



Spring classes

2018 | Ages 1 - adult
Classes begin Monday, March 19, 2018

(Unless otherwise noted)

Register anytime after 9 am on Tuesday, March 6

Financial assistance available. Contact Deb Carney, 508-756-7109 or dcarney@worcesterjcc.org.

How to Register:

- Email registrar@worcesterjcc.org to obtain login credentials to utilize the online registration system or download the registration form at worcesterjcc.org and email to registrar@worcesterjcc.org, fax to 508.754.3373, or mail or deliver your form to the JCC.
- Register in person...at the kiosk in the JCC front lobby.
- Register by email...fill out the enclosed Activity Registration form and email to registrar@worcesterjcc.org.
- Register by mail...fill out the enclosed Activity Registration form and mail to: Worcester JCC, 633 Salisbury St., Worcester, MA, 01609
- Register by fax...please fill out the enclosed Activity Registration form and fax to 508-754-3373.

early childhood Ages 3 - 5 years (March 19 - May 18)

PRESCHOOL GYMNASTICS Starts Monday, March 19

Children are introduced to tumbling and the apparatus geared to their age and development.

Mon. 1pm-1:45pm \$96/M, \$128/NM 8 weeks 25-2558

Thurs. 1pm-1:45pm \$96/M, \$128/NM 8 weeks 25-2559

CLAY PLAY Starts March 19

Using real pottery clay plus other homemade clays, children will have the opportunity to explore and investigate basic techniques using clay. Others can continue to advance with previously learned skills. Children will make pinch pots, coil pots, beads and more. Each work of art is unique and special.

Mon. 1:15pm—2pm \$96/M, \$128/NM 8 weeks 10-0319

WHAT'S COOKING? Starts March 20

Children will learn basic cooking, math, language and science skills while measuring, mixing, and pouring. They will make delicious recipes for a cookbook to take home and share. Join Lauren Cloutier for fun in the kitchen.



Tues. 1:15pm—2pm \$96/M, \$128/NM 8 weeks 10-0320

BORN TO MOVE Starts March 23

Children will experience the joy of moving to choreography that lets them master moves quickly with Andrea Sullivan, a certified Born to Move instructor.

Fri. 1:15pm—2pm \$96/M, \$128/NM 8 weeks 10-0323

No Class Dates

March 30—31

April 1, 6—7, 16—20

May 13, 20—21, 26—28

LITTLE DRIBBLERS Starts March 19

Learn the fundamentals of passing, dribbling and shooting on our adjustable hoops. Participants will experience various skill games such as red light/green light and dribble freeze tag, while learning to follow directions and having fun.

Mon. 1pm-1:45pm \$96/M, \$128/NM 8 weeks 25-2554

SUPER SPORTS Starts March 20

Enjoy a combination of various sports and fun active games. Improve your coordination as you get your first orientation to a wide range of games and activities such as pillo pollo hockey, soccer, basketball, relay races and more!

Tues. 1pm-1:45pm \$96/M, \$128/NM 8 weeks 25-2555

MICRO SOCCER Starts March 21

Emphasis on soccer skills, team play and fun! Participants will learn trapping, shooting, and soccer dribbling through many age appropriate drills and skill games.

Wed. 1pm-1:45pm \$96/M, \$128/NM 8 weeks 25-2556

T-BALL Starts March 22

Children will learn basic baseball skills such as throwing, hitting and base running. Fun games every week.

Thurs. 1pm-1:45pm \$96/M, \$128/NM 8 weeks 25-2557

NEW! SUPER SOCCER STARS 3 - 5 yrs.

Super Soccer Stars' goal is to teach soccer skills in a fun, non-competitive, educational environment. Their philosophy is to use soccer to nurture, to build self-confidence, and to develop teamwork in every class. Their specially-designed curricula use positive reinforcement and a low child-to-coach ratio to ensure that each child improves at his or her own rate while having endless fun.

Parent attendance required for age 3. All classes run in the JCC gym.

Mondays, 8 Week Session March 19—May 14

2:50 - 3:35pm ages 3-4 \$106/M, \$138/NM 25-2550

3:40 - 4:30pm ages 4-5 \$106/M, \$138/NM 25-2551

Saturday, 8 week Session Mar 24—June 2

9:00 - 9:45am ages 3 & 4 \$106/M, \$138/NM 25-2552

9:50 - 10:40am ages 4 & 5 \$106/M, \$138/NM 25-2553

sports & fitness K-Adult

YOUTH BASKETBALL - Spring Season March 18—April 29

A Jr. NBA/Jr. WNBA program with fundamental skill work, contests, and weekly league games. \$72/M, \$84/NM 6 weeks

Sun. 10:15-11:15am 5 yrs. & grade K 25-2580

Sun. 11:15-12:15am or 12:15-1:15pm grades 1 & 2 25-2581

Sun. 1:15-2:15pm or 2:15-3:15pm grades 3 & 4 25-2582

Sun. 3:15-4:15pm, 4:15-5:15 or 5:15-6:15pm* grades 5, 6, 7 & 8 25-2583

*(times subject to change due to enrollment)

MASH (More After School Hoops)

Grades 3 - 6 ___ Starts March 20

Appropriate skills combined with learning game sense and team play. Weekly scrimmages and fundamental drills.

Tues. 4:15-5:15 pm \$120/M, \$160/NM 10 weeks 25-2570

Grades K - 2 ___ Starts March 22

Thurs. 4:15-5:15 pm \$120/M, \$160/NM 10 weeks 25-2571

SPORTS PERFORMANCE CLINIC grades 8 - 12

John Dietel, Assistant P.E. and Fitness Director, Stronger Team Certified Performance Coach will conduct basketball specific training sessions to improve athleticism, strength and conditioning.

Tues. & Thurs., Grades 8-12 4:15PM – 5:30pm

(Focused on Performance development, strength and conditioning)

4 Sessions: \$65/M, \$85/NM 1 per week

8 Sessions: \$125M/\$170/NM 2 per week

Session 1: March 20, 22, 27, 29, April 3, 5, 10, 12 25-2572

Session 2: April 24, 26, May 1, 3, 6, 10, 15, and 17 25-2573

Individual training, group training, team training, boys and girls training available. Dates/Times are flexible and programs can be developed to fit your needs.

Contact John Dietel, x 213 or jdietel@worcesterjcc.org for info.

HIGH SCHOOL BASKETBALL LEAGUE grades 9 - 12

10 weeks complete with playoffs. Players are provided t-shirts.

Games have certified IAABO referee. Players may form their own teams or enter as individuals and be added to a roster.

March 20—May 29, 5:30pm

Tues. \$90/M, \$115/NM 25-2594

Tues. \$165/NM for program & 3 month teen membership

ADULT BASKETBALL LEAGUE Ages 18+

Team Rate: \$800.00 per team. Players receive team shirts. 8 guaranteed games. 5 v. 5, 2 20-minute halves. *Spring Session:* Starts Week of March 19, *Summer Session:* Starts Week of June 18
Times 6:15, 7:05, 7:55, 8:45, 9:35

Monday - East Division

March 19 - Competitive – High School/College Level

Tuesday –Women’s Division -

March 20 – Recreational Open Division

Tuesday- Men’s Over 30 Division

March 20

Wednesday - North Division

March 21 - Highly Competitive – College Level

Thursday – South Division

March 22 – Recreational Open Division

FLOORBALL Starts March 22 10 weeks grades K - 6

Floorball is a fast and exciting game that promotes end-to-end plays with quick transitions and fluid game play. The rules stress the importance of safety and sportsmanship and are designed to limit the chance of injury without decreasing the speed or skill of the game. Floorball is great training for hockey players as it improves your stick handling, shooting and passing skills.

Thurs. 3:30-4:15 pm \$120/M, \$160/NM 25-2575

FENCING Starts March 7 - classes run every 7 weeks grades 7 +

The Blackstone Valley Fencing Academy trains fencers to excel both in the sport and their personal life promoting self confidence and self reliance. Learn the language of fencing, exercising the mind and the body with tactical thinking and fast footwork.

Wed. 5:30-6:30pm ages 7-12 \$135/M \$150/NM 25-2590

Wed. 6:30-7:30pm ages 13+ \$135/M \$150/NM 25-2591

PICKLEBALL Ongoing ages 18+

An easy game for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. A fun sport that combines elements of tennis, badminton and ping-pong.

Tues./Thurs. 11-12:30pm Drop in Free/M \$5/NM

Tues. 5:30-7pm Drop in Free/M \$5/NM

KARATE CLUB Ongoing ages 8 - adult

Classes emphasize conditioning, discipline and character development.

The karate program is ideal for highly motivated individuals interested in challenge and the confidence that results from real achievement.

To register for a free introductory class or for more information call Ron Teixeira at 508-864-6895 or register at the front desk. Uniforms are available for purchase after the first month of instruction.

Ages 8-12 Tues., 4:30—5:30pm \$65/M per mo. \$75/NM per mo.

Ages 12+ Tues., 6—7:45pm \$65/M per mo. \$75/NM per mo.

All ages Sat., 9—10:30am \$65/M per mo. \$75/NM per mo.

KINDERSPORTS 10 Weeks grades K - 2

Various skills and games taught and played in season, including soccer, pillo polo, basketball, T-ball, track and field. Starts Mar 20

Tues. 3:30 - 4:15 pm \$120/M, \$160/NM 10 weeks 25-2574

NEW! SUPER SOCCER STARS

All classes run in the JCC gym.

Mondays, 8 Week Regular Session March 19—May 14
4:35-5:35pm ages 5-7 \$106/M, \$138NM 25-2592

Saturdays, 8 week Session Mar 24—May 19
10:45-11:45am ages 5-7 \$106/M, \$138/NM 25-2593

No Class Dates

March 30—31

April 1, 6—7, 16—20

May 13, 20—21, 26—28

aquatics - 6 months - Adult

PARENT and TOT SWIM Ages 6 mo. - 3 yrs. Starts Mar 18

The objective is to get both the parent and the child comfortable in the water. Children will have fun while parents guide them through water skills and explore the wonders of water play.

| | | | |
|-----------------|-------------------|----------|---------|
| Sat. 9-9:30am | \$96/M, \$128/NM | 8 weeks | 35-3501 |
| Sun. 9-9:30am | \$84/M, \$112/NM | 7 weeks | 35-3502 |
| Wed. 10:30-11am | \$120/M, \$160/NM | 10 weeks | 35-3503 |

PRESCHOOL INTRODUCTORY SWIM Ages 3 - 5 yrs. Starts Mar 18

An introductory class for preschoolers of all levels designed to learn to become more comfortable in the water. The focus is on water safety and initial stroke development.

| | | | |
|-------------------|-------------------|----------|---------|
| Sat. 9:30-10am | \$96/M, \$128/NM | 8 weeks | 35-3505 |
| Sun. 9:30-10am | \$84/M, \$112/NM | 7 weeks | 35-3506 |
| Wed. 11-11:30am | \$120/M, \$160/NM | 10 weeks | 35-3507 |
| Thurs. 10:30-11am | \$120/M, \$160/NM | 10 weeks | 35-3508 |

LEVEL 1 - Intro to Water Skills Ages K & Above Starts Mar 18

This class is designed to help your child become more comfortable in the water. Participants need to be able to follow directions and hold onto the wall by themselves. Focus on blowing bubbles, kicking and beginning swim stroke.

| | | | |
|-----------------|-------------------|----------|---------|
| Sat. 10-10:30am | \$96/M, \$128/NM | 8 weeks | 35-3509 |
| Sun. 10-10:30am | \$84/M, \$112/NM | 7 weeks | 35-3510 |
| Tues. 3:30-4pm | \$120/M, \$160/NM | 10 weeks | 35-3511 |
| Tues. 4:30-5pm | \$120/M, \$160/NM | 10 weeks | 35-3512 |
| Wed. 3:30-4pm | \$120/M, \$160/NM | 10 weeks | 35-3513 |
| Wed. 4:30-5pm | \$120/M, \$160/NM | 10 weeks | 35-3514 |
| Thurs. 4-4:30pm | \$120/M, \$160/NM | 10 weeks | 35-3515 |

LEVEL 2 - Fundamental Aquatic Skills Ages K & Above Starts Mar 18

Participants need to have passed Level 1 and swim a short distance on their own. This level gives swimmers success with fundamental skills. Front and back float and vertical recovery, front basic stroke and back basic stroke arm and leg motions and focus on face in the water.

| | | | |
|-----------------|-------------------|----------|---------|
| Sat. 10-10:30am | \$96/M, \$128/NM | 8 weeks | 35-3516 |
| Sun. 10-10:30am | \$84/M, \$112/NM | 7 weeks | 35-3517 |
| Tues. 3:30-4pm | \$120/M, \$160/NM | 10 weeks | 35-3518 |
| Tues. 4:30-5pm | \$120/M, \$160/NM | 10 weeks | 35-3519 |
| Wed. 3:30-4pm | \$120/M, \$160/NM | 10 weeks | 35-3520 |
| Wed. 4:30-5pm | \$120/M, \$160/NM | 10 weeks | 35-3521 |
| Thurs. 4-4:30pm | \$120/M, \$160/NM | 10 weeks | 35-3522 |

LEVEL 3 - Stroke Development Ages K & Above Starts Mar 18

Participants need to have passed Level 2. Swimmers begin to learn coordination of the front crawl, backstroke, elementary backstroke and an introduction to breast stroke. There is also an increased focus on endurance and being able to swim longer distances without stopping.

| | | | |
|-------------------|-------------------|----------|---------|
| Sat. 10:30-11am | \$96/M, \$128/NM | 8 weeks | 35-3523 |
| Sun. 10:30-11am | \$84/M, \$112/NM | 7 weeks | 35-3524 |
| Tues. 4:00-4:30pm | \$120/M, \$160/NM | 10 weeks | 35-3525 |
| Wed. 4:00-4:30pm | \$120/M, \$160/NM | 10 weeks | 35-3526 |
| Thurs. 3:30-4pm | \$120/M, \$160/NM | 10 weeks | 35-3527 |
| Thurs. 4:30-5pm | \$120/M, \$160/NM | 10 weeks | 35-3528 |

LEVEL 4 - Stroke Improvement Ages K & Above Starts Mar 18

Participants need to have passed Level 3. Increase the development of the front/back crawl with increased distance and coordination. Build on and refine breast stroke, butterfly and diving. Introduce flip turns and competitive starts.

| | | | |
|--------------------|-------------------|----------|---------|
| Sat. 10:30-11am | \$96/M, \$128/NM | 8 weeks | 35-3529 |
| Sun. 10:30-11am | \$84/M, \$112/NM | 7 weeks | 35-3530 |
| Tues. 4-4:30pm | \$120/M, \$160/NM | 10 weeks | 35-3531 |
| Wed. 4-4:30pm | \$120/M, \$160/NM | 10 weeks | 35-3532 |
| Thurs. 3:30-4pm | \$120/M, \$160/NM | 10 weeks | 35-3533 |
| Thurs. 4:30-5:00pm | \$120/M, \$160/NM | 10 weeks | 35-3534 |

PRIVATE & SEMI-PRIVATE SWIM LESSONS Any age

We offer private, semi-private and small group (4) instruction.

We specialize in lessons for those who have "water issues".

Call Kelly Sampson, Aquatics Director, x 235

Member Private Swim Lesson Package Special:

5 lessons \$165 / 30 minutes/Aquatics Staff

5 lessons \$190 / 30 minutes/Aquatics Director

\$35/M, \$40/NM 30 minutes/Aquatics Staff

\$40/M, \$45/NM 30 minutes/Aquatics Director

Semi-private \$50/\$25 each/M 30 minutes/Aquatics Staff

Semi-private \$60/\$30 each/NM 30 minutes/Aquatics Staff

Semi-private \$60/\$30 each/M 30 minutes/Aquatics Director

Semi-private \$70/\$35 each/NM 30 minutes/Aquatics Director

AQUATICS NO CLASSES ON:

March 31

April 1, 6, 7, 16-20

May 13, 20-21, 26-28

JCC WAHOO SWIM CLUB SPRING 2018 The goal of the Club is to technically and proficiently develop swimmers techniques in the four racing strokes: butterfly, freestyle, breaststroke, and backstroke. The Club provides a fun environment for children to grow and develop. **Two club levels are offered, developmental level and advanced technical level. MARCH 12—MAY 31**

Developmental Level will build on skills learned in the JCC instructional program. Including the improvement of four racing strokes through technique correction, while introducing proper form for flip turns, racing dives and various drills in a noncompetitive way.

4:30-5:30pm, Tuesday & Thursday Contact Kelly for availability 35-3551 \$300/M, \$350/NM

4:30-5:30pm, Monday & Wednesday Contact Kelly for availability 35-3550 \$300/M, \$350/NM

Advanced Technical Group includes activities like critical stroke technique correction in four racing strokes, flip turns, racing starts, and reviewing rules and regulations on competitive swimming as a stepping stone for high school or competitive swim programs.

5:30pm-7pm, Tuesday & Thursday 35-3552 \$350/M, \$400/NM

enrichment/adult classes/programs

POTTERY/SCULPTURE Adult/Sr. Adult (multi-level class)
Hand-building, wheel throwing, and sculpture techniques, along with decoration and glazing. No experience necessary.
Starts March 20.

Instructor: Rosalie Olds - well known Worcester sculptor.
Tues. 9:30 am - 12:30 pm \$156M, \$192/NM 12 weeks 50-5050

PLAY MAH JONGG Adult/Senior Adult
Thursdays 11—2pm, No Fee. Experienced players! Play at the JCC! Register with Nancy, x 232. Must be a JCC member. No Fee

DUPLICATE BRIDGE Adult/Senior Adult
Our cards, your talent. ACBL bridge game. Bring a brown bag lunch.

Fri. 10:00 am - 1:30 pm ongoing \$3/M, \$5/NM/per week
supervised play 10 - 11 am / sanctioned game 11 am - 1:30 pm

JCC GALLERY

The Art Gallery is located in the lobby and main corridors of the JCC. Each program year features 5 exhibits by local artists. Work that has been displayed includes, painting, collage, sculpture, and ceramics, and both black and white and color photography. Most art work is for sale and a portion of the proceeds benefits the Cultural Arts Department. For more information contact Nancy, x 232.

Asian Art Through Western Eyes II, presented by:
The Silk Road Art Guild

Opening Reception: Sunday, March 11, 3—5 pm

*Demonstration of Chinese Ink Painting at 4:15 pm, Refreshments will be served! All are welcome!

JCC AUTHOR SERIES

Alexandra Silber, author of **After Anatevka**, Sun, March 18, 2pm
Congregation Beth Israel, 15 Jamesbury Drive, Worcester

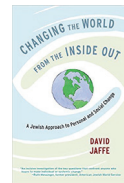
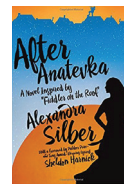
After starring as Tzeitel in the most recent Broadway revival of Fiddler on the Roof, Silber decided to write a novel imagining what happens to the characters of Fiddler, after the curtain falls.

David Jaffe, author of **Changing The World From The Inside Out**, Sun, April 8, 9:45am, Worcester JCC

This book is an inspiring and accessible guide, drawn from Jewish wisdom, for building the inner qualities necessary to work effectively for social justice. Co-sponsored by Temple Emanuel Sinai

Lewis Glinert, author of **The Story Of Hebrew**, Mon, April 16, 7:30pm, College Of The Holy Cross, Rehm Library

A major work of scholarship, this book explores the extraordinary hold that Hebrew has had on Jews and Christians, who have invested it with a symbolic power far beyond that of any language in history.
Transportation from JCC to Holy Cross available.



THE DISTINGUISHED SPEAKER SERIES

The Distinguished Speaker Series brings speakers of local renown from a range of fields and perspectives, to the JCC, on a monthly basis, to share insights and stimulate conversation on today's most compelling issues, stories, and events.

Monthly, Tuesdays, 9—10 am Light breakfast included. \$2

Jessica Boatman Dray, MD, Geriatric Medicine Fellow at UMass

Talk title: Memory and Aging, Tuesday, March 20, 9—10 am

We will discuss normal changes to memory as people age, when to talk to your doctor about your memory concerns, and the things you can do to keep your brain healthy.

Dr. Boatman Dray graduated with her Bachelor's degree from Brandeis University and earned her MD from UMass. She completed residency in Family Medicine at UMass and now is the current Geriatric Medicine Fellow at UMass with plans to specialize in care for the older adult.

JCC BOOK CLUB RESURRECTED

For many years, the JCC has had a vibrant book group. Over time, there were many dedicated facilitators of this group. When our most recent facilitators "retired", the book group went on hiatus. We are thrilled to announce that Bob Michel has agreed to spearhead and "resurrect" the JCC Book Club!

A few words from Bob: As the new facilitator I would like to hear from interested people so that we can set a time for our meetings. For starters I suggest a monthly meeting at an early evening time and that I propose the initial book to be read. Subsequently we would shape our course together. Please contact me (bobmichel@yahoo.com, 508.868.7288) or Nancy Greenberg (ngreenberg@worcesterjcc.org, 508.756.7109, x 232). Thank you, Bob Michel.