

New J. New day.

Spring 2018 Program Guide



- Membership**
- Aquatics**
- Fitness**
- Sports & Recreation**
- Children & Youth**
- Adult Enrichment**
- Cultural Arts**



KEY STAFF



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SPRING HOURS

MAIN BUILDING

Monday-Thursday:

5:30 a.m. - 10 p.m.

Friday:

5:30 a.m. - 5 p.m.

Saturday:

7 a.m. - 4 p.m.

Sunday:

7 a.m. - 6 p.m.

POOL

Monday-Thursday:

5:30 a.m. - 9:45 p.m.

Friday:

5:30 a.m. - 4:45 p.m.

Saturday:

7 a.m. - 4 p.m.

Sunday:

7 a.m. - 6 p.m.

SUMMER HOURS (BEGINNING JUNE 8, 2018)

MAIN BUILDING

Monday-Thursday:

5:30 a.m. - 9 p.m.

Friday:

5:30 a.m. - 7 p.m.

Saturday:

7 a.m. - 2 p.m.

Sunday:

7 a.m. - 2 p.m.

POOL

Monday-Thursday:

5:30 a.m. - 8:45 p.m.

Friday:

5:30 a.m. - 6:45 p.m.

Saturday:

7 a.m. - 2 p.m.

Sunday:

7 a.m. - 2 p.m.

WELCOME

Dear Members and Friends,

It is not every day that we can say welcome home with so much meaning. After a long period of 'exile' and then construction, we can finally enjoy our beautiful and improved community building. I am excited by the promise of the new spaces and services that we have been able to add to our already wonderful activities.

The spring season brings us a fresh start. I invite you to savor everything that's new at the J or new to your routine. Climb, think, swim, make, jump, tinker, swing, learn, stretch, push, rejuvenate... the possibilities are endless. Take advantage of our top-of-the-line Schwinn Indoor Cycles, play in our multi-purpose Beckerman Gym, rejuvenate in the Spa, visit the Hoos Family Art Gallery, meet other families with young children at the Fleischman Family Center, build at the MakerSpace, soar to new heights at the Rothberg Family Climbing Wall, catch up on work at the Cube (a JCC co-working space), and meet up with friends at Café 360. Our vision has come to life.

All of these offerings have been made possible by the generosity of a few donors. We have now launched a Community Capital Campaign for our enhanced campus to meet the demand for this enriched programming. Please join us and give generously. Contact Amy Holtz, Development Director, at (203)387-2424 X254 or at aholtz@jewishnewhaven.org.

Best,



Scott Cohen
Executive Director
JCC of Greater New Haven



HOLIDAY HOURS

EREV PASSOVER

Friday, 3/30/18

Early Close 3 p.m.

1ST DAY OF PASSOVER

Saturday, 3/31/18

Closed

2ND DAY OF PASSOVER

Sunday, 4/1/18

Regular Hours

EREV 7TH DAY OF PASSOVER

Thursday, 4/5/18

Early Close 5 p.m.

7TH DAY OF PASSOVER

Friday, 4/6/18

Closed

8TH DAY OF PASSOVER

Saturday, 4/7/18

Regular Hours

EREV SHAVUOT

Saturday, 5/19/18

Regular Hours

1ST DAY OF SHAVUOT

Sunday, 5/20/18

Closed

2ND DAY OF SHAVUOT

Monday, 5/21/18

Regular Hours

MEMORIAL DAY

Monday, 5/28/18

Open 8 a.m. - 12 p.m.

INDEPENDENCE DAY

Wednesday, 7/4/18

Open 8 a.m. - 12 p.m.



Membership Rates

Family.....	\$79/mo.
Single parent.....	\$53/mo.
Adults 26+.....	\$44/mo.
Adult Couple.....	\$71/mo.
Young adult age 13-25.....	\$27/mo.
Senior age 65+.....	\$41/mo.
Senior couple.....	\$62/mo.

Cultural Arts Ticket Information

ONLINE

jccnh.org/rsvp

PHONE

(203) 387-2424 x228 for Grace Koo

IN-PERSON

On-site ticket sales begin 30 minutes before event

DISCOUNTS

MEMBER PRICING

All members of the JCC of Greater New Haven are eligible for member ticket pricing for the number of active memberships only. Individuals who have expired memberships are not eligible.

GROUP SALES

Groups of 10 or more should contact Grace Koo in the Program Department at (203) 387-2424 x228 for discount pricing.

MEMBERSHIP INCLUDES:

- Fitness center
- Weight room
- Indoor swimming pool
- MakerSpace
- Climbing wall
- Business center
- Two full-size basketball courts
- Three racquetball courts
- Indoor cycling
- Group exercise
- Locker rooms
- Family changing room
- Babysitting available
- Playscape
- 54 wooded acres interspersed with nature trails
- Sports field
- Member pricing for JCC events & programs





FINE COFFEE

Café 360

MARKETPLACE

Café 360, in the heart of the Jewish community building, boasts a fresh modern decor, enhanced LED lighting, upgraded WiFi and a large open space with plenty of comfortable seating. We proudly brew Willoughby's Coffee and teas, and all offerings are strictly kosher, to ensure that everyone in our community feels welcome. Café 360 also provides catering and the JCC is available to rent for special events and meetings.



JCC
OF GREATER NEW HAVEN

jccnh.org

Re-opening Spring 2018



JCC
OF GREATER NEW HAVEN
Spa at the J

Our renovated, beautifully appointed Spa at the J will offer a unique, revitalizing experience. **Every session is uniquely tailored to the client, to promote a healthy body and mind. All treatment specialists are licensed, experienced and committed to the broad picture of health and wellness.** All services include sauna, steam room, whirlpool, shower facilities and use of our Day Spa amenities.

Contact susand@jccnh.org for more info.

SPA SERVICES:

- Massage Therapies
- Body Treatments
- Facial Therapies
- Reflexology

Convenient & Economical
Discounts apply to JCC Members





AQUATICS



SWIM WITH ME

Designed to meet the needs of infants and toddlers 6-42 months. Explore water, body awareness, coordination and safety through games, songs and repetition. Children must wear swim diapers—no disposables, please! Parent/adult accompaniment required.

BUBBLERS

For graduates of our Swim with Me or first-time swimmers who are ready to work independently. Children will continue with swim-readiness activities such as blowing bubbles, putting face

in water, floating, kicking and proper arm motion.

STARFISH (LEVEL 1)

Water exploration for the beginner swimmer. A safe and fun environment where the child will be introduced to floating, kicking, bubble-blowing, submerging face in water, using the barbell to kick on their front and back, alternate arm motion, and more. Must have completed Bubblers or had evaluation.

MINNOW (LEVEL 2)

Students learn to float without

support and recover to vertical position. This level marks the beginning of true locomotion skills and adds to self-confidence in the water. They are working on early freestyle, backstroke and rotary breathing.

STINGRAY (LEVEL 3)

This class builds on skills from Level 2 through additional guided practice in deeper water. This class will build on freestyle, backstroke and endurance, as well as developing the backstroke, breast stroke, rotary breathing, treading water and lap swimming.



JCC Blue Marlins Swim Team

Register online | jccnh.org/programguide

Class	Age	Day(s)	Times	Dates	*Member Community
Blue Marlins Swim Team	6-18	Mon. Tues. Thurs.	5:30-7 p.m.	4/2-5/31*	M: \$200 C: \$250

Meet schedule will be distributed at start of season. New participants: contact Amy @ Amyk@jccnh.org, (203) 387-2424 x270 for placement. Fees will be pro-rated based on start date. *EXCLUSION DATES: 4/16, 4/17, 4/19, 5/21, 5/28

JCC Aquatics | Adults

Register online | jccnh.org/programguide

Class	Age	Day	Times	Dates	Member Community
WATER EXERCISE**					
Water Aerobics	16+	Mon.	9-9:45 a.m.	Ongoing	Members only
Water Aerobics	16+	Mon.	4:30-5:15 p.m.	Ongoing	Members only
Classic Water Aerobics	16+	Tues.	9-9:45 a.m.	Ongoing	Members only
Combo shallow/deep	16+	Wed.	9-9:45 a.m.	Ongoing	Members only
Combo shallow/deep	16+	Wed.	5-5:45 p.m.	Ongoing	Members only
Yoga/Tai Chi & Pilates	16+	Thurs.	9-9:45 a.m.	Ongoing	Members only
Water Aerobics/Interval Training	16+	Fri.	9-9:45 a.m.	Ongoing	Members only

**To schedule aquatic personal training, contact Susan Donovan, susand@jccnh.org, (203) 387-2424 x265

JCC Aquatics | Youth

Register online | jccnh.org/programguide

Class	Age	Day	Times	Dates	Member Community	Code
SWIM WITH ME						
	6 mos.-3½	Sun.	11:30 a.m.-12 p.m.	4/8 - 6/10*	M: \$96 C: \$159	AQ3100
	6 mos.-3½	Tues.	11-11:30 a.m.	4/3 - 6/12*	M: \$120 C: \$199	AQ3300
	6 mos.-3½	Sat.	10:30-11 a.m.	3/10 - 4/21*	M: \$72 C: \$119	AQ3700
BUBBLERS						
	3-5	Sun.	12-12:30 p.m.	4/8 - 6/10*	M: \$96 C: \$159	AQ3102
	3-5	Sun.	12:30-1 p.m.	4/8 - 6/10*	M: \$96 C: \$159	AQ3103
	3-5	Tues.	4-4:30 p.m.	4/3-6/12*	M: \$120 C: \$199	AQ3301
	3-5	Thurs.	3:45-4:15 p.m.	4/5-6/14*	M: \$120 C: \$199	AQ3500
	3-5	Thurs.	4:15-4:45 p.m.	4/5-6/14*	M: \$120 C: \$199	AQ3501
	3-5	Sat.	10-10:30 a.m.	3/10-4/21*	M: \$72 C: \$119	AQ3701
	3-5	Sat.	11-11:30 a.m.	3/10-4/21*	M: \$72 C: \$119	AQ3702
STARFISH (LEVEL 1)						
	3½-6	Sun.	12-12:30 p.m.	4/8-6/10*	M: \$96 C: \$159	AQ3104
	3½-6	Sun.	12:30-1 p.m.	4/8-6/10*	M: \$96 C: \$159	AQ3105
	3½-6	Sun.	1-1:30 p.m.	4/8-6/10*	M: \$96 C: \$159	AQ3106
	3½-6	Tues.	4:30-5 p.m.	4/3-6/12*	M: \$120 C: \$199	AQ3302
	3½-6	Thurs.	4:15-4:45 p.m.	4/5-6/14	M: \$120 C: \$199	AQ3502
	3½-6	Thurs.	4:45-5:15 p.m.	4/5-6/14	M: \$120 C: \$199	AQ3503
MINNOW (LEVEL 2)						
	5-8	Sun.	12-12:30 p.m.	4/8-6/10*	M: \$96 C: \$159	AQ3107
	5-8	Sun.	12:30-1 p.m.	4/8-6/10*	M: \$96 C: \$159	AQ3111
	5-8	Sun.	1-1:30 p.m.	4/8-6/10*	M: \$96 C: \$159	AQ3108
	5-8	Tue.	4:30-5 p.m.	4/3-6/12*	M: \$120 C: \$199	AQ3303
	5-8	Thurs.	4:15-4:45 p.m.	4/5-6/14*	M: \$120 C: \$199	AQ3504
	5-8	Thurs.	4:45-5:15 p.m.	4/5-6/14*	M: \$120 C: \$199	AQ3305
STINGRAY (LEVEL 3)						
	7-10	Sun.	1-1:30 p.m.	4/8-6/10*	M: \$96 C: \$159	AQ3110
	7-10	Tues.	4:30-5 p.m.	4/3-6/12	M: \$120 C: \$199	AQ3304
	7-10	Thurs.	4:45-5:15 p.m.	4/5-6/14	M: \$120 C: \$199	AQ3506

*No classes 3/31, 4/17, 4/19, 5/20, 5/21 and 5/27. New students above Bubblers level must arrange evaluations. Contact AmyK@jccnh.org, (203) 387-2424 x270.



FITNESS



ADVOCATE
★ BEST ★
OF
NEW HAVEN™
READERS' POLL
2014

CTNOW
★ BEST ★
OF
NEW HAVEN
READERS' POLL
2015

CTNOW
★ BEST ★
OF
NEW HAVEN™
READERS' POLL
2016

CTNOW
★ BEST ★
OF
NEW HAVEN™
READERS' POLL
2017

PERSONAL TRAINING TRY-PACK

New to personal training? This Intro package is a great way to start.

TRX SUSPENSION TRAINING

Suspension training with straps suspended from a frame offers functional bodyweight training.

CROSS CORE SUSPENSION TRAINING

Suspension training on a whole new level! Using straps suspended above the users head the Cross Core unit has an additional pulley wheel to add another dimension to body weight and core training. Rotation. This specialized training is offered to take your body to the ultimate in core, strength and flexibility. All levels welcome.

BOOT CAMPS

No-nonsense training with intense drills for strength and cardio conditioning in military-style format with gentle movement to relieve chronic pain.

MUAY THAI KICK BOXING

A traditional Thai boxing protocol of striking and kicking, Thailand's treasure and national sport offers intense cardio, strength and endurance training. All levels welcome.

KRAV MAGA

Means "contact combat" in Hebrew. Israeli self defense is a simple, aggressive, easy-to-learn and easy-to-remember system of self-defense. A great workout. All levels and ages welcome.

MELT™

Erase pain and tension brought on by everyday stress with this self treatment using small balls and firm rollers. Contact: susand@jccnh.org

ORTHOPEDIC MASSAGE

Fully clothed, this gentle, hands-on manipulation will help relieve your pain and leave your joints more mobile. Contact: susand@jccnh.org

TRIGGER POINT & ASSISTED FOCUSED FLEXIBILITY

An assisted, integrated flexibility program that incorporates PNF stretches with gentle trigger point releases in combination with alignment and corrective exercise techniques. Contact jackieh@jccnh.org

PAIN-FREE POSTURAL ALIGNMENT THERAPY

A non-medical therapeutic process which involves a series of gentle functionally based exercises and

stretches designed to work with the deeper causes of musculoskeletal pain. Certified PAS Specialist, trained by the Egoscue™ Clinic, Alan Franzi. Contact: alanf@jccnh.org

PAIN-FREE PLUS

Economically priced, small group program uncovers postural misalignments as the root cause of pain and brings the body back into balance and out of pain. Certified PAS Specialist, trained by the Egoscue™ Clinic, Alan Franzi. Contact: alanf@jccnh.org

TRIATHALON/ATHLETIC TRAINING

Bike longer, run faster & swim stronger! Whether you're training for a competition or just want to ramp up your workouts, this program meets 2x per week under the guidance of Coach Beth. Contact bethh@jccnh.org for details.

NEW MINI-WELLNESS RETREAT

The Mindful Playground Experience is a mini-wellness retreat at the JCC! Join Stacey Battat, MA, educator, play professional, and Kim Ruggiero, MA, transformational coach & certified meditation facilitator, on a journey to creating a life of more mindful awareness and playful joy!

Class	Age	Day	Times	Dates	Member Community
PERSONAL TRAINING TRY-PACK					
Strength Conditioning / Sports Specific / Pre-Natal / Post Rehab/ Aquatic / Lifestyle Coaching	13+	Varies	Varies	Ongoing	M: 3 Sessions: \$180 Other packages can be found at jccnh.org
SMALL GROUP COACHING PROGRAMS					
TRX Suspension Training / Cross Core Suspension Training / Boot Camps / Trigger Point Small Group	16+	Varies	Varies	Ongoing	M: 4 Sessions: \$64 M: 12 Sessions: \$180 M: 20 Sessions: \$280
Muay Thai Kick Boxing	16+	Varies	Varies	Ongoing	(Private and Small Groups) Email for pricing: Beth Lopez neurons4@comcast.net
Krav Maga	16+	Tues.	7:15-8:30 p.m.	Ongoing	
PAIN-FREE FITNESS					
Melt™	16+	Wed.	10-10:45 a.m. Intro 9-9:45 a.m. Level 2	3/28-4/18	4 Sessions M: \$60 / C: \$80
Orthopedic Massage	16+	Varies	Varies	Ongoing	Call for pricing
Trigger Point Assisted Stretching	16+	Varies	Varies	Ongoing	Call for pricing
Posture Alignment Therapy	16+	Varies	Varies	Ongoing	Call for pricing
Pain-Free Plus	16+	Fri.	10-11:30 a.m.	4 Wks/TBA	M: \$99 / C: \$129
NEW Pilates Reformer Training (pg. 10)	16+	Varies	Varies	Ongoing	6 Sessions/ \$450
NUTRITION UPGRADE PROGRAMS					
NEW Spring Weight Loss Challenge (pg. 11)	16*	Varies	Varies	4/5-5/19	M: \$299 / C: \$349
WALK, RUN, SWIM, LIVE!					
NEW Guided Walking Tour (pg. 10)	16+	Sun. & Wed.	11 a.m.-12 p.m.	4/22 & 4/25	FREE
Triathlon/Athletic Training	16+	Tues & Thurs.	6:30-8 p.m.	5/1-6/7	\$180
NEW Mini-Wellness Retreat	Adults	Sun.	1:30-5 p.m.	Ongoing	M: \$55 / C: \$60

FREE GROUP EXERCISE CLASSES FOR JCC MEMBERS

Taught by certified, experienced instructors. Schedule and class descriptions online at jccnh.org.



ZUMBA
TOTAL BODY CONDITIONING
MUSCLE CHALLENGE
STEP & STRENGTH
NIA CARDIO DANCE
YOGA BASICS
KRIPALU YOGA
VINYASA YOGA
HATHA YOGA
PAIN-FREE POSTURE YOGA
PILATES MAT
FUNCTIONAL PILATES

TAI CHI
BARRE FUSION
BARRE AMPED
LENGTHEN & STRENGTHEN
DRUM-FIT™
SILVER SNEAKERS™
SILVER SNEAKERS BOOMER
BLAST™
MOBILITY IMPAIRED
(offered off-site)
INDOOR CYCLING
Schwinn Indoor Bikes
with upgraded computer consoles

NEW PILATES REFORMER TRAINING—BEYOND THE MAT

A popular piece of Pilates apparatus, the Reformer bed with its variety of attachments allows a variety of exercises that can be done in different positions for both the seasoned Pilates student to challenge themselves and the beginner who may have limited range of motion. Pilates Reformer works from the method of lengthening and strengthening for stretching and toning, safe on the joints and challenging for the core! Private sessions available with a Certified Pilates Instructor.

FEES FOR MEMBERS:

One 50-minute session:
\$80

Six 50-minute sessions:
\$450

Contact: susand@jccnh.org
for questions.



NEW WALKING TOUR FOR JCC MEMBERS — YALE AND DOWNTOWN NEW HAVEN

fitstyle
BY SHANA

Explore downtown New Haven with this moderately paced 60-minute guided walking tour where you'll rack up 5,000 steps. You'll forget that you're even exercising as you learn more about Yale and New Haven's culture, architecture, and history. The route is stroller friendly and follows sidewalks and paved walkways. Free parking provided. Registration required at jccnh.org/walk. Contact: susand@jccnh.org for questions.





JCC
OF GREATER NEW HAVEN



SPRING WEIGHT LOSS CHALLENGE

April 8 – May 19

Do you want to lose weight and improve your fitness? Are you ready to get serious and commit to making a positive change?

This 6-Week Program Offers

- 3 team workouts per week to increase your overall fitness
- Simple nutrition strategies to improve your eating habits
- Skill building for a healthy lifestyle
- Weekly weigh-in
- Motivation, guidance, camaraderie

Zombie Team: Tuesdays & Thursdays at 6 AM

Jedi Team: Tuesdays and Thursdays at 6 PM

Titan Team: Mondays & Wednesdays 5:30-6:30 PM

(for new or returning exercisers who need to modify their workouts)

Sundays 8-9 AM: All team workout

Sundays 9-10 AM: Weigh-in and nutrition/lifestyle workshop

Recognition will be given for most weight loss, body comp changes, inches lost, strength and fitness improvements.

To qualify for team placement, fill out the questionnaire online at jccnh.org. For more information, contact susand@jccnh.org or jessc@jccnh.org. Payment upon acceptance.

Member: \$299 | Non-Member: \$349



SPORTS & RECREATION



YOUTH

PEE WEE SPORTS

Introduction to a variety of sports such as basketball, volleyball, soccer and t-ball in a fun environment. Focuses on sportsmanship and teamwork, hand-eye coordination and agility.

TINY TOTS TENNIS

Introduction to tennis for young children, emphasizing fun. Size-appropriate equipment provided. Helps develop hand-eye coordination and flexibility.



NEW HAPPYFEET® SOCCER

HappyFeet is a nationally recognized program, which uses a unique, educational, and age-appropriate curriculum with a soccer ball, to promote an active lifestyle.

As children acquire physical skills, they build confidence that applies to other sports and to life in general.

NEW FLOOR HOCKEY

New to the JCC! Our new gym floor enables us to bring in sports like Floor



Hockey, which will be held on Thursday afternoons after school for children in grades 3-5. An emphasis will be placed on sportsmanship, teamwork and fun.

SPRING YOUTH BASKETBALL LEAGUE

Intramural mini-league. Teams will play weekly against each other. Five weeks followed by a week of playoffs.

ADULT MEN'S BASKETBALL LEAGUES

Fun, competitive league for all levels and abilities, ages 18+ and ages 35+. Certified high school officials. Join with a team or individually. League schedule will be distributed prior to first game. Contact allang@jccnh.org

PICKLEBALL ADULT LEAGUES

A paddle sport for adults with various skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced,

competitive game for experienced players.

NEW CLIMBING WALL ADULT CHALLENGE COURSE

Small group of adults will learn about the safety of the wall and practice belaying. The first class you will be certified in belaying. Each individual will try the different courses and will be challenged every time.

KIDS CLIMB CHALLENGE

Small groups of supervised fun. Each week there will be a different challenge for your child. They will learn about safety and how to complete challenges.

SAFETY COURSE

If you are 18 plus and want to learn how to belay, this is the class for you. It is recommended if you are going to climb on a regular basis during free climb.

PARENT/CHILD FUN

This class will be held in the climbing wall room. There will be singing, obstacles and rock wall challenges that are age appropriate. Come meet other parents and have some fun.

OPEN CLIMB

Supervised free time for adults or families to enjoy the climbing wall.

SPORT & RECREATION CLASSES

Register online | jccnh.org/programguide

Class	Age	Day	Times	Dates	Member Community	Code
YOUTH						
Pee Wee Sports	3½-5	Thurs.	1-1:45 p.m.	4/5 - 6/14*	M: \$140 C: \$210	PE3500
Tiny Tots Tennis	3½-5	Wed.	1-1:45 p.m.	4/4 - 6/13*	M: \$140 C: \$210	PE3400
Spring Youth Basketball	GR 4-6	Sun.	10 a.m.-12 p.m.	4/8 - 5/13*	M: \$36 + Woodbridge & Bethany Residents C: \$60	
Spring High School Basketball	GR 9-12	Sun.	10 a.m.-12 p.m.	4/8-5/13*	M: \$40 C: \$60	
NEW HappyFeet® Soccer	GR K-4	Tues	4:30-5:30 p.m.	4/3-6/12*	M: \$85 Afterschool: \$65 C: \$100	
NEW HappyFeet® Soccer	2-5	Sun.	1-2 p.m.	4/8-6/10*	M: \$85 C: \$100	PE3100
Muay Thai	14-18	Mon.	5-6 p.m.	4/2-6/12*		PE3200
NEW Floor Hockey	GR 3-5	Thurs.	4:15-5:15 p.m.	4/5-6/11*	M: \$60 Afterschool: \$40 C: \$75	PE3501
ADULT BASKETBALL						
Men's 18+ Basketball	18+	Mon. Thurs.	6:30-10 p.m.	5/25-July*	M: \$60 C: \$120	PE3550
Synagogue 18+ Basketball	18+	Sun.	9-11 a.m.	TBA		PE3151
Men's 35+ Basketball	35+	Wed.	6:30-10 p.m.	4/25-July*	M: \$75 C: \$150	PE3452
Crosscourt 45+ Basketball	45+	Sun.	9-11 a.m.	TBA		PE3150
PICKLEBALL						
Pickleball Drop-in	18+	Tues.	10 a.m.-12 p.m.	4/3-4/24*	M: FREE C: \$15/visit	PE2351
Pickleball League	18+	Thurs.	10 a.m.-12 p.m.	4/5-4/26*	M: \$10 C: \$20	PE2551
NEW CLIMBING WALL						
Adult Challenge Course	18+	Sun.	9-10 a.m.	4/8-5/6*	M: \$135 C: \$155	PE3152
Open Climb	18+	Sun.	10 a.m.-12 p.m.	Ongoing	M: FREE C: \$15	
Kids Climb Challenge	GR 2-6	Sun.	1-2 p.m.	4/8-5/6*	M: \$135 C: \$155	PE3101
Open Climb	Families	Sun.	2-3:30 p.m.	Ongoing	M: FREE C: \$15	
Adult Challenge Course	18+	Tues.	7-8 a.m.	4/3-5/8	M: \$135 C: \$155	PE3350
Safety Course	18+	Tues.	8-9 a.m.	Ongoing starting 4/3	M: \$25 C: \$35	
Adult Challenge Course	18+	Tues.	9-10 a.m.	4/3-5/8	M: \$135 C: \$155	PE3351
Parent/Child Fun	2-4	Tues.	10-10:45 a.m.		M: \$135 C: \$155	PE3300
Kids Climb Challenge	GR 2-6	Wed.	4:15-5 p.m.	Ongoing	M: \$135 C: \$155	PE3401
Open Climb	All Ages	Wed.	5-6:30 p.m.	Ongoing	M: FREE C: \$15	
Adult Challenge Course	18+	Wed.	6:30-7:30 p.m.	4/4-5/9	M: \$135 C: \$155	
Safety Course	18+	Wed.	7-8:30 p.m.	Ongoing starting 4/4	M: \$25 C: \$35	
Open Climb	All Ages	Sat.	8-9:30 p.m.	Ongoing	M: FREE C: \$15	
Parent/Child Fun	2-4	Sat.	9:30-10:15 a.m.	4/7-5/5	M: \$135 C: \$155	PE3700

*No classes 4/16-19, 5/20, 5/27 and 5/28.



CHILDREN & YOUTH



NEW STICKY FINGERS

Dress for a mess! Join us for hands-on food fun with your toddler.

TOUCH-A-TRUCK

Join us for the JCC's annual Family Fun Day featuring Touch-A-Truck! Climb and explore dozens of vehicles, play in the bounce house, dance to the DJ, make crafts, and more. Free admission for Touch-A-Truck with free and fee-based activities available. Food available for purchase.

NEW IN THE MAKERSPACE

LITTLE SCIENTISTS®

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

WEDNESDAY CRAFTERNOONS

Time to get crafty! Students will work with high-quality materials to complete a different craft each week to take home. Held at the JCC's MakerSpace.

NEW FAMILY GARDEN PROJECT

Join us in the new JCC MakerSpace for a family woodworking project to build your own garden planter. Take it home and begin your garden!

NEW INTRODUCTION TO WOODWORKING

Join us for an introductory woodworking class which will utilize the new JCC MakerSpace; an area that allows users to explore, build, and tinker with a variety of materials. Students will construct pre-cut wood projects. Learn elementary woodworking skills such as sanding, gluing, hammering and nailing. Bring your project home with pride.

NEW FAMILY MAKER CHALLENGE

Join us in the new JCC MakerSpace for a family workshop incorporating problem-solving with a fun design activity. Bring your creative hats and your good sportsmanship.

VACATION PROGRAMS

Fun-filled themed days with swimming, gym, outdoor time, arts and crafts, cooking, games and more. We provide all day care (9 a.m. - 4 p.m.) with optional am and pm care available most days.



FAMILY ISRAEL CELEBRATION

Join us as we celebrate Israel's 70th birthday, Israeli style! Families are invited for Israeli dancing, music, games, and dinner!

SPRINGTIME FUN AT MASSARO FARM

Join us for springtime adventure! We will be exploring the farm, looking for signs of spring along the nature trail, and returning to the learning garden for a hands-on craft for kids! Pack a lunch to enjoy out in the learning garden after our activity is finished.

NEW INTERGENERATIONAL STORYTIME & SONGS

Join seniors attending the Senior Youth Fair and JCC Kindergarten for this storytime and some songs about kids and grandparents! For ages 3-5

NEW HANDS-ON DRUMMING WITH CRAIG NORTON

Be taken on a musical journey, playing songs from around the globe, creating rhythms, taking turns leading and experiencing movement and dance.

Contact Stacey Battat, (203) 387-2424 x317, pjlibrary@jewishnewhaven.org

CHILDREN/YOUTH CLASSES

Register online | jccnh.org/programguide

Class	Age	Day	Times	Dates	Member Community	Code	Location
NEW Sticky Fingers	2-4	Fri.	10-11 a.m.	4/13, 5/11, 6/8	M: \$5 C: \$5	EC3200	JCC, Community Room
ANNUAL Touch-A-Truck	2-10	Sun.	11 a.m.-2 p.m.	6/3	M: FREE C: FREE	FM3400	JCC, Parking Lot

PJ LIBRARY PROGRAMS

NEW PJ Library Hands-On Drumming 4 Israel	3-5 5-7	Mon.	1-1:30 p.m. 1:30-2 p.m.	4/16	\$5 Donation	—	JCC, Fitness
PJ Library Family Israel Celebration	2-7	Thurs.	5-6:30 p.m.	4/19	M: FREE C: FREE	—	JCC, Auditorium
PJ Library Springtime Fun at Massaro Farm	6+	Sun.	10 a.m.-12 p.m.	5/6	M: \$12/\$24 Family C: \$15/\$30 Family	—	Massaro Farm, Woodbridge
NEW Intergenerational Storytime & Songs with PJ Library	3-5	Wed.	11:30 a.m.-12 p.m.	5/16	M: FREE C: FREE	—	JCC, Library

NEW IN THE MAKERSPACE

Little Scientists®	3 1/2-5	Mon.	1-1:45 p.m.	4/9-6/11	M: \$200 C: \$250		JCC, MakerSpace
NEW Wednesday Crafternoons	GR 2-5	Wed.	4-5 p.m.	5/2-5/30	M: \$75 C: \$85		JCC, MakerSpace
NEW Family Garden Project	GR 2+	Sun.	12-1:30 p.m.	4/22	M: \$35 C: \$15/\$45		JCC, MakerSpace
NEW Introduction to Woodworking	GR 2-6	Mon.	4:15-5:15 p.m.	4/2-4/30	M: \$160 C: \$175		JCC, MakerSpace
NEW Family Maker Challenge	GR 2+ w/ parents	Mon.	5:30-6:30 p.m.	4/9	M: FREE C: \$15		JCC, MakerSpace
NEW Introduction to Coding	GR 1-2	Thurs.	4:15-5 p.m.	4/5-5/31	M: \$200 C: \$250		JCC, MakerSpace
NEW Coding Club	GR 3-8	Thurs.	5:15-6 p.m.	4/5-5/31	M: \$200 C: \$250		JCC, MakerSpace

SCHOOL VACATION PROGRAMS

Vacation Program	5-13	Mon.	7 a.m.-6 p.m.	4/16	Afterschool/ Kids Klub: \$47 M: \$57 C: \$67		JCC, Community Room
Vacation Program		Tues.		4/17			
Vacation Program		Wed.		4/18			
Vacation Program		Thurs		4/19			
Vacation Program		Fri.		4/20			

NEW IN THE MAKERSPACE

INTRODUCTION TO CODING

Students will learn how computers work, how to design simple block coding, and basic coding to control a robot. Students will work cooperatively on scientific and engineering investigations that build problem solving and critical thinking skills. Grades 1-2

CODING CLUB

Ever wonder how to code or how to build a computer game? Answers to these and other computer science-based questions will be explored with the Little Scientists Coding Club. Students will program robots and learn important scientific skills such as problem solving and critical thinking. Students will work at their own levels on programs including: Lego Mindstorms, Scratch, JavaScript, Minecraft, Swift Playgrounds, Alice, Py, and C++. They will work on developing apps, video games and web sites. Grades 3-8





ADULTS



NEW THE BIG READ

The JCC of Greater New Haven and the Woodbridge Town Library are proud to be part of the International Festival of Arts & Idea's "Big Read" initiative, featuring Claudia Rankine's book, "Citizen: An American Lyric," made possible by the National Endowment for the Arts.

NEW SENIOR HEALTH FAIR

Health offerings and wellness screenings for senior citizens. Hosted by New England Young at Heart.

BRUSH & BORDEAUX

Create art from the heart through an evening of guided painting instruction with Tracy Lennon. Grab a paintbrush and a glass of wine, and let your creativity do the rest! Registration includes painting materials, wine, and light hors d'oeuvres.

NEW BAKE LIKE BUBBE BAKING SERIES

Join balabusta Shelley Gans in the kitchen to learn how to make these delicious Jewish classics:
May 10 Challah
May 17 Rugelach
May 24 Chocolate Babka
May 31 Mandelbrot & Apple cake

BETWEEN THE LINES BOOK CLUB

Join us for a casual discussion on great books! Meets monthly.

MEDITERRANEAN MEALS COOKING SERIES

Local chef Revi Bellin brings you a culinary experience you don't want to miss! Learn how to make dishes from Israel, Morocco, Spain, and France.

NEW JOURNEY OF LIFE: CAREGIVER SERIES

The Caregiver Series aims to assist those who may need some guidance in taking care of their aging parents during a time when their children may still need assistance too.

DANCING AT THE JCC: SALSA NIGHT

Join us for a night of beginners' Salsa instruction with Alisa's House of Salsa! All are welcome, with or without a partner. Admission includes instruction, food and beverages.

GRILL N CHILL

Join us on the JCC Terrace at 360 Amity Road for our FREE Summer Music Series. Tasty kosher BBQ for purchase by Abel Caterers.

NEW IN THE MAKERSPACE

NEW CLAY DATE AT THE J

Play with clay! Learn how to make a set of stoneware slab bowls. Open to all skill levels. Instruction provided by Jess Ginnow from The Clay Date.

NEW WATERCOLOR FOR BEGINNERS

Come experience the art of watercolor in the JCC's new MakerSpace. Students will learn basic techniques in a relaxed setting with individual attention.

NEW WOOD PROJECTS FOR THE HOME

Build custom wood projects for your home or as a gift for someone special in the JCC's brand new MakerSpace.
5/2 bird feeder
5/9 beer/wine caddy
5/16 toolbox/garden planter
5/23 shoe mat
5/30 breadboard
Sign up for a single class or the entire series.

ADULT ENRICHMENT

Register online | jccnh.org/programguide

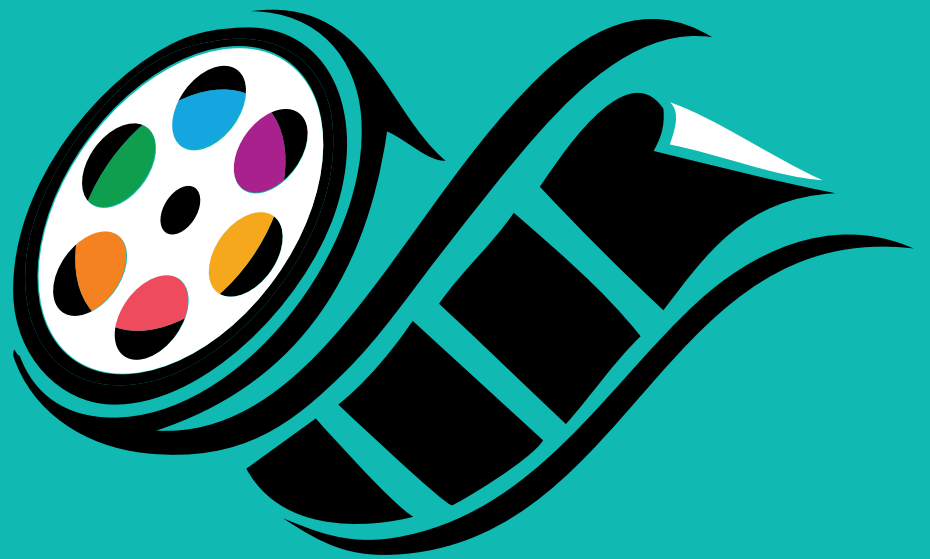
Class/Event	Age	Day(s)	Time	Dates	Member Community	Location
NEW The Big Read	Adults	Tues.	7-8:30	5/15	M: FREE C: FREE	JCC, Woodbridge
NEW Senior Health Fair	Seniors	Wed.	10 a.m.-2 p.m.	5/16	M: FREE C: FREE	JCC, Woodbridge
Brush & Bordeaux	21+	Thurs.	7-9 p.m.	5/17	M & TBD: \$35 C: \$40	Temple Beth David, Cheshire
NEW Bake Like Bubbe Baking Series	18+	Thurs.	7-9 p.m.	5/10, 17, 24, 31	M: \$50 C: \$60	JCC, Woodbridge
Between the Lines Book Club	All	T., T., Th.	6-8 p.m.	4/17, 5/14, 6/14	M: FREE C: FREE	JCC, Woodbridge
Mediterranean Meals Cooking Series	18+	Mon,	7-9 p.m.	6/4, 11, 18, 25	M: \$25/\$90 series C: \$30/\$100 series	JCC, Woodbridge
NEW Journey of Life: Caregiver Series	Adults	Thurs.	6-8 p.m.	6/21	M: FREE C: FREE	JCC, Woodbridge
Dancing at the JCC: Salsa Night	Adults	Thurs.	7-9 p.m.	6/28	M: \$30 C: \$35	JCC, Woodbridge
Grill N Chill	All	Wed.	5-8 p.m.	6/13, 6/27, 7/11, 7/25	M: FREE C: FREE	JCC, Woodbridge
NEW IN THE MAKERSPACE						
NEW Clay Date at the J	18+	Tues.	7-9 pm.	5/1, 8, 15, 22, 29	M: \$150 C: \$185	JCC, MakerSpace
NEW Watercolor for Beginners	Adults	Tues.	7-9 p.m.	6/5, 12, 18, 26	M: FREE C: FREE	JCC, MakerSpace
NEW Wood Projects for the Home	Adults	Wed.	7-8:30 p.m.	5/2, 9, 16, 23, 30	M: \$65/\$300 Series C: \$85/\$400 Series	JCC MakerSpace





CULTURAL
ARTS

3rd Annual BECKERMAN JEWISH FILM SERIES



BECKERMAN JEWISH FILM SERIES

NORMAN: THE MODERATE RISE AND TRAGIC FALL OF A NEW YORK FIXER
Norman Oppenheimer is a small time operator who befriends a young politician at a low point in his life. Three years later, when the politician becomes an influential world leader, Norman's life dramatically changes for better and worse.

THE NUMBER ON GREAT-GRANDPA'S ARM

A conversation between a boy and his great-grandfather, an Auschwitz survivor, is woven with historical footage and animation to tell a heartbreaking story of Jewish life in Eastern Europe, sharing lessons from the Holocaust with a new generation.

BIG SONIA

A poignant story of generational trauma and healing, *Big Sonia* offers a laugh-out-loud, funny portrait of the power of love to triumph over bigotry. The power of truth-telling heals us all through the story of 91-year-old Sonia Warshawski: great-grandmother, business woman, and Holocaust survivor.

HEADING HOME: THE TALE OF TEAM ISRAEL

A stirring story of sports, patriotism and personal growth, *Heading Home* charts the underdog journey of Israel's national baseball team competing for the first time in the World Baseball Classic.

MONKEY BUSINESS: THE ADVENTURES OF CURIOUS GEORGE'S CREATORS

In 1940 Hans and Margaret Rey fled Paris from the Nazis by riding makeshift bicycles—a manuscript of the first *Curious George* book was one of their few possessions. As refugees in New York, they created a classic that continues to reach children everywhere.

AN ACT OF DEFIANCE

Ten political activists (including Nelson Mandela and his inner circle of black and Jewish supporters) face a possible death sentence for conspiracy to commit sabotage after they are arrested by the apartheid South African government during a raid in the town of Rivonia, 1963.

RABBI WOLFF: A GENTLEMAN BEFORE GOD

William Wolff is nearly 90 and perhaps the most unconventional rabbi in the

world. As the State Rabbi of North-East Germany but still living in England, he commutes from Heathrow to Germany each week. A Holocaust survivor, former London-based politician, and respected rabbi, Wolff is a fascinating character blessed with a tremendous "joie de vivre," who defies all conventions.

SAMMY DAVIS, JR.: I'VE GOTTA BE ME

Sammy Davis, Jr.: I've Gotta Be Me explores the life and art of a uniquely gifted entertainer whose trajectory blazed across the major flashpoints of American society from the Depression through the 1980s. Frequently bracketed by the bigotry of white America and black America, Davis was the most public black figure of his time to embrace Judaism.

WONDER WOMAN

The 2017 box-office powerhouse, and largest grossing film ever by a female director, *Wonder Woman* features Israeli action star, Gal Gadot, in the title role. Equally glamorous and comedic, Princess Diana deflects bullets and tosses armored trucks aside as she leads a team of misfit sidekicks into battle.

Class/Event	Age	Day(s)	Time	Dates	Member Community	Location
BECKERMAN JEWISH FILM SERIES						
Norman: The Moderate Rise and Tragic Fall of a New York Fixer	18+ (R)	Thurs.	6:30 p.m.	4/5	M: FREE C: FREE	Luce Hall, Yale, New Haven
The Number on Great-Grandpa's Arm	GR. 5-8	Sun.	9:30 a.m.	4/8	M: FREE C: FREE	Congregation Mishkan Israel, Hamden
Big Sonia	Ages 13+	Mon.	7 p.m.	4/16	M: \$10 C: \$10	Madison Art Cinemas, Madison
Heading Home: The Tale of Team Israel	Ages 10+	Sun.	2 p.m.	4/22	M: \$5 C: \$10	JCC, Woodbridge
Monkey Business: The Adventures of Curious George's Creators	Ages 13+	Thurs.	7 p.m.	4/26	M: FREE C: FREE	Woodbridge Town Library, Woodbridge
An Act of Defiance	Ages 13+	Sun.	6:30 p.m.	4/29	M: FREE C: FREE	Temple Beth David, Cheshire
Rabbi Wolff: A Gentleman Before God	Ages 13+	Wed.	6:30 p.m.	5/2	M: FREE C: FREE	New Haven Public Library, New Haven
Sammy Davis, Jr.: I've Gotta Be Me	Ages 13+	Sun.	10:30 a.m.	5/6	M: \$10 C: \$10	Madison Art Cinemas, Madison
Wonder Woman	Ages 13+	Tues.	7 p.m.	5/8	M: FREE C: FREE	North Haven Cinemark, North Haven

Register online | jccnh.org/filmseries



MARK YOUR CALENDARS NOW!



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Murray Lender

5K BAGEL RUN

FREE KIDS RACE • 2 MILE FAMILY FIT WALK

Sunday, Sept. 16, 2018

USATF certified course.



REGISTER AT
www.jccnh.org/events


On December 5, 2016, the JCC of Greater New Haven experienced a major fire. Your support at this event will help us rebuild our facility for the benefit of the community. The JCC is a nonprofit organization that provides a warm, friendly environment for people of all faiths and backgrounds. Powered by Jewish values, our mission is to facilitate total wellness through programs that stimulate mind, body and spirit. Thank you for your support.

360 Amity Road, Woodbridge, CT 06525 • (203) 387-2424 • www.jccnh.org

New J. New day.

BECOME A MEMBER TODAY

See what we have to offer:
www.jccnh.org

 **JCC**
OF GREATER NEW HAVEN
360 Amity Road, Woodbridge | (203) 387-2424 x204



FAMILY FUN DAY

featuring

TOUCH-A-TRUCK

June 3, 2018 | 11 a.m. - 2 p.m.
JCC Building | 360 Amity Road,

Woodbridge | FREE

jccnh.org/rsvp



JCC
OF GREATER
NEW HAVEN



New name, New look

Same great quality, qualified staff
and love for your children!



BEVERLY LEVY
Early Learning Center
JCC OF GREATER NEW HAVEN

Imagine the possibilities

- Play-based curriculum
- Specialties in music, library & swim
- Powered by Jewish values



When I
grow up...

Jessica, Age 5

I want to be
a **GARDENER**
when I
grow up



When I grow up....

Bobby, Age 6

I want to help
people who are
sick or hurt.



ENROLL NOW

jccnh.org/beverly

Lynn Bullard | lynnb@jccnh.org
(203) 387-2424 x278

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JCC
OF GREATER
NEW HAVEN

**GRILL
n' CHILL**

**SAVE THE
DATE(S):
FREE MUSIC
SERIES**

WEDNESDAYS
JUNE 13 & 27
JULY 11 & 25
5-8 p.m. | FREE



JCC
OF GREATER NEW HAVEN

JCC Day Camps

For Ages 4 - 15



Camp is just around the Corner June 25 - August 24
(Transportation included through 8/10)

Pick the Weeks You Want

- Swim Lessons
- Field Trips
- Creative Arts & Activities
- Sports & Outdoor Games
- MakerSpace & Rock Climbing Wall
- Before/After Camp Options
- Free Transportation
From Branford, Cheshire, Bridgeport & points in between.

REGISTER NOW!

jccnh.org/camp

Get a head-start on summer and attend our

OPEN HOUSE

Sunday, April 8, 2018 | 1 - 3 p.m.

Camp Location: 360 Amity Road, Woodbridge

BRING A FRIEND!

Gather around the campfire for a s'mores party, tour our campus and learn about JCC Day Camps.

Enter for a chance to win
\$100 OFF TUITION!

when you register during open house.

For more information contact Camp Director, Debra Kirschner,
summercamp@jccnh.org, (203) 387-2424 x253



Camp Hours:

M-F | 9 a.m. - 4 p.m.

* Before and after camp options available.
7 - 9 a.m., 4 - 6 p.m.



Jewish Federation

OF GREATER NEW HAVEN



Jewish Federation
OF GREATER NEW HAVEN



Jewish Foundation
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