



Spring classes

2019 | Ages 1 - adult

Classes begin Monday, March 18, 2019

(Unless otherwise noted)

Register anytime after 9 am on Monday, March 4

Financial assistance available. Contact Paola Bytyqi, 508-756-7109 or registrar@worchesterjcc.org.

How to Register:

- Email registrar@worchesterjcc.org to obtain login credentials to utilize the online registration system or download the registration form at worchesterjcc.org and email to registrar@worchesterjcc.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@worchesterjcc.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

PRESCHOOL GYMNASTICS

3 - 5 yrs.

A class where children are introduced to tumbling and the apparatus geared to their age and development.

Mon. 1pm-1:45pm \$108/M, \$144/NM 9 weeks 25-2606

Thurs. 1pm-1:45pm \$108/M, \$144/NM 9 weeks 25-2607

AMAZING BUGS! Starts Monday, March 18

Why do spiders spin webs? What do ladybugs eat? Do all bugs have antennae? Come explore these fascinating facts with Emily Byram, in our new class all about Amazing Bugs! Through books, games and art projects- we will learn about the bugs, insects and arachnids that inhabit North America. Children will enjoy gathering more information about this very interesting and vast topic. Get ready to crawl, buzz or fly through this class!

Mon. 1:15pm—2pm \$108/M, \$144/NM 9 weeks 10-3240

iHABLA CONMIGO! SPEAK WITH ME Starts March 19

¡Hola Niños! Join our Red Room Teacher, Liz Zelada, on a Spanish adventure! We will practice Spanish words and phrases, including colors, numbers, and greetings. Liz will help us build our Spanish vocabulary as well as introduce new Spanish cultural experiences through stories, music and games. We will also create a book of everything we have learned in our Clase de Español to take home and share with family.

Tues. 1:15pm—2pm \$108/M, \$144/NM 9 weeks 10-3250

SUPER FOOD KIDS! Starts Friday, March 22

Join Lauren Carlsen for more fun in the kitchen, but this time with a healthy-twist! Whether it's kiwi, asparagus or honeydew melon, Lauren will introduce a new "Super Food" every week for the children to prepare and taste-test. We will practice our mathematical skills as we measure, mix and pour, as well as practice social skills as we work together and share our observations about "Super Foods." Get ready for a colorful and delicious cooking class!

Fri. 1:15pm—2pm \$108/M, \$144/NM 9 weeks 10-3260

SUPER SPORTS Starts March 18

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!

Mon. 1pm-1:45pm \$108/M, \$144/NM 9 weeks 25-2601

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.

Tues. 1pm-1:45pm \$108/M, \$144/NM 9 weeks 25-2605

MICRO SOCCER Starts March 20

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 \$108/M, \$144/NM 9 weeks 25-2602

T-BALL Starts March 21

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

Thurs. 1pm-1:45pm \$108/M, \$144/NM 9 weeks 25-2603

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, 9 Week Session March 18—May 20

2:00 - 2:40pm ages 2 - 3 \$119/M; \$155/NM 25-0350

2:45 - 3:30pm ages 3 - 4 \$119/M; \$155/NM 25-0351

3:35 - 4:25pm ages 4 - 5 \$119/M; \$155/NM 25-0352

4:30 - 5:30pm ages 5 - 7 \$119/M; \$155/NM 25-0353

Saturdays, 8 week Session Mar 23—May 18

9:00 - 9:40am ages 12-24 mo. \$106/M; \$138/NM 25-0354

9:45-10:25am ages 2 - 3 \$106/M; \$138/NM 25-0355

10:30-11:15am ages 3 - 4 \$106/M; \$138/NM 25-0356

11:20-12:10pm ages 4 - 5 \$106/M; \$138/NM 25-0357

12:15-1:15pm ages 5 - 7 \$106/M; \$138/NM 25-0358

sports & fitness K-Adult

YOUTH BASKETBALL - Spring Season March 24—April 28

A Jr. NBA/Jr. WNBA program with fundamental skill work, contests, and weekly league games. \$60/M, \$75/NM 5 weeks

Sun. 10:15-11:15am 5 yrs. & grade K 25-3010

Sun. 11:15-12:15am grades 1 & 2 25-3011

Sun. 12:15-1:15pm grades 3 & 4 25-3012

Sun. 1:15-2:15pm grades 5, 6, 7 & 8 25-3013

*(times subject to change due to enrollment)

*No class April 21, Easter

MASH (More After School Hoops)

Grades 3 - 6 ___ Starts March 19 - May 21

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

Tues. 4:15-5:15 pm \$108/M, \$144/NM 9 weeks 25-3014

Grades K - 2 ___ Starts March 21

Thurs. 4:15-5:15 pm \$108/M, \$144/NM 9 weeks 25-3015

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 19—May 21, 5:30pm, 6:30, 7:30 games

Tues. \$90/M, \$115/NM 25-3016

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

ADULT BASKETBALL LEAGUE Ages 18+ 25-4260

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 18, *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 21-May 23 9 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 \$108/M, \$144/NM 9 weeks 25-3017

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.

Mon/Wed 11:30 - 1pm Drop in Free/M \$5/NM

Tues./Thurs. 11:00 - 1pm

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 Starts Mar 19 - May 21 grades K - 2

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

Tues. 3:30 - 4:15 pm \$108/M, \$144/NM 9 weeks 25-3018

NEW! SUPER SOCCER STARS

All classes run in the JCC gym.

Mondays, 9 Week Session March 18—May 20

4:30 - 5:30pm ages 5 - 7 \$119/M; \$155/NM 25-0353

Saturdays, 8 week Session Mar 23—May 18

12:15-1:15pm ages 5 - 7 \$119/M; \$155/NM 25-0358

No Class Dates

April 15—21

May 25—27

aquatics - 6 months - Adult

PARENT and TOT SWIM Ages 6 mo. - 3 yrs. Starts Mar 20

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	35-0301
Sun. 9-9:30am	\$84/M, \$112/NM	7 weeks	35-0302
Wed. 10:30-11am	\$108/M, \$144/NM	9 weeks	35-0303

PRESCHOOL INTRODUCTORY SWIM Ages 3 - 5 yrs. Starts Mar 20

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	35-0401
Sun. 9:30-10am	\$84/M, \$112/NM	7 weeks	35-0402
Wed. 11-11:30am	\$108/M, \$144/NM	9 weeks	35-0403
Wed. 1-1:30pm	\$108/M, \$144/NM	9 weeks	35-0404
Thurs. 10:30-11am	\$108/M, \$144/NM	9 weeks	35-0405

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	35-0501
Sun. 10-10:30am	\$84/M, \$112/NM	7 weeks	35-0502
Tues. 3:30-4pm	\$108/M, \$144/NM	9 weeks	35-0503
Tues. 4:30-5pm	\$108/M, \$144/NM	9 weeks	35-0504
Wed. 3:30-4pm	\$108/M, \$144/NM	9 weeks	35-0505
Wed. 4:30-5pm	\$108/M, \$144/NM	9 weeks	35-0506
Thurs. 4-4:30pm	\$108/M, \$144/NM	9 weeks	35-0507
Thurs. 4:30-5pm	\$108/M, \$144/NM	9 weeks	35-0508

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	35-0601
Sun. 10-10:30am	\$84/M, \$112/NM	7 weeks	35-0602
Tues. 3:30-4pm	\$108/M, \$144/NM	9 weeks	35-0603
Tues. 4:30-5pm	\$108/M, \$144/NM	9 weeks	35-0604
Wed. 3:30-4pm	\$108/M, \$144/NM	9 weeks	35-0605
Wed. 4-4:30pm	\$108/M, \$144/NM	9 weeks	35-0606
Wed. 4:30-5pm	\$108/M, \$144/NM	9 weeks	35-0607
Thurs. 4-4:30pm	\$108/M, \$144/NM	9 weeks	35-0608
Thurs. 4:30-5pm	\$108/M, \$144/NM	9 weeks	35-0609

LEVEL 3 - Stroke Development Ages K & Above Starts Mar 19

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	35-0701
Sun. 10:30-11am	\$84/M, \$112/NM	7 weeks	35-0702
Tues. 4:00-4:30pm	\$108/M, \$144/NM	9 weeks	35-0703
Wed. 4:00-4:30pm	\$108/M, \$144/NM	9 weeks	35-0704
Thurs. 3:30-4pm	\$108/M, \$144/NM	9 weeks	35-0705
Thurs. 4:30-5pm	\$108/M, \$144/NM	9 weeks	35-0706

LEVEL 4 - Stroke Improvement Ages K & Above Starts Mar 19

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	35-0801
Sun. 10:30-11am	\$84/M, \$112/NM	7 weeks	35-0802
Tues. 4-4:30pm	\$108/M, \$144/NM	9 weeks	35-0803
Wed. 4-4:30pm	\$108/M, \$144/NM	9 weeks	35-0804
Thurs. 3:30-4pm	\$108/M, \$144/NM	9 weeks	35-0805
Thurs. 4:30-5:00pm	\$108/M, \$144/NM	9 weeks	35-0806

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:

April 15-21

May 12

JCC WAHOO SWIM CLUB SPRING 2019 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.

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

4:30-5:30pm, Monday & Wednesday Contact Kelly for availability

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 Contact Kelly for availability

enrichment/adult classes/programs

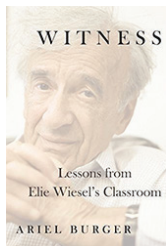
POTTERY/SCULPTURE Adult/Sr. Adult (multi-level class)
Hand-building, wheel throwing, and sculpture techniques, along with decoration and glazing. No experience necessary.
Starts March 19.
Instructor: Rosalie Olds - well known Worcester sculptor.
Tues. 9:30 am - 12:30 pm \$156M, \$192/NM 12 weeks 50-5051

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 SOCIAL GAME Adult/Senior Adult
Non-ACBL sanctioned run by Joan Conrad. Bring a brown bag lunch. For more information contact Nancy Greenberg, 508.756.7109 x 232
Fri. 12pm - 2:30 pm ongoing \$3/M, \$5/NM/per week

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.



Ariel Burger

[Witness: Lessons from Elie Wiesel's Classroom](#)

Sunday, March 3, 2019, 9:45am

Temple Emanuel Sinai, 661 Salisbury St., Worcester

Burger, a devoted protégé and friend of one of the world's great thinkers, takes us into the sacred space of the classroom, showing Holocaust survivor and Nobel Peace Prize recipient Elie Wiesel, not only as an extraordinary human being, but as a master teacher. *Co-sponsored by Temple Emanuel Sinai*



Meredith Goldstein

[Can't Help Myself: Lessons & Confessions from a Modern Advice Columnist](#)

Sunday, March 17, 2019, 2pm

Congregation Beth Israel, 15 Jamesbury Drive, Worcester

Meredith Goldstein's readers look to her for wisdom on all matters of the heart, as was the case with Jewish advice givers before her, from Bintel Brief and Ann Landers to Dear Abby. She has been writing her column, "Love Letters", for The Boston Globe, since 2009 and has answered more than 1000 letters! *Co-sponsored by Congregation Beth Israel*



Yvette M. Corporon, May 15 - CANCELLED