jcc of greater new haven

2015 Fall Programs, Classes & Events

- Adult Fitness
- Group Exercise
- Spa, Training & Leagues
- Aquatics
- Early Childhood
- Young Families
- Youth
- Teens
- Adults
- Arts & Culture

ADVOCATE ★BEST★ OF NEW HAVEN READERS' POLL 2015

360 Amity Rd., Woodbridge, CT • (203) 387-2522 • www.jccnh.org

NEW Programs & Classes at the JCC

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JCC Fall/Winter Hours
(Beginning Friday, Sept. 11)
Sunday 7am-6pm
Mon-Thu 5:30 am-10 pm*
Friday 5:30 am-5 pm
Saturday 7 am-4 pm

*Pool & Fitness Center close at 9:30pm

Holiday Hours
Labor Day: Open 8am-12pm 9/7
Rosh Hashanah: Closed 9/14 & 9/15
Yom Kippur: Early Close 3pm 9/22; Closed 9/23
Sukkot: Closed 9/28
Shemini Atzeret: Closed 10/5

JCC of Greater New Haven
Beckerman/Lender Building
360 Amity Road
Woodbridge, CT 06525
www.jccnh.org

The JCC is a subsidiary of the Jewish Federation of Greater New Haven

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Thanksgiving: Open 8am-12pm 11/26
Christmas: Early Close 6pm 12/24; Open 9am-2pm 12/25
New Year's: Early Close 6pm 12/31/15; Open 9am-2pm 1/1/16

The JCC is the Place for Your Next Meeting, Party or Event!
We have the perfect space to accommodate your group, no matter the size – from small meeting room to auditorium to pool or gym. Contact us today to book your next meeting or event!

Need Office Space?
Small business and non-profits, consider renting office space at the JCC and enjoy the benefits of being in a spectacular facility with public exposure and free parking!
More info, rates or a tour: Debbie, debbieb@jccnh.org, (203) 387 2522 x276

Proceeds from all rentals help us build a stronger JCC!

ZUMBA®
FAMILY
FREE!
FOR JCC MEMBERS
$10 / CLASS NON-MEMBERS
STARTS OCT. 25
A FUN, FAMILY EXPERIENCE!
HA! HA!
jcc of greater new haven
More: Susan Donovan
susand@jccnh.org, (203) 387-2522 x265
360 Amity Road, Woodbridge, CT • 203.387.2522 • www.jccnh.org

adult fitness ages 13+

JCC Fall Weight Loss Challenge

Based on our popular Largest Loser contest, this program combines effective group training exercise sessions with a weekly weigh in and diet education and follow-up. Former Largest Loser participants welcome! Registration required before 10/18. Contact Susan at susand@jccnh.org for details and rates.

Give It a Tri Training

Swim, bike and run yourself into competitive shape! All levels welcome to get started in multi-sport training to compete in your first triathlon or improve your PRs. Meets 2x per week.

10/18-11/22, 6 weeks, $139m/$205nm

Live Well

A menu of services including personal training, massage, posture alignment assessment, Feldenkrais, MELT, assisted stretching, cardio assessment for HR monitor parameters, stress management, and diet cleanup consult with follow-up. Coming in October.

Contact susand@jccnh.org for more info and pricing.

Intro to Meditation

Instructor: Stacey Battat (sponsored by The Graduate Institute)

Learn and practice basic meditation techniques or bring your own practice and share in this open meditation circle. A gentle approach to becoming more mindful.

Fri, 8-8:45am, 9/11-11/20, 6 weeks, JCC members free, guest rates apply to non-members

No Class 9/24, 11/16, 11/23

The Skinny On Weight Loss

Instructor: Pam Hutchinson, MS ACE Health Coach

The premier fat loss program of the JCC's popular Largest Loser contest. Weigh-in and meet once per week for weight loss instruction, meal planning, behavior modification, and understanding calories for efficient fat loss and motivation to succeed.

Four 30 min. sessions, $140

Contact Susan Donovan, 387-2522 x265, susand@jccnh.org

Krav Maga™

Instructor: Beth Lopez

Easy to learn style of self defense that offers a great workout for men and women. Krav Maga™ is used by the Israeli Defense Forces. More: Beth (203) 589-4701. Starts 9/29.

Tue, 7-8pm, starts 9/29, ongoing, Aerobic Room

Pain Free Fitness

Postural Alignment Therapy for Chronic Pain Relief

Instructor: Alan Franzi, Certified PAS Specialist, trained by the Egoscue® Clinic

Break through the pain cycle with an individualized postural exercise program. Based on the paradigm developed by Pete Egoscue, the work is simple, powerful and accessible. A non-medical therapeutic process involving functionally based exercises and stretches designed specifically for each client. Initial consultation is approximately two hours. For details and pricing: Susan at x265.

Pain Free Yoga

Postural alignment fusing the work of Egoscue™ and Feldenkrais™ in a group exercise setting, sure to leave your body pain free!

Thu, 5-6pm. Free to JCC members.

Yoga Ball Fitness Therapy

Instructor: Deb Forselius, PT, Yoga Therapy Ball Certified

Mat work for soft tissue release using small yoga balls and concentrated breathing techniques to enhance posture, alignment and body awareness.

Private 40-minute sessions, Personal Training rates apply.

Myofacial Release thru Foam Rolling

Reduce joint and muscle pain with self treatment techniques using a foam roller to rehydrate connective tissue and rebalance muscular and nervous system.

Private 40 minute sessions. Personal Training rates apply.

Aquatic Therapy Training

Exercise in the pool with no stress on the joints! Using the resistance of the water along with aquatic equipment, build strength, endurance and flexibility Great for pre or post surgery or anyone who suffers from joint pain.

Private 45 minute sessions, Personal Training rates apply / check the group exercise schedule for aquatic classes free to JCC members.

Text ***follow jccnhalerts*** to 40404 for facility updates, cancellations and closings.

JCC of greater new haven

group exercise *ages 13+* **Always FREE to Members.** Schedule at control desk or jccnh.org

SCULPT / MUSCLE PUMP / MUSCLE MANIA: A total body muscle conditioning workout using a variety of props such as light weights, bars, tubing, stability balls, etc. Designed to sculpt and define the body, appropriate for all levels.

POWER CIRCUIT: Resistance training & cardio circuits for total body conditioning working multiple muscles at one time to push your heart rate.

POWER CIRCUIT EXPRESS: 45 minutes!

20 x 3: 20 minutes hi-low Cardio / 20 minutes Core / 20 minutes foam rolling for flexibility.

ZUMBA: Fun and easy to follow Latin / International style Dance!

ZUMBA TONING: Zumba dance routines using light weights for cardio and muscle conditioning.

FAMILY ZUMBA: Zumba designed for all, ages 5+. High energy fitness party packed with choreography, kid-friendly routines and great music everyone will love - a fun family workout experience!

BOX & SCULPT: Martial arts style cardio using boxing drills with muscle conditioning work.

STEP & SCULPT: Step aerobics combined with strength focused muscle work.

SILVER SNEAKERS™: Cardio Circuit – cardiovascular endurance and muscular strength. Classic – a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills.

FUNCTIONAL FIT: Strengthen, stretch and balance with a focus on stability training and functional movements using BOSU balls, etc.

YOGA BASICS: Hatha yoga combines physical postures with breath awareness for complete wellness.

YOGAFIT™: A fitness style of Hatha yoga!

KRIPALU YOGA: Alignment based practice that will leave you feeling balanced and energized!

PAIN FREE YOGA: A series of stretches and functionally based exercises for postural alignment, designed to keep the body pain free!

PILATES: An acclaimed exercise and conditioning program that focuses on the core which connects strength, flexibility and breath.

PILATES SCULPT: Combination of pilates method training with total body muscle conditioning.

PILOXING™: Blending the power, speed and agility of boxing with basic dance moves, the targeted sculpting and flexibility of pilates for a great fat burning and muscle toning workout.

TEEN-FIT: For ages 12+. Circuit style workout including cardio, strength and flexibility for all levels.

NIA CARDIO DANCE: A blend of martial arts, healing arts and dance arts, using whole body, expressive and grounded movement to deliver a beautiful movement class with cardiovascular conditioning.

MOBILITY IMPAIRED CLASSES: Designed to give mobility-impaired people of all ages (including those in wheelchairs) the opportunity to engage in muscle conditioning and strength exercises in a safe environment.

***SPINNING & STRENGTH™:** 25 minutes Spinning to increase your heart rate followed by 30 minutes strength training in the Aerobic Room!

***SPINNING™:** The best indoor cycling program available with state-of-the-art stadium design Spin Studio! 45 and 60 minute classes taught by certified spinning instructors.

NEW **TAI CHI:** A moving meditation combining gentle movement and balance with focused concentration. Aerobic Room

**Sign up will be available at the control desk 30 minutes prior to each class. The first 20 to sign up (in person) will reserve a bike for class.*

All JCC classes are taught by certified, experienced instructors concerned with your safety and motivation!

NEW

JCC FALL RUNNING WORKSHOPS Free for Murray Lender Bagel Runners & Walkers!

Pain Free Running / Fitness Walking

Instructor: Alan Franzi PAS, Corrective Exercise Specialist

Pain free yoga for Runners! Based on the therapeutic posture alignment work of the Egoscue™ Method, this workshop is designed to alleviate the discomfort of common running injuries and build a foundation for proper, pain-free running mechanics.

Sun, 9/13, 11:45am-1pm

Run Injury Free

Instructors: Beth Harrison & Alex Lagase

Whether you are new to running or just want to keep your running injury free, this workshop will help you understand impact forces, the loading response and how to prevent common injuries.

Sun, 9/13, 8:30-9:30am

Walk the Course

Learn the route on an energizing walk of the 2 mile Bagel Run Fitness Walk. **Wed, 9/9, 10:30am**

Get psyched up with a walk along the route of the 5K Bagel Run course. **Wed, 9/16, 12pm**

**No charge for Bagel Run / Fitness Walk participants, $10 for non-participants. Sign up at the Control Desk. More info: susand@jccnh.org*

Spa, training & leagues

Health Spa

Private adult spa with whirlpool, sauna, steam room, and personal lockers. Other amenities include TV lounge, coffee, towel service, private showers, grooming bar, and hairdryers. Members only.

Spa Fee: $33/Month.

Massage

Tara Eden Aksoy, Licensed Massage Therapist

Our talented, experienced and licensed staff offers many massage and aesthetic modalities. Our therapists are available by appointment in the convenience of our spa treatment rooms for men and women. Members and non-members welcome.

Schedule an appointment at x311 or see our list of services and pricing at jccnh.org.

Training

Our professional personal trainers carry degrees in exercise science and human performance and are CPR/AED Certified. For personal training rates and packages: Susan, x265.

Voted 1st Place - Best Personal Training Facility by 2015 New Haven Advocate Reader's Poll.

Intro to Personal Training

Get started without a big commitment. Experience how personal training can make a difference in your fitness program. New clients only.

Four (50 min.) personal training sessions, $216.
JCC members only.

TRX Suspension Training

Suspension Training uses two straps and your own body weight to work multiple muscles at once for an edge over traditional strength training. Develops core and total body strength for all fitness levels.

Personal training rates apply.

Ask about small group training.

Aquatic Therapy Training see page 7

Blood Pressure Screening

JCC members are welcome to have their blood pressure checked in the fitness room. Free.

Boot Camp & Small Group Training

An efficient, fun and economical way to personal train . . .
4 Sessions $65 ($16 per session)
12 Sessions $180 ($15 per session)
24 Sessions $336 ($14 per session) advanced billing only with auto renewal. Non member rates available.
Drop in $20. More: Jess, x 266.

HELL (Hard, Extreme, Loud, Loaded with motivation) Discover your inner athlete with this extreme Boot Camp-style workout! **Sun, 7:15-8am (Jess)**

TRX Fusion Use theTRX straps, medicine balls, bands, weights, and Bosu to improve core function, muscular strength, and endurance. Feel your core like never before!
Check schedule at jccnh.org

Boot Camp A no nonsense workout of intense drills designed to make you stronger and leaner!
Check Schedule at jccnh.org

Knock Out! This group training class using heavy bag, kick pads and focus mits to develop skills used by Muay Thai boxing masters. HIIT (High Intensity Interval Training) pace will leave you feeling energized and powerful after this dynamic workout.
Check Schedule at jccnh.org

NEW **Baby Boomer Fit Camp**

Want the intensity and challenge of a Boot Camp style workout without the high impact and stress on the joints? This group training program will focus on form, joint function and exercising correctly with appropriate progression intensity. Great for all ages and the newer exerciser too! Info: Susan x265
Tue, 6:30-7:30pm, starting 10/18 (Terri) / **Sun, 8-9am** (Jess)

Leagues

Fun, competitive men's basketball leagues, for all levels and abilities. Certified high school officials.
Details: Allan Greenberg x252

Men's 18+ Basketball League

Thu, 6:30-10pm, $85m/$145nm. Games begin Dec 3.
($75/$135 if paid by 11/19) PE1550
**Open play for JCC members and paid league participants Nov.5, 12 and 19*

Men's 35+ Basketball League

Wed, 6:30-10pm, $75m/$150nm. Games begin Nov.11.
($60/$125 if paid by 10/28) PE1452
**Open play for JCC members and paid league participants Oct.28, Nov.4*

aquatics *all ages*

Parent-Child Swim Program

Designed to meet the needs of infants and toddlers 6-42 months. Explore water adjustment, body awareness, coordination and safety through games, songs and repetition. Children must wear swim diapers—no disposables, please!
A minimum of 3 students must be enrolled to hold class.

Infant/Toddler Water Class

Instructors: Pool Staff

Parent/adult accompaniment required. Children must wear swim diapers. Ages 6 months-3½ years.

Sun, 10/4-12/20, 11 weeks, $143m/$215nm
11:30am-12pm, AQ1100
12:30-1pm, AQ1101

Tue, 10/13-12/22, 11-11:30am, 11 weeks, $143/$215, AQ1300

Post-Toddler Water Class

Instructors: Pool Staff

For graduates of our infant/toddler classes. Call x270 for placement. Ages 3-3½ years.

Sun, 10/4-12/20, 12-12:30pm, 11 weeks, $143m/$215nm , AQ1102.
Make-up Date 11/29

Tue, 10/13-12/22, 11:30am-12pm, 11 weeks, $143m/$215nm, AQ1301.

Youth Swim Program

The JCC Aquatics Program is based on the principles established by the American Red Cross; each skill builds on those mastered in previous levels. If your child misses a level he/she may not learn vital skills. We separate swimmers by ability so the children can learn in a relaxed, non-competitive environment. Schedule may change to accommodate demand.
Placement questions: Amy x270

Level 1 Swim Lessons

Water exploration for a child who needs assistance in the water (device or instructor). Must be completely independent for at least 10 feet to move into level 2. Ages 3½ - 6.

Sun, 10/4-12/20, 11 weeks, $143m/$215nm.
11:30am-12pm, AQ1103
12-12:30pm, AQ1104
12:30-1pm, AQ1105
1-1:30pm, AQ1106
Make-up Date 11/29

Tue, 10/13-12/22, 11 weeks, $143m/$215nm
3:45-4:15pm, AQ1302
4:15-4:45pm, AQ1303
4:45-5:15pm, AQ1304

Thu, 10/1-12/17, 11 weeks, $143m/$215nm
3:45-4:15pm, AQ1500
4:15-4:45pm, AQ1501
4:45-5:15pm, AQ1502
No Class 11/26

Level 2 Swim Lessons

Required: Completely independent swimmers only. Must complete at least half lap of freestyle (with face in water), and complete at least half lap of backstroke and front/back floating to move to Level 3. Ages 5 – 8 .

Sun, 10/4-12/20, 11 weeks, $143m/$215nm
12-12:30pm, AQ1107
12:30-1pm, AQ1108
1-1:30pm, AQ1109
Make-up Date 11/29

Tue, 10/13-12/22, 11 weeks, $143m/$215nm
3:45-4:15pm, AQ1305
4:15-4:45pm, AQ1306
4:45-5:15pm, AQ1307

Thu, 10/1-12/17, 11 weeks, $143m/$215nm
3:45-4:15pm, AQ1503
4:15-4:45pm, AQ1504
4:45-5:15pm, AQ1505
No Class 11/26

Level 3 + Swim Lessons

Must have completed Level 2. Will build on freestyle and backstroke skills and endurance. Will learn elementary backstroke, breaststroke, rotary breathing, and treading water. Will be swimming multiple laps of each stroke. Ages 7 – 10.

Tue, 10/13-12/22, 11 weeks, $143m/$215nm
4:15-4:45pm, AQ1308
4:45-5:15pm, AQ1309

Thu, 10/1-12/17, 11 weeks, $143m/$215nm
4:15-4:45pm, AQ1506
4:45-5:15pm, AQ1507
No Class 11/26

This schedule is subject to change if circumstances make it necessary to close the pool when lessons are scheduled. The JCC has the discretion to reschedule any cancelled lessons as soon as deemed viable. All attempts will be made to notify participants in the event of a last-minute cancellation, but we strongly recommend that you sign up for text-alerts by texting **"follow jccnhalerts"** to the number **40404.**

Private Swim Lessons for Children (half-hour)

Call x270 to arrange convenient time. $38m/$55nm

Get your feet wet with the JCC's swim team! Perfect for the new competitive swimmer - just the right amount of fun, competition & skill

Blue Marlins Swim Team

Head Coach: Lindsey Wilbur

White Group

Instructor: Caitlin

Ages 6-10. For young and eager swimmers to learn about a swim team and how to manage a flip turn! 5 practices per week, minimum attendance 2 practices a week, but more are always welcome.

Mon, Tue, Wed Thu, Fri, 5:15-6pm, $650m/$750nm

Blue Group

Instructors: Caitlin and Lindsey

Ages 8-12. Next step up in the world of swimming. After mastering the flip turn, swimmers continue to develop and refine their skills. 5 practices per week, minimum attendance at 3 practices a week.

Mon, Tue, Wed Thu, 6-7:15pm/Fri, 5:15-6:30pm, $650m/$750nm

Pre-Senior Group

Instuctor: Lindsey

Ages 9-14. More developed group with the focus shifting from technique to raw racing ability. 5 practices per week, minimum attendance at 3 practices a week.

Mon, Tue, Wed Thu, 5:30-7pm/Fri, 5:15-6:45pm, $750m/$850nm

Senior Group

Instuctor: Lindsey

Ages 12-18. The Seniors are our most advanced group with our most competitive swimmers. Hard work and fast swimming leads to a superb group of young swimmers. 5 practices per week, minimum attendance at 4 practices a week.

Mon, Tue, Wed Thu, 5:30-7:15pm/Fri, 5:15-7pm, $750m/$850nm

Masters Group

Instuctor: Lindsey

Ages 18+. The Masters Group is one of our newer offerings at the JCC. Capable swimmers get organized training in a fun environment. There are 5 practices offered per week. Masters athletes are placed in either the Senior or Pre-Senior team.

$500m/$600nm

All new members of the swim team require an evaluation and approval to join team to be placed in the proper group. Evaluations are $40 and the fee will be applied to swim team registration cost, or can be applied to swim lessons or any other program in the JCC if swim team is not the best fit at the moment. Please contact lindsey@jccbluemarlins.com to set up an evaluation. Upcoming evaluations are Wednesday 9/6 6-9:00pm and Sunday 9/20 12-2pm. Swim Team begins Sept, 16, 2015, and ends at the end of February/ beginning of March following JCC league championships.

Adult

Water Aerobics

Instructors: Deb Forselius, Sheila Schrier

Resistance movements and aerobic activity in the water! Ongoing. 45 minutes. Free to JCC members.

Mon, 9 am, Yoga/Tai Chi Style, with Deb Forselius

Mon, 4:30 pm, Latino/Tabata Style, with Deb Forselius

Tue, 9 am, Water Aerobics, with Sheila Schrier

Wed, 9 am, Combo shallow/deep, with Deb Forselius

Wed, 5 pm, Combo shallow/deep, with Deb Forselius

Thu, 9 am, Water Aerobics, with Sheila Schrier

Fri, 9 am, Latino/Tabata Style, with Deb Forselius

Aquatic Therapy Training

Exercise in the pool with no stress on the joints! Using the resistance of the water along with aquatic equipment, build strength, endurance and flexibility Great for pre or post surgery or anyone who suffers from joint pain.

Private 45 minute sessions, Personal Training rates apply / check the group exercise schedule for aquatic classes free to JCC members.

JCC Aqua Care

Instructor: Deb Forselius

Small group setting. Utilizing resistance movements, balance, strength, and conditioning. Class will be modified based on abilities and needs.

Tue & Thu, 7/21-10/8, 10-11 am, 11 weeks, $210/$320

Fee will be pro-rated based on start date. Another session wiil follow.

JCC is your first stop for dance and sports. We put the **FUN** in fundamental.

Enrichment Classes

Little Scientists

Instructor: Little Scientists, Inc.

An interactive preschool science program featuring hands-on learning. Explore the magic of the ocean, bubbles, volcanoes, and more. Ages 3½-5.

Mon, 10/12-12/21, 1-1:45pm, 11 weeks, $260m/$285nm, EC1200

Musical Motion

Instructor: Chistine Gambardella

A fun, engaging and creative class that teaches the fundamentals of Music (KinderMusik, Inc.) combined with instrument-making, rhythmic movements and dance. Come join us for singing, dancing, and "hands-on" fun!! Ages 4-6.

Tue, 10/13-12/15, 4:15-5pm, 10 weeks, $200m/$250nm, FM1300

Bricks 4 Kidz Preschool Class

Instructor: Bricks 4 Kidz

Our Bricks 4 Kidz preschool curriculum reinforces essential preschool skills with a fun, new approach based on the time-tested popularity of LEGO® bricks! Watch their eyes light up as they dig into a pile of brightly colored DUPLO® bricks. These classes are designed specifically for preschool-aged children to learn about letters, numbers, shapes, and colors.
Weekly theme-based model building using DUPLO® bricks are complemented with facts about the model and related stories and arts and crafts. Ages: 3-5.

Fri, 4/17-6/12, 1-1:45pm, 9 weeks, $180m. West Rock Room.

Tumbling

Instructor: Cathy McMahon

This beginner class that will teach the basic fundamentals of tumbling. Students will work on basic progressions: forward rolls, backward rolls, handstands, handstand drills, cartwheels and round-offs. Ages 4-6.

Thu, 10/15-12/17, 4:15-5pm, 9 weeks, $135m/$162nm, PE1500
No class 11/26.**0**

Creative Dance: Pre-School

We offer a full school-year class culminating in an optional, low-key recital currently scheduled for May 15, 2016. Approximately 25 classes per year; dance schedule and handbook provided at registration. Schedule may be revised based on enrollment.
More: Barbara x250.

Creative Dance I

Instructor: Kirby Shields

A pre-ballet and tap class designed to engage our tiny dancers in the art of movement through fun warm-up exercises, musical games, energetic patterns across the floor and small dance combinations. No performance. Ballet and Tap shoes required (minimum 5 dancers). Age 3.

Thu, 10/12-May, 1:15-2pm, $399m/$499nm, DN1500

Creative Dance II

Instructor: Kirby Shields

A beginning class with a concentration on memory, dancing our favorite steps in patterns, and practicing teamwork as we create our recital piece! Recital Performance. Ballet and Tap shoes required (minimum 5 dancers). Ages 4+.

Thu, 10/1-May, 3-3:45pm, $399m/$499nm, DN1501

Ballet/Tap

Instructor: Kirby Shields

Training includes positions of the feet and body, placement, barre exercises, progressions across the floor and center floor combinations. Emphasis on the natural line of the body. Tap concentrates on rhythm, tempo, beats and accent while improving motor skills. Recital Performance. Ballet & Tap shoes required.

Ballet/Tap I

Designed for our dancers to learn the basic placement of the hip and the line of the leg. We will be working on the positions of the feet and arms through developmental games and exercises and learning many new movements across the floor. Age 5.

Thu, 10/1-May, 4:10-4:55pm, $399m/$499nm, DN1502

Sports & Fitness

Pee Wee Sports

Instuctors: Debra Kirschner, Syndi Garay

Introduction to a variety of sports like basketball, volleyball, soccer, and t-ball. Includes recreational activities such as bean-bag games and parachute play to develop hand-eye coordination and flexibility. Ages 3½-5.

Wed, 9/30-12/16, 1-1:45 pm, 11 weeks, $154m/$230nm, PE1400. Gym. *No Class 11/25*

Tiny Tots Tennis

Instuctors: Debra Kirschner, Syndi Garay

Introduction to tennis for children, emphasizing fun. Ages 3½-5.

Thu, 10/1-12/17, 1-1:30pm, 11 weeks, $154m/$230nm, PE1510. Gym. *No Class 11/26*
Thu, 10/1-12/17, 1:35-2:05pm, 11 weeks, $154m/$230nm, PE1511. Gym. *No Class 11/26*

young families

NEW Shabba-tots

This brand new Shabbat program introduces and honors this end of the week respite with challah baking, a PJ Library story and sing-alongs. Experience Shabbat and learn traditions to take home and share with the whole family.
Ages 3-5 years. RSVP required: laurar@jccnh.org.
Fri, 10/2, 11/6, 12/4, 11am, 3 weeks, $15m/$21nm. Community Room

PJ Library Birthday Buddies

The PJ Library and the JCC would like to celebrate your birthday! Decorate a cupcake! Dance! Sing! Listen to a PJ Library story and make a craft. All PJ Library participants are invited to join in the festivities!
Bi-monthly program. Ages 6 months - 8 years.
More: Laura Ross, laurar@jccnh.org.
Sun, 9/13-11/1, 1pm. Free for PJ Library families.

First Friends Club

Connect with other parents and share advice and friendships while children play in a comfy, spacious family-friendly atmosphere. Drop in weekly. Everyone is welcome. Caregivers and their infants to 5 years.
More: jenniferg@jccnh.org, laurar@jccnh.org.
Tue, 11am. Free. JCC Living Room

Bagels and Books Series

This beloved monthly program is back and better than ever! Your family can look forward to themed bagel brunches inspired by PJ Library books. The series will culminate in a celebration of Global Day of Jewish Learning to learn the value of respecting our parents and grandparents. Learn, play & grow through interactive storytime, singalongs and play!
RSVP required: Laura Ross, laurar@jccnh.org.

Celebrate Rosh Hashanah with *Today is the Birthday of the World,* by Linda Heller. Celebrate the contribution that each of us makes by just being ourselves!
Sun, 9/13, 10:30-11:15am, Free, Community Room

Character Brunch with *Found* by Salina Yoon. Learn with your favorite Disney characters and superheroes the mitzvah (good deed) of returning something that is lost.
Sun, 10/18, 10:30-11:15am, Free, Community Room

Global Day of Jewish Learning with *Grandma Rose's Magic,* by Linda Elovitz Marshall. This year we celebrate through intergenerational activities and learn how each generation offers something valuable in helping to make a cohesive community.
Sun, 11/15, 10:30-11:15am, Free, Community Room

Hanukkah with PJ Library *Biscuit's Hanukkah* by Alyssa Satin Capuocilli. Enjoy Alyssa's reading and learn with Biscuit the dog how we celebrate Hanukkah!
Sun, 12/6, 10:30-11:15am, Free, Community Room

NEW PJ Library's Music & Me

Sing-along to Jewish-infused tunes, a storytime with favorite PJ books. The program includes a yummy snack and juice picnic on the terrace. To volunteer to share your favorite PJ book, contact Laura Ross, laurar@jccnh.org. Ages 0-5. RSVP encouraged.
Wed, Bi-weekly, 9/9, 9/30, 10/14, 10/28, 11/11, 11/18, 12/9, 12/23, 2:30pm. Free. Family Room.

Pizza in the Hut

Ring in the fall season with the harvest festival of Sukkot. Decorate our sukkah/hut out on the JCC terrace and make your own pizza creation with a professional chef, participate in a PJ Library storytime and dance to celebratory music. Ages 3-6. RSVP required. Laura Ross, laurar@jccnh.org.
Sun, 9/7, 2:30pm. $5m/$7nm per child. JCC Terrace.

Hands on Hanukkah

Westfield Connecticut Post Mall , Milford
Enjoy yummy samples, fun activities, and performances and appearances by members of the Greater New Haven community! This hands-on experience allows all members of your family to experience the holiday of Hanukkah.
Sun, 12/13, 11am-2pm, Free.

On the Shoreline with PJ Library

Exciting and hands-on learning with your little one/s, On the Shoreline with the PJ Library - Holidays/Mitzvot (good deeds). Ages 0-5.
More: Laura Ross x317.
On the Shoreline 10/8, 11/12, 11am. Free

NEW Fall Kids' Movie Series

Join us in the JCC Living Room for our Kids' Movie Series! We'll be watching a free movie—complete with popcorn! Titles include Shrek, Wall-E, The Little Mermaid, and more! Ages 3-8. JCC Living Room.
Thu, 9/3-11/12, 4pm, 11 weeks. Free

NEW Hands on Storytime! With PJ Library & Eli Whitney Museum

Eli Whitney Museum, 915 Whitney Ave., Hamden
Engage in hands-on learning with your little one/s as we explore the waterfront views and grounds of the Museum through building, crafting, and an interactive storytime that explores Judaism through nature-inspired universal themes. 10/15, *Picture a Tree* by Barbara Reid. 11/19, *A Tree is Nice* by Janice May Udry. If you own either of these book, bring along and follow! RSVP Required. Parent/caretaker must be present. Ages 0-5. More: Laura Ross x317.
Thu, 10/15, 11/19, 11am, $12m/$15nm

To find out how you can be a PJ Family contact: Laura Ross, laurar@jccnh.org.

PJ Library

young families

NEW Sing-Along Storytime

Instructor: Laura Ross

Sing and play instruments along to classic and contemporary children's books! Sing, dance, giggle, and bond as you share musical moments with your child. The program incorporates music in the early literacy process and makes learning sound like a song!

Ages 0-5.

Mon, 10/12, 10/19, 11/2, 11/16, 12/7, 9:30-10:15am, Free.

NEW Sticky Fingers

Instructor: Laura Ross

Dress for a mess! Don't think your toddler can cook? Think again! We've got fun, age appropriate classes bursting with hands-on activities empowering your child to make their own healthy snacks! Ages 0-4.

Tue, 10/13, 10/27, 11/10, 11/24, 12/8, 5 weeks, 12:30-1:15pm, $120m/$144nm

NEW Top Chef: Holiday Edition

Instructor: Laura Ross

Inspired by the TV hit show *Top Chef* with a twist! In this case… everyone wins! Walk away a winner with an understanding of the Jewish holidays and a new delicious recipe and food to share with your family. Ages 5-9.

Thu, 9/10, 10/8, 11/12, 12/3, 4 weeks, 4-5pm, $32m/$40nm

Yeladim Early Learning Center

of the JCC offers quality programs in a supportive, nurturing environment that promotes the social, emotional, physical and cognitive development of young children. Our curriculum encourages experimentation, problem solving, logical thinking and cooperative learning.

We strive to help our children develop social skills and a positive self-concept.

Yeladim is fully licensed by the State of Connecticut. Yeladim accepts children into the program regardless of religion, race or ethnic origin. Financial aid available. More: visit jccnh.org or call Lynn Bullard, (203) 397-7415.

Infant-Toddler and Pre-School Programs

A 12-month program for ages 3 months to 5 years. Hours: Monday-Friday from 7:30 am-5:30 pm. Choose three to five full days. Part-day options available for pre-schoolers .

- Child-centered, developmentally-based programs
- Dynamic learning environment
- Excellent teacher-child ratio
- Experienced staff with early childhood background
- Swim program for 4 year olds
- Situated on 54 wooded acres interspersed with nature trails.

Fall Daily Schedule Septe

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-10AM - Lap Swim, Waterwalking 18+	5:30-9AM - Lap Swim, Waterwalking 18+	5:30-9AM - Lap Swim, Waterwalking 18+	5:30-9AM - Lap Swim, Waterwalking 18+	5:30-9AM - Lap Swim, Waterwalking 18+	5:30-9AM - Lap Swim, Waterwalking 18+	7-10AM - Lap Swim, Waterwalking 18+
7-10:30AM - Adult Gym (18+)	5:30AM-6PM - Open Gym* Times may vary - check website for up-to-date schedule	5:30AM-6PM - Open Gym* Times may vary - check website for up-to-date schedule	5:30AM-1PM - Open Gym* Times may vary - check website for up-to-date schedule	5:30AM-1PM - Open Gym* Times may vary - check website for up-to-date schedule	5:30AM-5PM - Open Gym* Times may vary - check website for up-to-date schedule	7-10:30AM - Adult Gym (18+)
7:45-8:55AM - Kripalu Yoga	7-7:45AM - Spinning	5:45-6:45AM - Spinning	5:45-6:45AM - Spinning	5:45-6:30AM - Aqua Boot Camp	6:45-7:45AM Spinning & Strength	8-8:45AM - Spinning
8-8:45AM - Spinning	8-8:55AM - Functional Fit	5:45-6:45AM - Muscle Pump	8-8:55AM - Functional Fit	6:30-9AM - Lap Swim, Waterwalking 18+	8-8:45AM - Intro to Meditation (9/11-11/20, *No Class 9/25, 10/16 & 10/23*)	9-9:55AM - Zumba
9-9:55AM - Zumba	8:45-9:30AM - Spinning	8-8:55AM - Step & Strength	9-9:45AM - Water Aerobics, 3 Lap Swim	8-8:55AM - Core & More	8-8:55AM - Functional Fit	9-9:45AM - Spinning
9-10AM - Spinning	9-9:45AM - Water Aerobics, 3 Lap Swim	9-9:45AM - Water Aerobics, 3 Lap Swim	9-9:45AM - Spinning	9-9:45AM - Water Aerobics, 3 Lap Swim	9-9:45AM - Water Aerobics, 3 Lap Swim	10-11AM - Piloxing
10-11Am - Pilates Mat	9-9:55AM - Foam Rolling & Cardio	9-9:45AM - Spinning	9-9:55AM - Power Circuit	9-9:45AM - Spinning	9-10AM - Zumba Toning	10-11:30AM - Open Swim, 3 Lap Swim
10-11:30AM - Open Swim, 3 Lap Swim	9:30-10:15AM - Sing-Along Storytime (10/12, 10/19, 11/2, 11/16 & 12/4)	9-9:55AM - Pilates Sculpt	9:45-11AM - Open Swim, 3 Lap Swim	9-9:55AM - Zumba	9-9:45AM - Spinning	
10:30-11:15AM - PJ Library Birthday Buddies (9/6, 11/2 & 1/3)	9:45-11AM - Open Swim, 3 Lap Swim	10-11AM - Aqua Care, 3 Lap Swim	10-11AM - Zumba	10-11AM - Aqua Care, 3 Lap Swim	9:45-11AM - Open Swim, 3 Lap Swim	
10:30-11:15AM - Bagels & Books Series (9/13, 10/18, 11/15 & 12/6)	10-10:55AM - Muscle Pump	10:15-11:10AM - Cardio Dance NIA	10:30-11:30AM - 3 Lap Swim	10-11AM - Muscle Mania	10-10:55AM - Yoga	
11AM-2PM - Board Games Free-For All	11-11:45AM - Silver Sneakers	11-11:30AM - Kids' Swim Lessons (Begins in Oct.), 3 Lap Swim	11:15AM-12:15PM - Silver Sneakers	11:00 AM-12:00 PM Cleaning-Pool Closed	11-11:45AM - Silver Sneakers	
11:30AM-1:30PM - Kids' Swim Lessons (Begins in Oct.), 3 Lap Swim	11AM-4:30PM - Open Swim, 3 Lap Swim	11AM-12PM - First Friends Club	12-2PM - Jews & the News (9/9, 10/14, 11/11, 12/9 & 1/13)	11-11:45AM - Tai Chi (Begins 9/24)	11AM-2PM - Card Games Free-for All	

Pool*
Gym*
Fitness Center*
Kids' Programming

12-1PM - Open Gym* Times may vary - check website for up-to-date schedule	4:10-5PM - Youth Dodgeball	11:15AM-12PM - Mobility Impaired	1-1:45PM - Pee Wee Sports	11:45AM-12:30PM - Mobility Impaired		
12:30-1:15AM - Teen-Fit (12+) (Begins 10/18)	4:15-5PM - Spinning	11:30AM-3:45PM - Open Swim, 3 Lap Swim	1:45-4PM - Open Gym* Times may vary - check website for up-to-date schedule	12-3:45PM - Open Swim, 3 Lap Swim		
1:15-2PM - Family Zumba (Begins 10/25)	4:30-5:15PM - Water Aerobics, 3 Lap Swim	12-1:30PM - Rabbis' Roundtable (10/6, 11/3, 12/1 & 1/5)	2:30-4PM - PJ Library's Music & Me (Biweekly from 9/9-12/23)	12:30-3PM - Bridge Games Free-for All		
1:30-6PM - Open Swim, 3 Lap Swim	5-5:45PM - Power Circuit	3:45-5:15PM - Kids' Swim Lessons (Begins in Oct.), 3 Lap Swim	4-8PM - Open Gym* Times may vary - check website for up-to-date schedule	2:10-6:30PM - Open Gym* Times may vary - check website for up-to-date schedule		
2-4:30PM - Youth Basketball (Begins in Dec.)	5:15-7:15PM - 1 Lap, Swim Team Lanes 2-6	4:10-5PM - Youth Volleyball	4:10-5PM - Touch Football	3:45-5:15PM - Kids' Swim Lessons (Begins in Oct.), 3 Lap Swim		
4:30-6PM - Open Gym* Times may vary - check website for up-to-date schedule	5:30-8:30PM - HS Basketball LG (Begins in Dec.)	4:30-5:30PM - Muscle Mania	4:15-5PM - 3 Lap Swim	4-6PM - Fall Kid's Movie Series (9/3-11/12)		
	6-6:45PM - Spinning	5:15-7:15PM - 1 Lap, Swim Team Lanes 2-6	5-5:45PM - Water Aerobics, 3 Lap Swim	5-5:55PM - Pain Free Yoga		
	6-7PM - Yoga	6-6:55PM - Zumba	5-5:55PM - Yoga	5:15-7:15PM - 1 Lap, Swim Team Lanes 2-6		
	7-8PM - Zumba	6-7PM - Spinning	5:15-7:15PM - 1 Lap, Swim Team Lanes 2-6	6-6:55PM - Zumba		
	7:15-8:30PM - 3 Lap Swim, 3 Rental Lanes	6:30-10PM - Volleyball LG	6-6:45PM - Spinning	6-6:45PM - Spinning		
	8:30-9:30PM - Male-Only Swim	7:15-8:30PM - Open Swim, 3 Lap Swim	6-7PM - Box & Sculpt	6:30-10PM - 18+ Basketball LG		
	8:30-10PM - Adult Gym (18+)	7:30-10PM - 18+ Basketball	6:30-10PM - 35+ Basketball LG	7-8PM - Vinyasa Yoga		
		8:30-9:30PM - Female-Only Swim	7:15-8:30PM - 4 Lap Swim, 2 Rental Lanes	7:15-9:30PM - Open Swim, 3 Lap Swim		
			8-10PM - 50+ Basketball			
			8:30-9:30PM - Open Swim, 3 Lap Swim			

** Schedules will change some after September, 2015. Call, stop by or visit jccnh.org for updated schedules.*

JCC is your first stop for dance, fitness, sports & karate! We put the **FUN** in fundamental! Everyone plays, everyone learns, everyone has a good time!

youth *ages 5-13*

Karate

Martial art classes are a great way for building self-confidence in a safe and supportive environment.
Master Joe Antonucci holds a 7th degree black belt in the Cheezic Tang Soo Do Federation. An active competitor and winner of many trophies and medals, he has been teaching students of all ages for more than 40 years.

Beginning Karate

Instructor: Joe Antonucci

White and orange belt students learn self discipline and physical fitness with other beginning students.
Ages 6+. *NOTE: Children younger than 6 may be able to participate in our Beginning Karate class upon approval of the instructor.*
More: Barbara x250.
Thu, 10/1-12/17, 4-4:55pm, 11 weeks, $154m/$230nm, PE1502
No class 11/26.

Intermediate/Advanced Karate

Instructors: Joe Antonucci

Blue through Black belts learn more advanced techniques as well as developing their sparring skills while continuing to build their physical fitness. Ages 6+.
Thu, 10/1-12/17, 5-5:55pm, 11 weeks, $154m/$230nm, PE1503
No class 11/26.

Fitness

Family Zumba

Instructor: Monica Aversa

Zumba designed for all ages 5 +. High energy, kid friendly routines using all the music they love! A great way to support your family fitness goals by working out together!
A fun, family experience! Starting October 25.
Sun, 1:15-2pm, Ongoing. Free to members/$10 nm.

Advanced Tumbling

Instructor: Cathy McMahon

This class is for the student who has mastered the skills from Beginners Tumbling. Ages 7+.
Thu, 10/15-12/17, 5-5:45pm, 9 weeks, $135m/$162nm, PE1501
No class 11/26.

NEW Cheerleading Prep

Instructor: Cathy McMahon

Beginner tumbling skills mixed with jumps and lifts for cheering routines. Ages 8-12.
Thu, 10/15-12/17, 6-6:45pm, 9 weeks, $135m/$162nm, FM1502
No class 11/26.

Lenny Margolis
Youth Basketball

The JCC's proud basketball tradition dates back to the 1940s and is today one of the largest programs of any JCC in the nation. We emphasize skill development, team play, sportsmanship and fun.
Sunday afternoons beginning Dec. 6th.

Iddy Biddy Basketball

Sun, 1-1:45 pm, 12/6-2/21, Grades 1, $80m/$90nm, PE1103

Boys Basketball

Sun, 2-3:15 pm, 12/6-mid March, Grades 2-4, $80m/$90nm, PE1104

Sun, 3:15-4:30 pm, 12/6-mid March, Grades 5-7, $80m/$90nm, PE1105

Girls Basketball

Co-sponsored with Woodbridge Recreation Departments.

Sun, 2-3:15 pm, 12/2-March, Grades 2-3, $80m and Woodbridge residents /90nm, PE1106

Sun, 3:15-4:30 pm, 12/2-March, Grades 4-6, $80m and Woodbridge residents /$90nm, PE1107

Optional Practice Mondays, 6:30-8:30pm, Center School Gym, Woodbridge. (No additional fee.)

NEW Dodgeball

Instructor: Allan Greenberg

Grades 3-6
Mon, 10/12-12/21, 4:10-5pm, 11 weeks, $35m ($25 for AfterSchool) / $55nm, PE1200

NEW Touch Football

Instructor: Allan Greenberg

Grades 3-6
Wed, 9/30-12/16, 4:10-5pm, 11 weeks, $35m ($25 for AfterSchool)/$55nm, PE1401
No class 11/25.

NEW Youth Volleyball

Instructor: TBA

Grades 3-6
Tue, 10/13-12/22, 4:10-5pmpm, 11 weeks, $35m ($25 for AfterSchool)/$55nm, PE1300

youth ages 5-13

Children's Dance

We offer a full school-year class culminating in an optional, low-key recital currently scheduled for May 15, 2016. Approximately 25 classes per year; dance schedule and handbook provided at registration. Schedule may be revised based on enrollment. More: Barbara x250.

Ballet/Tap

Instructor: Kirby Shields

Training includes positions of the feet and body, placement, barre exercises, progressions across the floor and center floor combinations. Emphasis on the natural line of the body. Tap concentrates on rhythm, tempo, beats and accent while improving motor skills. Recital Performance Optional. Ballet & Tap shoes required.

Ballet/Tap I

Designed for our dancers to learn the basic placement of the hip and the line of the leg. We will be working on the positions of the feet and arms through developmental games and exercises and learning many new movements across the floor. Age 5.

Thu, 10/1-May, 4:10-4:55pm, $399m/$499nm, DN1500

Ballet/Tap II

A continuation of our beginning class with an emphasis on strength, balance and flexibility. We will begin working at the barre and will have great fun combining movement patterns to go across the floor. Ages 6-7.

Tue, 10/13-May, 4:10-4:55pm, $399m/$499nm, DN1300

Ballet/Tap III

Designed to help the young dancer improve on the barre techniques, learn small adagios in the center floor, and concentrate on personal quality of movement. Ages 7-8.

Tue, 10/13-May, 6-6:45 pm, $399m/$499nm, DN1302

Ballet/Tap IV

Must have completed 3 years of Ballet and Tap. This class is designed to nurture our growing dancer through complex patterns at the barre and across the floor in both Ballet and Tap. We will be expanding our knowledge and creativity through more elaborate choreography! Ages 8+.

Thu, 10/1-May, 5-6:30pm, $499m/$650nm, DN1503

NEW Ballet for Figure Skaters

This class is designed to help figure skaters apply ballet technique to their on-ice routines as well as learn exercises that strengthen their entire b ody. Students will learn an array of techniques such as port de bras, plies, tendus, etc. Students should also expect improvement in both their balance and body strength. Ages 8+.

Tue, 10/ 13-12/15, 7 – 7:45pm, 10 weeks, $130m/$150/nm, DN1303

Contemporary Dance

Instructor: Kirby Shields

Kids Rock!

A class full of zest and spirit which will include a Jazz warm-up, elements of Yoga for strength, balance and flexibility and learning a Hip-Hop combination each week! Recital performance. Black Jazz shoes required. Ages 7-10.

Tue, 10/12-May, 5:05-5:50pm, $399m/$499nm, DN1301

Tween Beat

A little bit of everything for our teens. Yoga stretches, Zumba warm-up techniques and class combinations to Top 40 Radio Artists. Choreography content will explore all styles including Lyrical, Jazz and HipHop. Loose-fitting clothes and dance apparel accepted. No jeans. Black jazz shoes preferred. Ages 10+.

Fri, 10/9-May, 4:10-4:55pm, $399m/$499nm, DN1600

Bricks 4 Kidz Cranium Contraption

Instructor: Bricks 4 Kidz

Build and explore crazy contraptions that really work your brain! Students will use LEGO® Bricks, axles, pulleys, gears, and motors to create fun and interactive models. Compete in a rousing game of Battle Tops or Foosball. Put your hand-eye coordination to the test with the Ping Pong Popper model. Experiment with the Mini Fig Mover. All these and more are waiting to be discovered as students learn and play with our Cranium Contraptions! Each student will receive a custom mini-figure at the end of the program. Ages: 5+. West Rock Room.

Wed, 10/14-12/16, 4:15-5:15pm, 9 weeks, $180m/$225nm, FM1400

Enrichment Classes

Guitar

Instructor: Amity Music School

Guitar courses for all ages designed to give students an understanding of basic guitar skills and technique as well as music theory. Have fun learning songs you enjoy! Call to arrange different time. Ages 5+

Mon, 10/12-12/14, 4:05-4:45pm, 10 weeks, $300m/$350nm, FM1201

NEW Choir

Instructor: Amity Music School

Course designed to teach sight singing. Learn proper breathing and singing techniques. Become a singing star! Ages 5+

Wed, 10/14-12/16, 4:15-5pm, 9 weeks, $270m/$315nm, FM1401

No class 11/25.

Neighborhood Music School (NMS)

New Haven's prestigious downtown music school offers private music instruction at the JCC. Ages 5 to adult.

Tue - piano, Thu - violin. Register: (203) 624-5189.

Brownie Girl Scouts

Grade 2. Field trips, nature, science, and the arts. Earn participation patches. Fees paid directly to Girl Scouts. More: jccdaisyleader@gmail.com.

Alternate Thu, 4:15-5 pm

JCC AfterSchool

Grades K-8 • School dismissal through 6pm

The JCC AfterSchool Program offers a kaleidoscope of creative, fun, stimulating activities.

We offer licensed quality care for children in grades K-8 with **transportation provided** from more than 15 area schools. In the JCC AfterSchool Program we celebrate various Jewish holidays and customs through arts & crafts, singing and games.

We offer a kosher snack, swimming (Wednesday and Friday), arts and crafts, gym, cooking, supervised homework time, and more. The AfterSchool program will also bring your child to and from any JCC enrichment class that they sign up for.

Info: Kari, (203) 387-2522 x236, karim@jccnh.org

The JCC also offers a quality, licensed program for Bethany Community School students. **Kids Klub,** designed for and located at the **Bethany Community School,** includes before and after school care.

Info: Alison, (203) 387-2522 x313, alisonl@jccnh.org

Vacation Program • 9am-4pm

The JCC provides care during most school vacations. Children grades K-8 participate in fun, specially-programmed events such as ceramics, arts and crafts, concerts, and more. Swim, gym and playscape included. The JCC Vacation Program runs 9am-4pm, extended care is available from 7-9am and 4-6pm for an additional $15m/nm ($10 Afterschool/Kids Klub) per time slot.

Mon 10/12, Columbus Day Program

Tue 11/3, *Bully Prevention and Awareness* with Author Russell Bernstein

Wed 11/11, Veterans Day Vacation Program

Mon 12/28, Tue 12/29, Wed 12/30, Thu 12/3 *(No PM Care)*

Wed 1/6 Mon 1/18

More: Kari, (203) 387-2522 x236, karim@jccnh.org

Babysitting at the JCC Family Center

The JCC Family Center provides a clean, safe and fun space for your child to play while you enjoy some time to yourself at the JCC. The babysitting room has equipment for children of various ages and stages. Caring and attentive babysitters will engage your children in age appropriate activities.
More: Alison Lurie, x313, alisonl@jccnh.org.

Hours:

Mon-Fri: 8:45 am-1 pm

Tue/Thu: 5:30-7:30 pm

Sat-Sun: 8:45-11:45 am

Babysitting 3 months to 6 years.
Parents must remain in the JCC building. Members only.

1 child	**$5/hour**
2 siblings	**$8/hour**
3 siblings	**$10/hour**

BEST VALUE! Unlimited babysitting pass $50/mo, $25 sibling

teens ages 13-18

Junior High Travel Basketball League

Grades 7 & 8. Play in travel league and participate in an end-of-year tournament. Practices Tuesdays, games Sundays and some weekdays. Cost includes uniform and participation in Milford Travel League. Coach: Dave Teitelman. JCC members only. More: Allan Greenberg x252.

Tue, 10/20-mid March, 6-7:30pm, $205 PE1300

Co-Ed High School Dodgeball League

Grades 9-12. Sign up individually or as a team. Each team must have at least 2 female players. Facilitator: Mike Rothman. More: Allan x252

Mon, 10/12-11/23, 7-9pm, 7 weeks, $20m/$30nm, PE1200

Rick Wallace High School Basketball League

Grades 9-12. In-house intramural league with end-of season tournament. All games officiated. Form own team or sign up individually. Open play for JCC members and paid league participants Nov. 30, Dec. 7, 14, 21, 28. Games begin Jan. 5 to mid-March. For info call Allan x252

Mon, 1/5-mid March, 6:30-10pm $80m/$130nm PE2200

BBYO

Join other teens for educational programming, community services, leadership training, and exploring your Jewish identity. More: Josh Cohen, CVR@bbyo.org or (203) 389-2127. Boys & Girls.

Thu, 7-9pm, JCC

Teen-Fit

Instructor: Alex Lagase

Parents, want to get your kids off the couch and away from the video games? Give them a safe and effective exercise program where they will have fun and the opportunity to learn to live a healthier lifestyle under the guidance of a Youth Certified Trainer. This circuit- style workout will include strength and cardio exercises. Starting October 18. Ages 12+.

Sun, 12:30-1:15pm, Ongoing. Members free.

FREE JEWISH BOOKS

for children six months to eight years of age.

PJ Library is a Jewish Family Engagement program implemented on a local level throughout North America. PJ mails free, high-quality Jewish children's literature and music to families across the continent on a monthly basis.

PJ Library

To enroll: jccnh.org > children > PJ Library

Introduction to Ballroom Dancing

Instructor: Bob & Bernice Linsky

Prepare for your next family event in a relaxed atmosphere with experienced teachers. Intro to Fox Trot, Swing and Merengue. Sign up with a friend or partner. Adults 16+.

Thu, 9/17-10/22, 7:30-9pm, 6 weeks, $72m/$85nm/couple, AD1550

Intermediate Ballroom Dancing

Instructor: Bob & Bernice Linsky

Improve your skills in a fun, relaxed atmosphere with experienced teachers. This session we will concentrate on Viennese Waltz, Rumba and more. Sign up with a friend or partner. Adults 16+.

Mon, 10/12-11/30, 7:30-9 pm, 8 weeks, $80m/$100nm/couple, AD1250

Conversational Spanish: Intermediate/Advanced Level

Instructor: Jill Savitt

Expand your world! Improve your Spanish language skills. Not for beginners.

Mon, 10/12-12/7, 6:30-8pm, 8 weeks, $130m/$150nm, AD1251

Topics in Tanakh (Hebrew Bible)

Instructor: Rabbi Benjamin Scolnic, Ph.D.

Study and discuss interesting and difficult portions of the Bible. Must pre-register, Barbara x250.

Mon, 10/12-12/28, 10 weeks, $50m/nm, JL1250

Talmud Study

Instructor: Tali Hochstein

In-depth study of the Talmud in the original Hebrew with translation. Some knowledge of Hebrew helpful.

Sun, Ongoing, 8:15-9:15 am, JL1150

Jewish Coalition for Literacy (JCL)

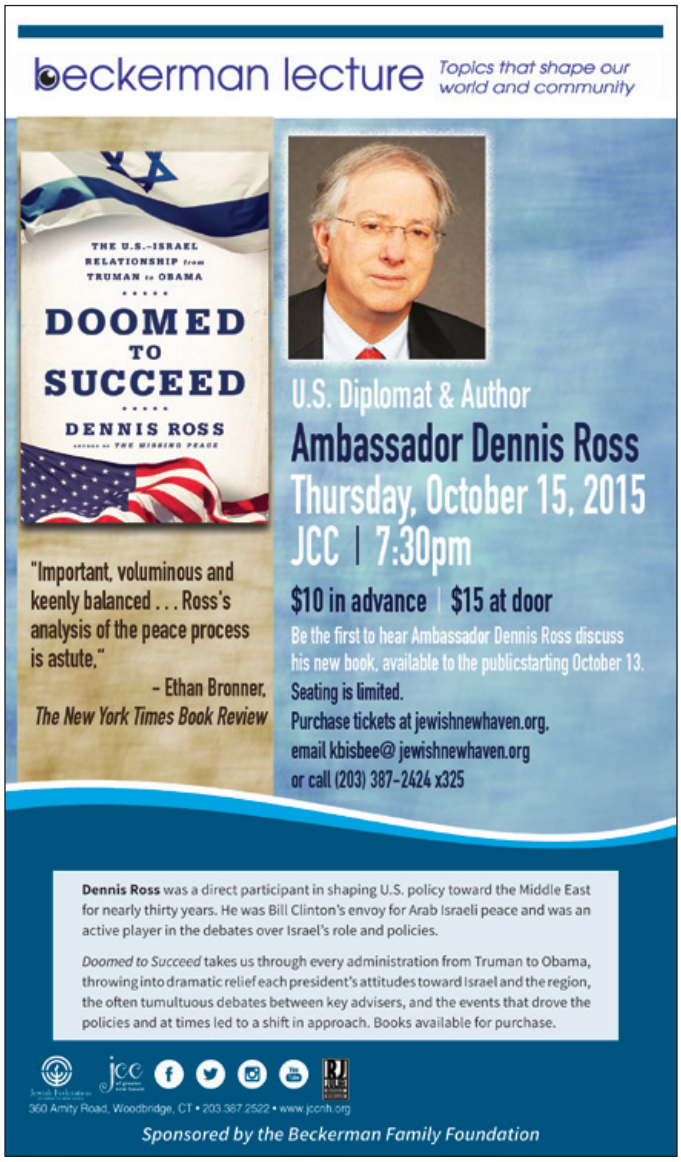
Become a JCL Reading Partner. It's easy (really, it is!). In just one hour each week, you can improve a child's chance of success and build their confidence. JCL reading partners share the pleasures of reading and conversation, giving the child an opportunity to express their opinion and help them improve their vocabulary. You choose the school, day of week, hour of day, and grade level. No previous experience needed. All adults welcome.

Information and Orientation

Local educators as panelists.

Thu, 9/17, 9:30am. Vine Auditorium. Free and open to the public

More: Brenda Brenner, JCL coordinator, bbrenner@jewishnewhaven.org or x308



arts & culture *all ages*

Brush & Bordeaux
Instructor Betsy DeMarco

Learn how to paint and have fun! Local artist and talented instructor Betsy DeMarco guides painting a creation that you can take home. Price includes all painting materials—as well as Kosher wine and hors d'oeuvres. Don't miss out on this popular recurring JCC class! Ages 21+.

Wed, 9/9, Mon, 10/12, 7-9pm, $30m/nm. JCC Living Room

NEW Rabbis Roundtable

An interactive panel with rabbis from across the spectrum of Jewish denominations discussing how each of their denominations addresses various issues regarding religious practice and life in the modern world. The panel will also take audience questions. No preregistration required.

Tue, 11/3, 12/1, 1/5, 12pm, Free. JCC Living Room

NEW Jews & the News

Led by Jewish Federation CEO Sydney Perry with an occasional guest speaker, we will discuss today's important issues affecting the Jewish community. Top-trending stories and discussion of hot topics that are relevant, insightful and thought-provoking. Bring your lunch. No pre-registration required.

Wed, 9/9, 10/14, 11/11, 12/9,1/13, 12 pm. Free. JCC Living Room

Mah-Jongg and Mai Tais!
Instructor Linda Korsko

The first session will include the rules of the game and other basics, and the second session will consist of supervised play. Mai tais will be served! Experienced players are welcome to play in the Living Room to enjoy cocktails during the lessons as well. All ages.

Tue, 10/20, 10/27, 7-8:30pm, 2 weeks, $28m/$36nm. JCC Living Room

NEW Author Talk - Rita Goldberg
Temple Beth Tikvah, Madison, CT

Author Rita Goldberg speaks about her second-generation Holocaust memoir *Motherland.* Brunch at 9:30am. and ends at 11:30am

Sun, 11/1, 9:30am, $6

NEW Author Talk - Russell Bernstein

Russell Bernstein will speak about his children's book *Doodles: When Art and Magic Collide* and how to deal with bullying. All ages.

Tue, 11/3, 11am, Free. JCC

NEW Women Who Change the World

Featuring popular speaker Joyce Saltman. Coffee and light refreshments will be served.

Sun, 11/8, 10:30am, $10, Vine Auditorium

NEW Ali & Me

Muhammad Ali super-fan Richard Kaletsky will speak about his book *Ali & Me*. Kaletsky operates a museum dedicated to Ali in his own home and has authored this book to shed light on one of the world's greatest athletes. Q & A session and bagels and lox will be served. Admission includes a signed copy of book.

Sun, 11/8, 12pm, $15 , Vine Auditorium

NEW Cavewomen Don't Get Fat
Jewish Federation Shoreline Office, Guilford, CT

Want to learn more about the increasingly trendy paleo diet? Nutrition expert Esther Blum tell you how the paleo diet can transform your body. The paleo diet advocates a back-to-the-sources approach to eating that emphasizes protein and leads to weight loss and lean muscle mass. Eat like a cavewoman and lose weight in the process!

Tue, 11/17, 7pm, $6

NEW Playing with Fire

Author Tess Gerritsen will discuss her latest book *Playing with Fire,* a thriller that ties in themes of the Holocaust, mysterious music that induces strange acts of violence, and deeply hidden family secrets. Gerritsen's novels have inspired the TNT show *Rizzoli & Isles* – you won't want to miss this talk!

Wed, 11/18, 11am, $6, Vine Auditorium

NEW Screening and Filmmaker Q&A: The Outrageous Sophie Tucker

See the new documentary about the larger-than-life Jewish entertainer Sophie Tucker. Sophie could do it all—acting, dancing, singing, and telling jokes. Screening will be followed by a talk-back with the filmmakers. Co-sponsored by the Jewish Historical Society of Greater New Haven.

Sun, 11/22, 2pm, $8, Vine Auditorium

NEW Author Talk - Sarah Wildman
RJ Julia Booksellers, Madison, CT

Sarah Wildman will discuss her fascinating family memoir *Paper Love,* which traces the story of Wildman's grandfather who escaped Nazi-controlled Austria but left a woman behind. Through found letters between her grandfather and the woman, Wildman unlocks a tragic and lost family past. Book Signing & reception following the lecture. Register at rjjulia.com.

Tue, 12/1, 7pm, $6

VENDORS WANTED!

JCC 12TH ANNUAL Craft & Gift Fair

DEC. 6 | 10 am - 4 pm

Gifts • Accessories
Home Decor • Pottery
Jewelry • and More!

email debbieb@jccnh.org or call 203.387.2522 x276

Membership

Enjoy the benefits of being a JCC member

Fitness Center • Unlimited Group Exercise including Zumba and Spinning • Swimming Pool
Water Workout Classes • Racquetball / Basketball Courts • General Locker Rooms
Members Only Programs • Program Discounts
Discounted Tickets to Cultural Events • Discounts at Local Vendors

Membership Rates*

Adult (age 26+)	$44/mo.
Couple	$71/mo.
Family+	$79/mo.
Single Parent++	$53/mo.
Young Adult (age13-25)	$27/mo.
Senior 65+	$41/mo.
Senior Couple	$62/mo.

+**Family -** Couples living together as life partners with children up to age 18 must show valid I.D.

++**Single Parent**- is someone who is legally separated or divorced and maintaining separate households,and their children up to age 18.

*Must be secured -

$20 cancellation fee (if cancelled before 3 months.)

$20 reactivation fee (if membership lapsed 1-12 months prior.)

(3 month minimum) Must have credit card or checking/savings account. Monthly deductions first of each month.

Spa Add-On • $33/Month

JCC membership is a prerequisite
–not available to supporting members.

Sauna • Whirlpool • Steam room
Spacious TV lounge
Private locker rooms
Personal locker
Bathing suit dryers
Hanging space for bathrobes

(3 month minimum)

Guests are welcome and must be accompanied by a JCC member.
Guests can purchase three passes per year.
Fees: Youth (3-12) / $5 • Individual / $15 • Family / $25 • Adult Spa / $20

Jewish Community Center of Greater New Haven Membership Application

Member 1

*Name: _____

☐ Male ☐ Female * Birthdate: _ _ /_ _/_ _

Marital Status: ☐ Single ☐ Married ☐ Separated ☐ Divorced ☐ WidoWed ☐ Life Partners

*Home Address: _____

*City _____ State_____ Zip_____

*Home Telephone: _____ Cell:_____

Emergency Contact _____

*Email: _____

Occupation: _____

Business Telephone: ( ) _____

Optional: (Information for statistical purposes only)

Religion: ☐ Other ☐ Jewish Synagogue: _____

Referred by: Name_____

***Required Fields**

Member 2

*Name: _____

☐ Male ☐ Female * Birthdate: _ _ /_ _/_ _

Marital Status: ☐ Single ☐ Married ☐ Separated ☐ Divorced ☐ WidoWed ☐ Life Partners

*Home Address: _____

*City _____ State_____ Zip_____

*Home Telephone: _____ Cell:_____

Emergency Contact _____

*Email: _____

Occupation: _____

Business Telephone: ( ) _____

Optional: (Information for statistical purposes only)

Religion: ☐ Other ☐ Jewish Synagogue: _____

Referred by: Name_____

Family Membership Children (Up to age 18 or 22 if full-time student. Valid student I.D. required.)

First Name	Initial	Last Name	(M/F)	Birthdate (M/D/Y)	Religious Affiliation	e-mail
_____	____	_____	____	_ _ /_ _/_ _	_____	
_____	____	_____	____	_ _ /_ _/_ _	_____	
_____	____	_____	____	_ _ /_ _/_ _	_____	
_____	____	_____	____	_ _ /_ _/_ _	_____	

How did you hear about the JCC? ☐Direct Mail ☐E-mail ☐Former Member ☐Friend/Family ☐Shalom New Haven ☐Medical Referral ☐Radio ☐TV ☐Newspaper ☐Website ☐Other_____

Electronic Fund Transfer Agreement

This agreement is to authorize the Jewish Community Center of Greater New Haven to deduct my membership fees directly from the credit card or bank account listed below on the **first of each Month**. My bank statement will serve as receipt for the payment. Should any pre-authorized payment not be honored by the bank or credit card company, it is understood that the payment has not been made and I am responsible for making the payment directly to the JCC.

Checking/Savings Account Information

Name on Account: _____ Full Name of Bank_____

NSA Routing Number _____ Monthly Amt. $ _____

Account Number _____

Credit Card Information

Card Holder's Name:_____ Monthly Amount $_____

❒ Amex ❒ Discover ❒ MC ❒ Visa Acct. #_____ Exp. Date _____

1. Payment by electronic funds transfer or a credit card payment is a continuous membership plan. I understand that my membership will remain ongoing unless I give the JCC 30 days written notice.
2. The JCC may at its discretion adjust the monthly rate it charges for my membership. I understand that I will receive notice prior to any changes.
3. Should an EFT payment not be honored by my bank for any reason, I understand that I will submit payment by check or credit card within 30 days and add to it a $30 service charge.
4. I understand that after three unpaid EFT or credit card payments, the JCC will immediately terminate my JCC privileges until I have brought all unpaid balances up to date.
5. Any balance resulting from failure to fulfill a payment may be subject to interest charges.

I understand my membership is not transferable. I understand the JCC is not responsible for any injuries I may receive on the JCC premises. I give permission for photographs and video taken for the JCC to be used in publications and publicity. I understand I must carry and present a JCC ID when using some JCC facilities. I am aware that facility hours are subject to change without notice.

Applicant's Signature _____ Date _____

*Co-Applicant's Signature _____ Date _____

*Parent Signature required for children under 18 years of age.

information

Main Number: (203) 387-2522
Membership: (203) 387-2522 x223
Fax: (203) 387-1818
e-mail: membership@jccnh.org
www.jccnh.org
www.facebook.com/JCCofGNH
htwitter.com/JCCofGNH
www.youtube.com/user/JCCGreaterNewHaven
instagram.com/jcc_gnh

Location
Jewish Community Center of Greater New Haven
360 Amity Road, Woodbridge, CT 06525
(203) 387-2522 • fax (203) 387-1818 • jccnh.org
email: membership@jccnh.org

Directions
Take exit 59 off the Merritt Parkway (Rte 15). At end of ramp, turn left onto Rte 69. Take first left (at light) onto Lucy St. At light, take right onto Amity Rd. Go to 2nd light. Turn left into JCC Campus.

Refund Policy
Fees for classes that we cancel due to inadequate enrollment will be refunded in full. We try to provide make-up classes for cancelled sessions. No refunds or credits for missed classes.

Accessibility
The JCC building and pool are wheelchair accessible.

Inclement Weather
Call (203) 387-2522 or tune to WTNH Channel 8 for information on closings. For safety, the pool will close temporarily if an electrical storm is directly overhead.

Be in the Know!
Get up-to-the-minute building closings and emergency updates. Easy! Just text **follow jccnhalerts** to 40404.

Guests
Guests are welcome and must be accompanied by a JCC member. Contact the Membership Office for passes and prices. x223

Babysitting
The JCC offers drop-in babysitting for children 3 months-6 years old. **You must be onsite to use this service.** Call x227 for hours and fees.

Jewish Community Library
Books, DVDs, CDs, and periodicals on Jewish subjects for adults and children of all ages. Open to the entire community. Call x330 for seasonal hours.

Transportation
The CT Transit B/JCC/Whalley Avenue bus makes 18 stops at the JCC, For details, call (203) 624-0151.

Financial Assistance
No one is denied the opportunity to apply for JCC membership because of inability to pay. To ask about financial aid, contact our membership office at (203) 387-2522 x223.

Volunteer Opportunities
Volunteers play a key role at the JCC. If you would like to join one of our committees, please call Shelley at (203) 387-2522 x206.

JCC Board of Directors
Bob Felice, *President*
Scott Hurwitz, Esq., *Vice President*
Paul Portnoy, *Treasurer*
Steve Miller, *Past President*

Board Members:

James Brownstein
Fred Ginsberg
Jessica Halprin, Esq.
Dr. Sharon Hasbani
Howard Hornreich
Adam Horowitz
Cynthia Kane
Paul Portnoy
Charles Rosenay
Sherry Rothman
Suzanne Santos
Jessica Savik
David Sirowich
Jeffrey Sklarz, Esq.
Clifford Skolnick
Rebecca Tishkoff
Judi Young

Camp Lay Chair: Sherry Rothman
Advises on policies and plans programs.

Fitness Lay Chair: Bob Felice
Addresses issues pertaining to the fitness room, health and physical education areas.

Yeladim Committee Lay Chair: Jessica Halprin
Goals are family events and fundraising.

Yom Hashoah Lay Chair: Fay Sheppard
Plans Holocaust Remembrance Day Commemoration and educational opportunities.

Facilities Lay Chair: Fred Ginsberg
Advises on upkeep and improvements to the JCC building.

JCC of greater new haven

registration

Online

Begins 8/18 (8/25 for non-members). Most classes are available for online registration.
Follow the instructions on our website **jccnh.org**.

By Mail or Fax

Mail registration and payment to JCC of Greater New Haven, 360 Amity Rd., Woodbridge, CT 06525 or
Fax registration with credit card information to **(203) 387-1818**

In Person

Beginning 8/18, Registrar's Office, 9:30am-3:30pm or drop off with payment at the Reception Desk. Pay by cash, checks, Visa, MC, AMEX, and Discover **Full or secured payment required at time of registration**. Non-member registration begins 8/25 (registration received before 8/25 will be placed on waiting list)

❑ JCC member* ❑ Non-member Name _____ ❑ M ❑ F

Address _____

City/State/Zip _____ Email _____

Home Phone _____ Cell Phone _____

Participant 1 Name_____ Birthdate _____

Code Class/Program Day Time Fee

_____

_____

Participant 2 Name_____ Birthdate _____

Code Class/Program Day Time Fee

_____

_____

Payment: ❑ Check ❑ Card # _____ Exp. Date _____

Signature _____ Date _____ Total Due _____

**To be eligible for a member fee, your membership must be current throughout the duration of the class.*

I give permission for photos of my child that are taken during JCC programs to be used by the JCC for publicity and web advertising, social networking sites or publications. I understand that there will be no fee reduction or reimbursement for absences from scheduled programs. I hearby release and hold harmless the JCC, its officers,directors and employees from any claims, loss and liability relating to injury, illness or death which may arise from participating in any JCC program.
*Name or Parent/Guardian:*_____ *Date*_____ *Signature*_____

JCC of Greater New Haven
Beckerman/Lender Building
360 Amity Rd.,
Woodbridge, CT 06484

Non-Profit Org.
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New Haven, CT
Permit #648