



# Spring 2016

Programs, Classes & Events

Adult Fitness

Group Exercise

Spa, Training & Leagues

Aquatics

Early Childhood

Young Families

Youth

Teens

Adults

Arts & Culture






# Programs & Classes at the JCC

**Adult Fitness** Page 2,3,4 & 5  
 JCC Spring Weight Loss Challenge  
 The Skinny On Weight Loss Registered Dietitian Services  
 Health Coach Services  
 Pain Free Plus+  
 Aquatic Personal Training / Swim Coaching  
 Training With Your Heart Rate Monitor  
 Women on Weights  
 Mindfulness Meditation  
 Cardio Sculpt

**Young Families** Page 9  
 PJ Library On The Road:  
 New Haven Museum  
 Walk Like an Egyptian: Passover Program  
 Torah Tots

**Adults, Arts & Culture** Page 15  
 Mimosas and Music: Jazz Brunch with the Neighborhood Music School  
 Farm to Table Cooking Series

**THE JCC IS OPEN 24 HOURS . . . ONLINE!**  
**REGISTER FOR CLASSES**  
**WWW.JCCNH.ORG**  
 Our website gives you access to program information, schedules (pool, gym, group exercise, building & holiday hours).

<p><b>JCC Fall/Winter Hours</b>          Monday-Thursday: 5:30am -10:00pm*          Friday: 5:30am - 5:00pm          Saturday: 7:00am - 4:00pm          Sunday: 7:00am- 6:00pm          *Pool &amp; Fitness Center close at 9:30pm</p> <p><b>Holiday Hours</b>          Passover: Closed 4/23, 4/29                    Close at 6 PM on 4/28          Memorial Day: Open 8am-12pm, 5/30          Shavuot: Closed 6/12</p>	<p><b>JCC of Greater New Haven</b>          Beckerman/Lender Building          360 Amity Road          Woodbridge, CT 06525  <a href="http://www.jccnh.org">www.jccnh.org</a></p> <p><i>The JCC is a subsidiary of the Jewish Federation of Greater New Haven</i></p> <p> <b>facebook.com/JCCofGNH</b></p>
---	--



## 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](mailto:debbieb@jccnh.org), (203) 387 2522 x276**

**Proceeds from all rentals help us build a stronger JCC!**

# adult fitness *ages 13+*

## **NEW** JCC Spring Weight Loss Challenge

Instructors: Pam Hutchinson & Jess Ciola

**Diet Counseling.** Weekly weigh in and lectures, meal planning help, guidance on the most current & effective weight loss information with follow-up and all the motivation you need to make healthier choices! Thu, 6-7 pm.

**Group Training** (choose one):

**HELL (Hard, Extreme, Loud & Loaded)** - intense boot camp. Sun, 7:15-8 am

or **Boomer Fit Camp** - a gentler style workout that is still challenging without high impact stress on the joints.

Sun, 8-9 am.

Sun, Thu, 4/7-5/12, 6 weeks, \$149m/21.5nm

## **NEW** The Skinny On Weight Loss Registered Dietitian Services

Instructor: Danielle Ullrich RD

1 hour consult followed by 30 minute follow-up session:

- Evaluation and assessment of your nutritional needs
- A nutrition plan including meal plans will be created, customized to meet your dietary needs
- Realistic short and long term goals will be established
- Techniques to stay on track will be created

\$125/JCC members

Contact [danielle7@yahoo.com](mailto:danielle7@yahoo.com) or (203) 499-9133 for appointment.

## **NEW** Health Coach Services

Instructor: Pam Hutchinson

Four Personal training sessions of 50 minutes:

- Continued follow-up on your customized meal plan
- Your individual exercise Rx: Understand how much cardio you really need and what type is best and why weight training is important and how to use equipment and free weights correctly to reach your goals
- Tools for lifestyle implementation and behavioral challenges. Contact [pamh@jccnh.org](mailto:pamh@jccnh.org).

\$216/JCC members. \*Registered Dietician & Health Coach Services Combination Package: \$299 (save over \$40)

\*must be purchased together. More info: [susand@jccnh.org](mailto:susand@jccnh.org)

## 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.

### Myofascial 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. See also JCC Aqua Care, page 7.

## **NEW** Pain Free Plus+

Instructor: Alan Franzi, Certified PAS Specialist

Take the next step in Pain Free programming with this semi-private setting for a more individualized and targeted approach on postural alignment therapy for pain free movement. Gaylord Room. Maximum 6 participants. 4 weeks. Call Susan for dates and fees x265.

**Now at the JCC!**  
**LISTEN TO TV AUDIO**  
Download the  
AudioFetch App



Google Play™ or Apple iTunes®

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



## **The Skinny On Weight Loss Wellness Series Female Belly Fat: Menopause, Stress & Other Causes**

*Instructors: Pam Hutchinson and Susan Donovan*

Understand belly fat and the hormone connection, stress and storing fat around the middle, what you need to know about your diet and an exercise action plan that works!

**Wed, 4/6, 4/13, 10-11:15am, 2 sessions, \$50m/\$65nm,**

**No drop-ins.**

## **Krav Maga™**

*Instructor: Beth Lopez*

Israeli Self Defense – an easy-to-learn and easy-to-remember system that focuses on principles and techniques, accessible to the average person and a great workout too!

\* This program is offered through a Krav Maga studio, there is a small charge. Contact 203 589-4701.

**Tue, 7:30-8:30pm, ongoing, Aerobic Room**

## **NEW Aquatic Personal Training / Swim Coaching**

*Instructor: Beth Harrison, Masters Swim & Triathlete Coach*

Perfect your stroke, swim smooth and improve your technique with drills designed to make you a better swimmer and get a great workout at the same time! Contact [bethh@jccnh.org](mailto:bethh@jccnh.org).

**40 minute sessions. Personal training rates apply**

## **Aquatic Therapy Training**

*Instructor: Deb Forselius*

Build strength, endurance and flexibility using the resistance of the water along with aquatic equipment. Great for pre or post surgery or anyone that needs a non-impact modification. Contact [debfb@jccnh.org](mailto:debfb@jccnh.org).

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

## **NEW Training With Your Heart Rate Monitor**

For effective cardiovascular workout, there are heart rate ranges for intensity to help keep you within your individual physical and health profile. The old method is outdated, so if you wear a heart rate monitor and want to be sure you are getting the most out of your cardio workouts, this workshop is for you!

1. Lecture: You will learn all about heart rate training for your body and your mind.
2. Spin Ride: to take you to your true maximum heart rate and determine your training zones
3. Cool-down: and Q & A. Contact [susand@jccnh.org](mailto:susand@jccnh.org).

*Come rested and ready to work hard, you will be performing at a high intensity / eat breakfast at least 3 hrs before. If you have any personal history for cardiovascular disease or on any medication that may affect your heart rate, please check with your doctor before signing up.*

**Sun, 3/13, 11:15am – 1:15pm, \$25m/\$35nm, Spin Studio**

## **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! Check monthly schedule.

**TRX Fusion** Use the TRX straps, medicine balls, bands, weights, and Bosu to improve core function, muscular strength, and endurance. Feel your core like never before! Check monthly schedule.

**Boot Camp** A no nonsense workout of intense drills designed to make you stronger and leaner! Check monthly schedule.

**Strike Fit!** This group training class uses heavy bags, kick pads and focus mitts to develop skills used for a HIIT (High Intensity Interval Training) at a pace that will leave you feeling energized and powerful after this dynamic workout. Check monthly schedule.

## **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. Check monthly schedule.

## **NEW Women on Weights**

*Trainer: Jess Ciola*

Intimidated or feel uncomfortable in the weight room? Not sure how to use the equipment properly or how heavy the weights should be? If you want to start weight training because you know it is the key to successful weight loss, this small group training will teach you how to strength train safely and effectively. Small groups forming now (min 4/max 5). Info: [Susand@jccnh.org](mailto:Susand@jccnh.org).

**1 hour session, 4 weeks, \$65m, Fitness Room**

## **NEW Mindfulness Meditation**

*Instructor: Stacey Battat*

Meditation is not blanking out the mind, as this is not possible. It IS about noticing and refocusing our attention on an object of concentration again and again. By practicing meditation, we notice the fullness of life coming and going and tune into our lives in the moment with more joy and clarity. Learn and practice basic techniques for mindful meditation and living.

A 10-20 minute guided meditation will be offered each class. Dance Studio II.

**Wed, 4/6-6/15, 8-8:45 am, 11 weeks, \$10m/\$15nm per session drop in cost - please pay instructor cash or check.**

**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.

**NEW** **CARDIO SCULPT:** Same as sculpting type format but with a cardio component

**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!

**CARDIO / CORE & ROLL:** 30 minutes hi-low Cardio / 30 minutes Core and Foam rolling for strength and 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!

**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.

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

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

**VINYASA YOGA:** A depth sequencing flow of yoga postures connecting movement and breath.

**PAIN FREE POSTURAL ALIGNMENT:** (Formerly PAIN FREE YOGA). A series of stretches and functionally based exercises for posture, alignment and addressing musculoskeletal pain – based on the therapeutic method of Egoscue™ and Feldenkrais™

**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.

**TAI CHI:** A series of slow, graceful movements to emphasize posture, balance and mental focus.

**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.

**INTRO TO SPIN:** Designed for new indoor cyclists with bike set up, technique focus and a 30 minute ride.

*\*Sign up will be available at the control desk 30 minutes prior to each class. The first 21 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!*

## Ergonomics Consultation

Keep your work space comfortable, productive and injury free!

Consultant: Mike Wolf, Certified Personal Trainer, Certified Ergonomic Specialist, Occupational Safety in Health Management Specialist

Ergonomics is the scientific study of people at work - an ergonomic assessment is a proactive approach to reduce stress and eliminate disorders associated with the overuse of muscles and bad postures resulting from daily, repeated job tasks.

Contact Susan, susand@jccnh.org, 203 387-2655 X265  
\$75 (includes travel time and expenses)

*\*Ask about corporate group rates to have us come to your business.*



# 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. Services include: deep tissue, hot stone and sports massages. Schedule an appointment at x311 or contact Tara taraedenmassage@gmail.com. More at jccnh.org.

**ADULT 21+**  
**DODGEBALL LEAGUE**  
JCC  
MARCH 8 - APRIL 5  
TUESDAYS  
7:30 - 9:30 PM  
JCC BECKERMAN GYMNASIUM

Member	Community Member
\$5/week or \$15/4 weeks	\$10/week or \$30/4 weeks

**REGISTER ONLINE**  
**JCCNH.ORG**  
JCC • 360 Amity Rd. Woodbridge

JCC  
More: Mara Balk,  
marabalk@jccnh.org, (203) 387-2522 x300  
380 Amity Road, Woodbridge, CT • 203.387.2522 • www.jccnh.org

## Leagues

Fun, competitive men's basketball leagues, for all levels and abilities. Certified high school officials. Contact Allan Greenberg at x252 to join a team. In-house intramural league.

### Men's 18+ Basketball League

Thu & some Mondays, 5/18-7/28, 6:30-10pm, \$65m/\$125nm. Gym. Early registration - pay by 5/11: \$55m/\$115nm. In-house intramural league. Open Play for paid registrants until league begins.

### Men's 35+ Basketball League

Wed, 3/16-5/25, 6:30-10pm, \$60m/\$120nm. Gym. Early registration - pay by 3/9: \$50m/\$110nm. In-house intramural league. Open play for paid registrants until league begins.

### Adult Dodgeball League

Blow off a little steam, break a sweat, and meet some great people with a weekly game of dodgeball. Friendly pick up games followed by a social gathering make for a rousing good time. All experience levels welcome, and no experience necessary. Ages 21+. Tue, 3/8-4/5, 5 weeks, 7:30pm, \$5m/\$10nm per week, \$15m/\$30nm for 5 weeks. Gym.

### Racquetball

Learn how to play the game. Contact Allan Greenberg at x252.

## 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**

## 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!

### Infant/Toddler Water Class

Instructors: Swim Staff

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

Sun, 4/3-6/5, 8 weeks, \$104m/\$156nm  
11:30am-12pm, AQ3100. No class 4/24, 5/29  
12:30-1pm, AQ3101. No class 4/24, 5/29

Tue, 4/5-6/14, 10 weeks, \$130m/\$195nm  
11-11:30am, AQ3300. No class 4/26

**NEW**

Sat, 4/2-6/18, 8 weeks, \$104m/\$156nm  
11-11:30am, AQ3700. No class 4/23, 4/30, 5/7, 5/28

### Post-Toddler Water Class

Instructors: Syndi Garay

For graduates of our infant/toddler classes. Call x270 for placement. Ages 3-3½ years. A minimum of 3 students must be enrolled to hold class.

Sun, 4/3-6/5, 8 weeks, \$104m/\$156nm  
12-12:30pm, AQ3102. No class 4/24, 5/29

Tues, 4/5-6/14, 10 weeks, \$130m/\$195nm  
11-11:30am, AQ3301. No class 4/26

## 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, 4/3-6/5, 8 weeks, \$104m/\$156nm  
11:30am-12pm, AQ3103  
12-12:30pm, AQ3104  
12:30-1pm, AQ3105  
1-1:30pm, AQ3106

No class 4/24, 5/29

Tue, 4/5-6/14, 10 weeks, \$130m/\$195nm  
3:45-4:15pm, AQ3302  
4:15-4:45pm, AQ3303  
4:45-5:15pm, AQ3304  
No class 4/26

Thurs, 4/7-6/16, 10 weeks, \$130m/\$195nm  
3:45-4:15pm, AQ3500  
4:15-4:45pm, AQ3501  
4:45-5:15pm, AQ3502  
No class 4/28



### 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, 4/3-6/5, 8 weeks, \$104m/\$156nm  
12-12:30pm, AQ3107

12:30-1pm, AQ3108

1-1:30pm, AQ3109

No class 4/24, 5/29

Tue, 4/5-6/14, 10 weeks, \$130m/\$195nm

3:45-4:15pm, AQ3305

4:15-4:45pm, AQ3306

4:45-5:15pm, AQ3307

No class 4/26

Thu, 4/7-6/16, 10 weeks, \$130m/\$195nm

3:45-4:15pm, AQ3503

4:15-4:45pm, AQ3504

4:45-5:15pm, AQ3505

No class 4/28

### 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, 4/5-6/14, 10 weeks, \$130m/\$195nm

4:15-4:45pm, AQ3309 (Level 2-3)

4:45-5:15pm, AQ3310

No class 4/26

Thu, 4/7-6/16, 10 weeks, \$130m/\$195nm

4:15-4:45pm, AQ3507 (Level 2-3)

4:45-5:15pm, AQ3508

No class 4/28

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: Lindsey

Ages 6-10. For young and eager swimmers to learn about a swim team and how to manage a flip turn!

Mon, Wed, Thu, 4/18-6/23, 5:15-6 pm, 10 weeks, \$250m/\$300nm

### Blue Group

Instructors: 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.

Mon, Wed Thu, 4/18-6/23, 5:45-6:45 pm, 10 weeks, \$250m/\$300nm

### Pre-Seniors & Seniors Group

Instructor: Lindsey

Ages 9-12. More developed group with the focus shifting from technique to raw racing ability.

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.

Mon, Wed Thu, 4/18-6/23, 5:45-7:15pm, 10 weeks, \$300m/\$350nm

*New swimmers will be required to do a swim evaluation with swim coaches. Please contact Lindsey Wilbur, Head Coach at [lindsey@jccbluemarlins.com](mailto:lindsey@jccbluemarlins.com).*

## 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

### 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, 4/5-6/16\*, 10-11 am, 11 weeks, \$210/\$320.

*Fee will be pro-rated based on start date. \*Dates approximate.*





## 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, 4/4-6/6, 1-1:45pm, 8 weeks, \$200m/\$225nm, EC3200  
No class 4/25, 5/30

### Musical Motion

*Instructor: Christine 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. Children’s Lounge.

Tue, 4/5-6/14, 4:15-5pm, 10 weeks, \$200m/\$250nm, FM3300  
No class 4/26

### Pre-School Engineering Fun

*Instructor: Bricks 4 Kidz*

Your little engineer will enjoy learning about simple machines as we use gears, axles, pulleys and other specialized DUPLO® Bricks to build things that turn and move-an airplane, a see saw, a spinning top, and more!

## Tumbling

*Instructor: Cathy McMahon*

This beginner class 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. Wayside Room.

Thu, 4/7-6/16, 4:15-5pm, 10 weeks, \$150m/\$180nm, FM3500  
No class 4/28

## Sports & Fitness

### Pee Wee Sports

*Instructors: Syndi Garay, Nicolle Camara*

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, 4/6-6/15, 1-1:45pm, 10 weeks, \$140m/\$210nm, PE3400. Gym.  
No class 4/27

### Tiny Tots Tennis

*Instructors: Syndi Garay, Nicolle Camara*

Introduction to tennis for children, emphasizing fun.

Ages 3½-5.

Thu, 4/7-6/16, 1-1:30pm, 10 weeks, \$140m/\$210nm, PE3510. Gym.  
No class 4/28

Thu, 4/7-6/16, 1:35-2:05pm, 10 weeks, \$140m/\$210nm, PE3511. Gym.  
No class 4/28



# young families

## Bagels and Books Series

Your family can look forward to themed bagel brunches inspired by PJ Library books. Learn, play & grow through interactive storytime, singalongs and play! Ages 0-5 years. Parent/caretaker must be present.

RSVP required: Esti Leah (LJ), [jccfamily@jccnh.org](mailto:jccfamily@jccnh.org).

**Bagels, Books & Beats** with *Gershwin's Rhapsody in Blue* by Anna Harwell Celenza. Join Daniel Levin and the **Amistad Academy Orchestra** students as we go on a musical journey and interactive music jam session with the academy students and the PJ Library book. Program will culminate in a child-friendly concert from 11am-12pm. Sun, 5/1, 10-10:40am,, Free

**Bagels, Books and Beginnings at Deerfield Farm, 337 Parmelee Hill Road, Durham, CT 06422**

With *The Littlest Mountain* by Barb Rosenstock. Shavuot is a holiday that is the culmination of a time period the begins each spring on Passover and ends with Shavuot when the Jewish people were given the gift of the Torah from Mount Sinai. Learn more about this important holiday with yummy holiday delicacies, craft and a dramatic reading. Sun, 6/5, 10:30-11:15am, Free

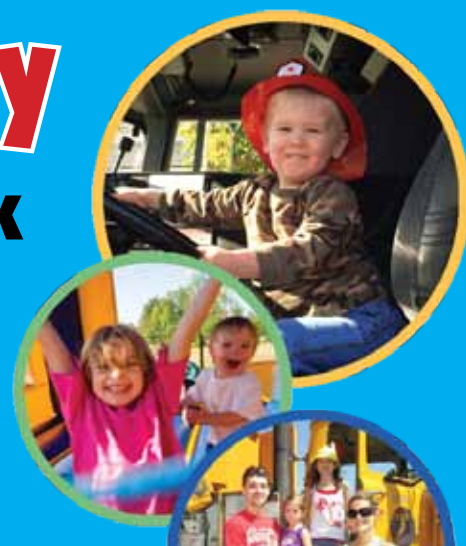
**Find out how you can be a PJ Family -**

Contact: Esti Leah Ross,  
[laurar@jccnh.org](mailto:laurar@jccnh.org).



# Family Fun Day

featuring **Touch-a-Truck**  
(Rain or shine)



**JOIN US**

**SUNDAY, MAY 22**  
**11 AM - 2 PM | FREE**



360 Amity Road, Woodbridge, CT • 203.387.2522 • [www.jccnh.org](http://www.jccnh.org)

# young families



## 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](http://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. Extended day options available for all ages.

- 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.

## JCC Kindergarten



- Low student/teacher ratio
- Individualized approach to learning
- Integrated curriculum (including mathematics, literacy, science, and creative arts)
- Combined whole language and phonics approach to support emerging literacy
- Weekly swim & yoga program
- Full and half day options
- Additional enrichment programs available
- Financial aid available

**We welcome children and families of all backgrounds**

*Includes all the benefits of a JCC Family Membership*



Contact us to learn more about our special kindergarten-level curriculum or for a tour.  
Lynn Bullard, Yeladim Director  
(203) 387-2522 x278  
[lynnb@jccnh.org](mailto:lynnb@jccnh.org)

## Have a Birthday coming up?

**Have the best birthday party ever at the JCC!**



**The JCC has the perfect party options for all ages:**

- Pool Party • Basketball • Sports Party • Craft or Jewelry Making
- Character Breakfast/Lunch ... and ... Personalized Party Packages!

More: Tina Veasley, (203) 387-2522 x550 • [birthdayparties@jccnh.org](mailto:birthdayparties@jccnh.org)

# MOVIES

In the JCC Living Room THURSDAY & SUNDAY SHOWTIMES

Join us or our Kids' Movie Series!  
Free movies and more!  
Ages 3-8. JCC Living Room.

### MARCH

3/10 **Brother Bear**, G  
3/17 **Hoodwinked**, PG  
3/24, 3/27 **Brother Bear 2**, G  
3/31 & 4/3 **Home**, PG

### APRIL

4/7 & 4/10 **Sharkboy & Lavagirl**, PG  
4/14 & 4/17 **Penguins of Madagascar: The Movie**, PG  
4/21 **The Big Green**, PG  
4/28 & 5/1 **Hercules**, G

### MAY

5/19 & 5/22 **Open Season**, PG  
5/29 **Tarzan**, G  
6/2 & 6/5 **Tale of Despereaux**, G  
6/16 **The Road to El Dorado**, PG  
6/23 & 6/26 **Anastasia**, G



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. Age 5+  
**Thu, 4/7-6/16, 4:00-4:55pm, 10 weeks, \$140m/\$210nm, PE3502**  
*No class 4/28*

### 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. Develop training skills with beginning class until 5pm, continue with more advanced skills from 5-5:30pm. Ages 6+.  
**Thu, 4/7-6/16, 4:00-5:30pm, 10 weeks, \$140m/\$210nm, PE3503**  
*No class 4/28*

## 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!  
**Sun, 1:15-2pm, ongoing. Free to members/\$10 nm.**



## 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.



To enroll: [jccn.org](http://jccn.org) > children > PJ Library



### 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, 4/6-6/15, 4:15-5:15pm, 10 weeks, \$200m/\$250nm, FM3400**

### Bricks 4 Kidz Junior Robotics

*Instructor: Bricks 4 Kidz*

How would you like to turn your next LEGO® creation into a robot, programmed to do just what you tell it to do? The Bricks 4 Kidz Junior robotics program offers all the fun of building with LEGO® bricks, PLUS the challenge of computer programming!

Students will use LEGO® bricks, axles, pulleys, gears, motors and more to build a variety of models. Then drag and drop icon-based software provides an introduction into the world of computer programming and robotics that will equip children to succeed in a technology based marketplace.

**We will be using motion sensors and tilt sensors for more programming depth!** Ages 6+. West Rock Room.

**Sun, 4/3-6/5, 11am-12:30pm, 8 weeks, \$225m/\$250nm, FM3101**  
*No Class 4/24, 5/29*

### 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.**

## Ballet/Dance

### 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 body. 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. Age 8+.

**Tue, 3/22-5/24, 6:15 - 7pm, 10 weeks, \$130/\$150, DN3303**



## 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 cooking, arts and crafts, science, 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.

**Note: Classes with \* start at 8:30am.**

Mon 4/18, Tues 4/19, Wed 4/20, Thu 4/21, Fri 2/22  
**April Vacation Program. 9am-4pm.**

*Extended care available 7am-9am.*

*Fri, 4/22 : NO PM CARE - CLOSE AT 3PM.*

Mon 4/25, Tues 4/26, Wed 4/27, Thu 4/28  
**April Vacation Program. 9am-4pm.**

*Extended care available 7am-9am.*

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: 8:45am – Noon**

**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

**COSTUME CARNIVAL**

\*\*\*\*\*

**CELEBRATE PURIM**  
**DRESS UP IN YOUR FAVORITE COSTUME**  
**AND ENJOY**  
**FACE PAINTING, CARNIVAL FOOD,**  
**A COSTUME PARADE, RAFFLES,**  
**GAMES, DJ AND MORE!**

\*\*\*\*\*

**SUNDAY \* MARCH 20**  
**12-2PM \* JCC**

\*\*\*\*\*

Parent/teacher must be present.  
**Admission:**  
 2 and under – free  
 3 and up – \$5 for JCC members, \$7 for nonmembers  
 Tickets sold separately for selected activities  
 Info: Esti Leub (LJ) Busz, jccfamily@jccnh.org

FREE ADMISSION

jcc  
 Facebook  
 Twitter  
 Instagram  
 YouTube

360 Amity Road, Woodbridge, CT • 203.387.2522 • www.jccnh.org



### 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. Ages 12+.  
Sun, 12:30-1:15pm, ongoing. Members free.

### Rick Wallace High School Basketball League

Grades 9-12. In-house intramural league. Must register by April 5th. All games officiated. Form own team or sign up individually.

Mon, 4/10-5/22, 10am-Noon \$35m/\$70nm, PE3101  
No Class 4/24

### Junior High Spring Basketball League

Grades 6,7 & 8. In-house intramural league.

Must register by April 5. JCC Gym.

Sun, 4/10-5/22, 10am-Noon, \$35m/\$70nm, PE3100  
No Class 4/24

# Ma Inyanim? What's the Story?

**Jewish high school students:**  
You are invited to four afternoons of experiential immersion, text study, friends, fun & food.

**Sunday, March 27, 3:45-7 p.m. | Downtown**  
Escape! Redeeming captives. Torah law or foolhardy politics?

**Sunday, April 3, 4:30-7 p.m. | Westville Home**  
Street law. Civil rights, city life.

**Sunday, April 10, 4:30-7 p.m. | I.R.I.S.**  
A little help from my friends. The refugee experience.

**Sunday, April 17, 4:30-7 p.m. | JCC**  
Life and death. Confronting the journey.



All programs include dinner. Registration required.  
Curious? Contact Ina Silverman, [inas@snet.net](mailto:inas@snet.net)

## Topics in Tanakh (Hebrew Bible)

Instructor: Rabbi Benjamin Scolnic, Ph.D.

Study and discuss interesting and difficult portions of the Bible.

Mon, Ongoing, \$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) Kids Can't Wait

It's easy (really, it is!). In just one hour each week, meeting one to one, you can improve a child's chance of success and build confidence in ways that are priceless. JCL reading partners share the pleasures of reading and conversation, giving the child an opportunity to express an opinion and help improve vocabulary. You choose the school, day of week, hour of day and grade level. No previous experience needed. Children learn the pleasures of reading, cultivate the love of learning from caring adults and volunteers experience the thrill of helping students love to learn. YOU are needed now!! All adults welcome.

Contact Brenda Brenner, JCL coordinator. Info and to register at [bbrenner@jewishnewhaven.org](mailto:bbrenner@jewishnewhaven.org) or 203 387-2424 x 308

*Jewish Coalition for Literacy (JCL), is a nonsectarian group of volunteers from different faiths and experiences.*



## Intro to Ballroom Dancing

Instructors: Bob & Bernice Linsky

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

Thu, 4/7-5/19, 7:30-9 pm, 6 weeks, \$75m/\$85nm (per couple), AD3550

No class 4/28

## Intermediate Ballroom Dancing

Instructors: Bob & Bernice Linsky

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

Mon, 4/4-5/23, 7:30-9 pm, 8 weeks, \$80m/\$100nm (per couple), AD3250



**NEW** **Mimosas and Music: Jazz Brunch with the Neighborhood Music School**

Enjoy this bagel brunch with a “side note” from the Neighborhood Music School’s premier Jazz ensemble. Mimosas and a fully stocked Bloody Mary bar will add pizzazz to the jazz. RSVP [marab@jccnh.org](mailto:marab@jccnh.org); 203-387-2522 x300. JCC Living Room.

Sun, 3/20, 10am–12pm, \$15m/\$20nm

**JCC Spring Fling Gift Show**

Spring Vendor Fair at the JCC! Get all of your gifts for Mother’s Day, Father’s Day, teachers, and graduates! Plenty of easy parking! All Ages.

Sat, 4/3, 10am–4pm, Free

**Duplicate Bridge**

This weekly game of duplicate bridge, affiliated with the American Contract Bridge League (ACBL), is now a Tuesday night staple at the JCC. Coffee is served and hands are played for hours of fun. All ages. JCC Living Room.

Tue, Ongoing, 6:45–9:45pm, \$5m/nm

**NEW** **Local Author Book Talks**

Join the JCC in celebrating the book launches of two incredible authors from our local community. The events will feature author talks, book signings, and light nosh.

Westville’s **Marc Wortman** will launch “1941: *Fighting the Shadow War*.” This Kirkus reviewed text details America’s entry into World War II, and the role of President Franklin D. Roosevelt as Commander in Chief. All Ages.

Tue, 4/19, 7pm, Free

**Betsy Lerner’s** “*The Bridge Ladies*” weaves a captivating mother-daughter story that arises from her decision to attend the weekly bridge club of her mother and four friends. In an unexpected twist of events, the author learns more about life than cards, with humor, drama, and honest reality.

Sun, 5/15, 4pm, Free

**Wisdom of Woodbridge Lecture Series**

Continue learning about the hidden gems right in our own neighborhood. This partnership with the Town of Woodbridge highlights experts in a variety of fields who choose to make Woodbridge their home. All lectures are FREE and open to the public.

**Yaron Baitch**, CEO and CoFounder of the digital security firm, AuthAir will present “*Hacked! Keeping Your Identity Safe in the Information Age.*”

Tue, 3/22, 7pm, JCC Living Room

**Jonathan Gorham** and **Steve Munno** from Massaro Farm will present “*Climate Change and Our Food System*” as part of the Massaro Farm Centennial Celebration

Tue, 4/5, 7pm, JCC Living Room

**Yom HaShoah Program**

Come together with Greater New Haven to honor and remember the Holocaust. Attendees will hear from the families of survivors, as well as the Federation’s Israeli Emissaries. Yale’s **Dr. John Krystal** will be the keynote speaker.

Sun, 5/1, 2pm, JCC Vine Auditorium, Free

**NEW** **Farm to Table Cooking Series**

Join local Chef, **Suzanne Beck**, for a night of cooking instruction and community. Learn new recipes with seasonal produce from Massaro Farm, then enjoy the fruit of your labors with each other when the meal is ready to eat. Space is limited; RSVP Required to [Mara Balk](mailto:Mara.Balk@jccnh.org) [marab@jccnh.org](mailto:marab@jccnh.org); 203-387-2522 x300.

Mon, 5/16, 7/11, 9/12, 7pm, \$18m/\$21nm, JCC  
Register for full series: \$50m/\$60nm.

**ISRAEL Fest**  
New Haven

For all ages!  
**FREE**

**SUNDAY, JUNE 5, 2016 | 2-6pm | JCC**  
**2-4pm - Celebrate Israel**  
With, food, art, dance, music, games, educational booths & more!  
**4pm - Yemen Blues**  
A premier Israeli band performing fusion Middle East blues, featuring lead singer Ravid Kahalani.

Bringing the Jewish Community Together.  
Jewish Federation and  
Synagogues of Greater New Haven



# 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 <sup>+</sup>	\$79/mo.
Single Parent <sup>++</sup>	\$53/mo.
Young Adult (age 13-25)	\$27 mo.
Senior 65+	\$41/mo.
Senior Couple	\$62/mo.

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

<sup>++</sup> 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)

## Summer Splash Weekends

at the Outdoor Pool  
 12 Weekend Membership.

**\$375.00 JCC Member - Family**

*Family membership. Must be a current JCC member to qualify.*

**\$475.00 Family Non-member**

*Family membership. JCC Non-member pricing for Outdoor Pool Membership. Does not include JCC Membership.*

**\$250.00 JCC Adult Couples**

*Adult couples membership. Must be a current JCC couples member to qualify.*

**\$325.00 Adult Couples Non-member**

*Adult couples membership. JCC Non-member pricing for Outdoor Pool Membership. Does not include JCC Membership.*

**\$200.00 JCC Single Member**

*Ages 13 & up. Must be a current JCC single member to qualify.*

**\$250.00 Single Non-member**

*Ages 13 & up. JCC Non-member pricing for Outdoor Pool Membership. Does not include JCC Membership.*

**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

**Summer Splash Weekends**  
 at the JCC Outdoor Pool  
 12 Weekend Membership

**OPEN HOUSE**  
 Sunday, June 19  
 11 a.m. - 2 p.m.

Season runs June 18 - Sept. 5  
 10 a.m. - 8 p.m. each weekend day

**MEMBERSHIPS ON SALE NOW!**

Register online at [jccnh.org](http://jccnh.org)  
 or in the membership office.

jccnh.org More: [membership@jccnh.org](mailto:membership@jccnh.org), (203) 387-2522 x223  
 360 Amity Road, Woodbridge, CT • 203.387.2522 • [www.jccnh.org](http://www.jccnh.org)

**WHY JOIN A GYM WHEN YOU CAN BE PART OF A COMMUNITY!**

**jcc**  
 of greater  
 new haven

# information

**Main Number:** (203) 387-2522

**Membership:** (203) 387-2522 x223

**Fax:** (203) 387-1818

**e-mail:** [membership@jccnh.org](mailto:membership@jccnh.org)

**www.jccnh.org**

**www.facebook.com/JCCofGNH**

**twitter.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](http://jccnh.org)  
email: [membership@jccnh.org](mailto: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

Sherry Rothman

Fred Ginsberg

Suzanne Santos

Jessica Halprin, Esq.

Jessica Savik

Dr. Sharon Hasbani

David Sirowich

Howard Hornreich

Jeffrey Sklarz, Esq.

Adam Horowitz

Clifford Skolnick

Cynthia Kane

Rebecca Tishkoff

Paul Portnoy

Judi Young

Charles Rosenay

## 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.



# registration

## Online

Begins 3/2 (3/8 for non-members). Most classes are available for online registration. Follow the instructions on our website [jccnh.org](http://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 3/2, 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 3/8 (registration received before 3/8 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 hereby 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

## JCC DAY CAMPS COUNTDOWN TO FUN!

# OPEN HOUSE



**April 3 | 1-3pm**

**Start with a S'mores Party  
'round the campfire!**



JCC Day Camps offers an enriching day camping experience! We welcome you to visit our facility and enjoy a day of s'mores around the campfire. Learn about JCC Day Camps, take a tour of the facility and have a taste of summer.

**Register for camp during the open house and  
receive a chance to win \$100 OFF TUITION!**

*Returning campers: Bring a friend!*

**More Info: Debra Kirschner, Camp Director at (203) 387-2522 x253,  
email [summercamp@jccnh.org](mailto:summercamp@jccnh.org)**



# JCC DAY CAMPS



*There's something  
for every child!*

**Ages 4-15**

■ Daily 9am-4pm ■ Before/After Camp Options ■ Free Transportation ■ Swim Lessons

**June 27-August 26 | 2016**

**(203) 387-2522 x253 | [jccnh.org](http://jccnh.org)**

360 Amity Road, Woodbridge, Connecticut, 06525

**jcc**  
of greater  
new haven