5/21	\$600	\$650

## ABOUT DANCE

**BEGINNING BALLET/TAP:** Develop creativity, coordination, musicality and social/emotional skills through play, song and movement.

**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.

**BALLET/ TAP 1 & 2:** Combines play and structure. Introduces tap and ballet movement and coordination challenges. Continue to develop creativity, coordination, rhythm and confidence.

**BEGINNING JAZZ:** Learn the fundamentals of jazz dance in a fun and upbeat class! Perfect for beginners, this class focuses on basic jazz technique, including stretches, isolations, turns, and jumps, while exploring rhythm, musicality, and expressive movement. Dancers will build confidence, coordination, and flexibility as they learn exciting combinations to age-appropriate music. No prior dance experience required—just bring energy and a love for movement!

**COMPANY LYRICAL/JAZZ:** 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.

**MUSICAL THEATER:** Dynamic class for dancers who are eager to explore the arts of dancing and acting. Through a mix of fun games, engaging exercises, and collaborative projects, students will develop their performance skills while building confidence and creativity.

**No classes 12/25, 12/28, 1/1, 1/18, 2/15, 4/2, 4/5, 4/12, 4/16, 5/24**

*The tuition cost includes 2 unforeseen absence days due to teacher illness or winter weather. If a class is cancelled more than two times during the duration of the program (September-May) the class will be made up.*

Dance Recital Rehearsal Thursday May 28, 2026 5:30pm

**DANCE RECITAL SUNDAY MAY 31, 2026 10 AM -12:00PM**

Last day to add your child to a class is January 1, 2026 | Costume is extra \$60 under 9 (\$70 over 10)



# 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.

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

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

# PRESIDENTS' DAY SOCCER CLINIC

Looking to keep your soccer skills sharp? Join us for a fun and fast-paced one day soccer clinic led by a former college coach and Sports and Rec Director, James Lucchesi and other experienced JCC staff!

This clinic is perfect for players who want to stay active, improve their technique, and have a great time with friends. Participants will work on essential skills including dribbling, passing, shooting, and small-sided games all in a supportive and energetic environment.

**PRICE: \$30**

4-5 Grade: 9:00 - 10:00 am

6-8 Grade is from 10:00 - 11:00 am

Date: February 16

Contact: James Lucchesi at  
**[jamesl@jccnh.org](mailto:jamesl@jccnh.org)**



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

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

**DATES:** Dec 29,30, Jan 19, Feb 16, 17, March 20,  
April 3, 13, 14, 15, 16, 17

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)**

