



# Spring classes

2017 | Ages 1 - adult  
Classes begin Monday, March 27, 2017

(Unless otherwise noted)

## Register anytime after 9 am on Monday, March 13

Financial assistance available. Contact Erika Austin, 508-756-7109 or eaustin@worcesterjcc.org.

### How to Register:

- Email eaustin@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 eaustin@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 12 months - 5 years

**PRESCHOOL GYMNASTICS** Starts March 27 or March 30  
Children are introduced to tumbling and the apparatus geared to their age and development.

Mon. 1pm-1:45pm \$96/M, \$128/NM 8 weeks 25-2586  
Thurs. 1pm-1:45pm \$96/M, \$128/NM 8 weeks 25-2587

**CLAY PLAY** Starts March 27  
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. 1pm-1:45pm \$96/M, \$128/NM 8 weeks 10-1010

**MOVE AND GROOVE** Starts March 28  
Students will participate in upbeat combinations to their favorite music, and learn about rhythm and musicality. Children will gain a foundation to hip hop dance and learn to move as a group while cooperating and following directions. Join **Mikayla Fitzpatrick**, a professional dance teacher, for loads of fun!

Tues. 1pm-1:45pm \$84/M, \$112/NM 7 weeks 10-1020

**BORN TO MOVE** 8 participants max. Starts March 31  
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. 1pm-1:45pm \$96/M \$128/NM 8 weeks 10-1030

**LITTLE DRIBBLERS** Starts March 27  
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 25-2588

**SUPER SPORTS** Starts March 28  
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 much more!

Tues. 1pm-1:45pm \$84/M, \$112/NM 7 weeks 25-2589

**MICRO SOCCER** Starts March 29  
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 \$84/M, \$112/NM 7 weeks 25-2590

**T-BALL** Starts March 30  
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 8 weeks 25-2591

## No classes April 17—21

### NEW! SUPER SOCCER STARS

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 ages 1-3. All classes run in the JCC gym.

**FREE DEMO**  
(Enrollment required)

**Saturday, 3/25/17**  
9:00 - 9:40am 12-24 mo.  
9:45 - 10:25am ages 2 & 3  
10:30 - 11:15am ages 3 & 4  
11:20 - 12:10pm ages 4 & 5  
12:15 - 1:15pm ages 5-7

**Mondays, 8 Week Session** Mar 27—Jun 5  
(no class 4/10/17, 4/17/17, 5/29/17)  
2:45 - 3:30pm ages 3-4 \$106/M, \$138/NM 25-2592  
3:35 - 4:25pm ages 4-5 \$106/M, \$138/NM 25-2593  
4:30 - 5:30pm ages 5-7 \$106/M, \$138/NM 25-2594

**Saturday, 10 week Session** Apr 1—Jun 10  
(no class 5/27)  
9:00 - 9:40am ages 12-24 mo. \$130/M; \$170/NM 25-2595  
9:45 - 10:25am ages 2 & 3 \$130/M; \$170/NM 25-2596  
10:30 - 11:15am ages 3 & 4 \$130/M; \$170/NM 25-2597  
11:20 - 12:10pm ages 4 & 5 \$130/M; \$170/NM 25-2598  
12:15 - 1:15pm ages 5 - 7 \$130/M; \$170/NM 25-2599

(Prices include \$10 for Super Soccer Stars t-shirt)

## sports & fitness K-Adult No classes April 17—21

**SPRING YOUTH BASKETBALL** - March 26, April 2, 9, 23 & 30  
A Jr. NBA/Jr. WNBA program with fundamental skill work, contests, and weekly league games. \$55/M, \$70/NM 5 weeks  
*\*Times subject to change: determined by enrollment*

Sun. 10:15—11:15am 5 yrs. & grade K 25-2605  
Sun. 11:15—12:15pm or 12:15—1:15pm grades 1 & 2 25-2606  
Sun. 12:15—1:15pm or 1:15—2:15pm grades 3 & 4 25-2607  
Sun. 12:15—1:15pm or 1:15—2:15pm grades 5, 6, 7 & 8 25-2608

**MASH** Starts March 30 **grades K - 2**  
(More After School Hoops) Age-appropriate fundamental drills combined with weekly basketball games and contests.  
Thurs. 4:15—5:15 pm \$108/M, \$144/NM 9 weeks 25-2600

Starts March 28 **grades 3 - 6**  
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 25-2601

**STRONGER TEAM: BASKETBALL WORKOUTS grades 6 - 11**  
Individual training, group training, team training, boys and girls training available. Dates/Times/ Programs are flexible. Basketball performance and skill development training sessions to improve basketball skills, athleticism, strength and conditioning.

**Session 1:** Thurs. March 2, 9, 23, 30  
Thurs 4:45—6pm \$60/M, \$80/NM 25-2602

**Session 2:** Thurs. April 6, 13, 20, 27  
Thurs 4:45—6pm \$60/M, \$80/NM 25-2603

**Session 3:** Thurs. May 4, 11, 18, 25  
Thurs 4:45—6pm \$60/M, \$80/NM 25-2604

**ADULT BASKETBALL LEAGUE Ages 18+**  
Team Rate: \$800.00 per team. Certified IAABO officials.  
7 game regular season and 1+ playoff. Team shirts provided

### Monday - East Division

March 27 - Competitive – High School/College Level

### Tuesday – Women’s Division

March 28 – Recreational Open Division

### Tuesday - Men’s Over 30 Division

March 28

### Wednesday - North Division

March 29 - Highly Competitive – College Level

### Thursday – South Division

March 30 – Recreational Open Division

**SPORTARAMA** Starts March 28 **grades K - 2**  
Various sports skills and games taught and played in season, including soccer, pillo polo, basketball, T-ball, and gaga.  
Tues. 3:30 - 4:15 pm \$108/M, \$144/NM 9 weeks 25-2575

**INTRO TO JAPANESE KARATE** Starts March 28 **Ages 8-12**  
**An after school program for 8+.** Classes focus on improving concentration and self-confidence while developing strength, stamina and flexibility. Participants can also train Sat. am 9:15—10:30am  
Tues. 4:30—5:30pm \$65/M per month \$75/NM per month 25-2635

**KARATE CLUB** Ongoing **ages 12 - adult**  
Traditional instruction in the Japanese art of Wado-ryu Karate. 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.  
Tues., 6—7:45pm \$65/M per month \$75/NM per month 25-2640  
Sat., 9:15—10:30am \$65/M per month \$75/NM per month 25-2645

**BORN TO MOVE** Starts March 26 • 7 weeks • **Ages 8 - 12** No class 4/16 & 5/14  
Playful movement, music and games introducing movement skills using fun rather than formal exercise. Taught by Andrea Sullivan.

Sun. 11:00-11:45am \$84/M \$112/NM 30-3500

**FENCING** Starts March 1 6 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. Next session starts April 26 (7 week session). Limit 12 per class.

Wed. 5:30—6:30pm ages 7-12 \$115/M \$130/NM 25-2580

Wed. 6:30—7:30pm ages 13+ \$115/M \$130/NM 25-2585

**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 25-2819

### **NEW! SUPER SOCCER STARS**

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 ages 1-3. All classes run in the JCC gym.

**FREE DEMO, Saturday, 3/25/17,** (Enrollment required-contact Bob)

9:00—9:40am 12-24 mo. 25-2700 11:20 - 12:10pm ages 4 & 5 25-2715

9:45—10:25am ages 2 & 3 25-2705 12:15 - 1:15pm ages 5-7 25-2620

10:30—11:15am ages 3 & 4 25-2710

**Mondays, 8 Week Session** Mar 27—Jun 5

(no class 4/10/17, 4/17/17, 5/29/17)

2:45—3:30pm ages 3-4 \$106/M, \$138/NM 25-2720

3:35—4:25pm ages 4-5 \$106/M, \$138/NM 25-2725

4:30—5:30pm ages 5-7 \$106/M, \$138/NM 25-2625

**Saturday, 10 week Session** Apr 1—Jun 10 (no class 5/27)

9:00—9:40am ages 12-24 mo. \$130/M ; \$170/NM 25-2730

9:45—10:25am ages 2 & 3 \$130/M ; \$170/NM 25-2735

10:30—11:15am ages 3 & 4 \$130/M ; \$170/NM 25-2740

11:20—12:10pm ages 4 & 5 \$130/M ; \$170/NM 25-2745

12:15—1:15pm ages 5 - 7 \$130/M ; \$170/NM 25-2630

(Prices include \$10 for Super Soccer Stars t-shirt)

**NEW HYDRORIDER AQUABIKES** Starts March 6

Hydrorider Aquabikes are one of the most exciting and innovative means of aquatic training and we are thrilled to offer to you small group training on them. Cycling in an aquatic environment provides an excellent cardiovascular workout while taking advantage of the many benefits of water training. Buoyancy allows those suffering from joint, muscle or bone pain to exercise. Limit 4 participants per class. Minimum of 5' tall - the bike will be in 4' of water. Aqua sneakers or water shoes must be worn.

Mon. 6:15pm—7pm \$10/M \$14/NM

Thurs. 6:15pm—7pm \$10/M \$14/NM

Sign up on Turboroster for each session you would like to attend and pay at the front desk as you come in.

# aquatics - 6 months - Adult Aquatics no classes April 11, 12, 15-20, May 14

**PARENT and TOT SWIM** Ages 6 mo. - 3 yrs. Starts March 26 - May 24  
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. 4/1-5/20 9:00-9:30am \$77/M, \$105/NM 7 weeks 35-3500  
Sun. 3/26-5/21 9:00-9:30am \$77/M, \$105/NM 7 weeks 35-3900  
Wed. 3/29-5/24 10:30-11:00am \$77/M, \$105/NM 7 weeks 35-3901

**PRESCHOOL INTRO SWIM** 3 - 5 yrs. Starts March 26 - May 24  
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. 4/1-5/20 9:30-10:00am \$77/M, \$105/NM 7 weeks 35-3902  
Sun. 3/26-5/21 9:30-10:00am \$77/M, \$105/NM 7 weeks 35-3903  
Thurs. 3/30-5/25 10:30-11:00am \$88/M, \$120/NM 8 weeks 35-3904

**LEVEL 1 - Intro to Water Skills** Ages 6+ Starts March 26 - May 24  
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. 4/1-5/20 10:00-10:30am \$77/M, \$105/NM 7 weeks 35-3905  
Sun. 3/26-5/21 10:00-10:30am \$77/M, \$105/NM 7 weeks 35-3906  
Tues. 3/28-5/23 3:30-4:00pm \$77/M, \$105/NM 7 weeks 35-3907  
Tues. 3/28-5/23 4:30-5:00pm \$77/M, \$105/NM 7 weeks 35-3908  
Wed. 3/29-5/24 4:30-5:00pm \$77/M, \$105/NM 7 weeks 35-3909  
Thurs. 3/30-5/25 4:00-4:30pm \$88/M, \$120/NM 8 weeks 35-3910

**LEVEL 2 - Fundamental Aquatic Skills** Ages 6+ Starts March 26 - May 24  
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. 4/1-5/20 10:00-10:30am \$77/M, \$105/NM 7 weeks 35-3911  
Sun. 3/26-5/21 10:00-10:30am \$77/M, \$105/NM 7 weeks 35-3912  
Tues. 3/28-5/23 3:30-4:00pm \$77/M, \$105/NM 7 weeks 35-3913  
Tues. 3/28-5/23 4:30-5:00pm \$77/M, \$105/NM 7 weeks 35-3914  
Wed. 3/29-5/24 4:30-5:00pm \$77/M, \$105/NM 7 weeks 35-3915  
Thurs. 3/30-5/25 4:00-4:30pm \$88/M, \$120/NM 8 weeks 35-3916

**LEVEL 3 - Stroke Development** Ages 6+ Starts March 26 - May 24  
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. 4/1-5/20 10:30-11:00am \$77/M, \$105/NM 7 weeks 35-3917  
Sun. 3/26-5/21 10:30-11:00am \$77/M, \$105/NM 7 weeks 35-3918  
Tues. 3/28-5/23 4:00-4:30pm \$77/M, \$105/NM 7 weeks 35-3919  
Wed. 3/29-5/24 4:00-4:30pm \$77/M, \$105/NM 7 weeks 35-3920  
Thurs. 3/30-5/25 3:30-4:00pm \$88/M, \$120/NM 8 weeks 35-3921  
Thurs. 3/30-5/25 4:30-5:00pm \$88/M, \$120/NM 8 weeks 35-3922

**LEVEL 4 - Stroke Improvement** Ages 6+ Starts March 26 - May 24  
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. 4/1-5/20 10:30-11:00am \$77/M, \$105/NM 7 weeks 35-3923  
Sun. 3/26-5/21 10:30-11:00am \$77/M, \$105/NM 7 weeks 35-3924  
Tues. 3/28-5/23 4:00-4:30pm \$77/M, \$105/NM 7 weeks 35-3925  
Wed. 3/29-5/24 4:00-4:30pm \$77/M, \$105/NM 7 weeks 35-3926  
Thurs. 3/30-5/25 3:30-4:00pm \$88/M, \$120/NM 8 weeks 35-3927  
Thurs. 3/30-5/25 4:30-5:00pm \$88/M, \$120/NM 8 weeks 35-3928

**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

## Fitness - ages 13+

### POSTURAL ALIGNMENT: 20/20/20 Nicolette Peltier Bender, Stott Certified trainer, Thursdays 10:15-11:15am

Rehabilitative Pilates class, correction of posture, development of deep core strength and stability system. Corrective exercises performed with small equipment, foam rollers, and with standing tall barre segment. Flexibility, balance, and alignment training for life long injury prevention. Concepts of Mat Pilates, Core Integration, and Post Rehabilitation are incorporated. Appropriate for all levels including post natal.

April Session: 4/6, 4/13, 4/27 (NO class 4/20) \_\_\_\_\_ \$69/M; \$81/NM 30-3200  
May Session 5/4, 5/11, 5/18, 5/25 \_\_\_\_\_ \$92/M/\$108NM 30-3201

### J Barre with Jenni Glickman, Tuesdays 10:15-11:15am

Begin with a ballet inspired warm up using the ballet barre as a prop to balance and move on to small isometric movements to strengthen your body. Small hand weights may be utilized and finish with a long stretch. Minimum of 4

April Session: 4/4, 4/11 and 4/25 \_\_\_\_\_ \$69M/\$81NM 30-3202

May Session: 5/2, 5/9, 5/16, 5/23, 5/30 \_\_\_\_\_ \$115 M; \$135/ NM 30-3203

Drop in fee of \$26M; \$30 NM if class is running.

## 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 28. Instructor: Rosalie Olds - well known Worcester sculptor.  
Tues. 9:30 am - 12:30 pm \$120M, \$160/NM 10 weeks 50- 5000

**JCC BOOK CLUB** Upcoming Meetings at 10:30 am.  
Mon., Dec 12, 10:30 am, **A Man Called Ove** by Fredrik Backman  
Mon., Jan 9, 10:30 am **The Bridge Ladies** by Betsy Lerner

**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 with Irene Myers, Life Master, certified ACBL Director. 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

**COMPUTER CLASS - ALL LEVELS** Adult/Senior Adult  
Start at the beginning or become more proficient. Learn on your laptop or desktops. Instructor: Solo Avram, Computer Maven  
4 Thursdays: May 4, 11, 18 & 25 10am to 12 noon  
\$54/M, \$60/SCM, \$68/NM 4 weeks 45-4500

### 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.

**March, 2017: Vartus Varadian**, Chinese Brush Paintings

**April, 2017: JCC Students of Rosalie Olds**, Ceramics

**May/June 2017: Bruce Dean**, Paintings, En Plein Air

### WORCESTER JCC AUTHOR SERIES

FREE and open to the public. For more information and to RSVP, contact Nancy at 508-756-7109 x 232 or ngreenberg@worcesterjcc.org. Dessert reception follows lecture and book signing.

**Dr. Seibel, author of *The Estrogen Window*, Tuesday, April 4, 7pm, @ Worcester JCC**

Dr. Seibel is one of America's leading voices on women's wellness and menopause. His bestselling book, **The Estrogen Window** is the ultimate guide to what every woman over 40 needs to know: how to minimize menopause symptoms such as hot flashes, night sweats, mood swings, lower libido, fractured sleep, brain fog, irritability, and weight gain. Dr. Seibel's strategies provide the help needed to be healthy, energized, and hormonally balanced as well as a more informed partner with your healthcare provider.

**Miriam Weinstein, *All Set for Black, Thanks: A New Look at Mourning*, Tuesday, April 25, 7:30 pm @ The Willows at Worcester, Great Room, 101 Barry Rd, Worcester (follow signs to Health Center)**

***All Set for Black, Thanks*** is a collection of intensely personal essays about death that takes mourning out of the closet as we follow the author through a year of funerals, shivas, casseroles, and eulogies. Through her wry, resilient, wise lens, and a dose of black humor, she addresses love, loss, and the meaning of life.

**James Kirchick, *The End of Europe: Dictators, Demagogues and the Coming Dark Ages*, Sunday, May 7; 3 pm @ Worcester JCC**

Once the world's bastion of liberal, democratic values, Europe is now having to confront demons it thought it had laid to rest. The old pathologies of anti-Semitism, populist nationalism, and territorial aggression are threatening to tear the European postwar consensus apart. Based on extensive firsthand reporting, this book is a provocative, disturbing look at a continent in unexpected crisis. James Kirchick is a journalist and foreign correspondent currently based in Washington. He is a fellow with the Foreign Policy Initiative in Washington, D.C. He is the grandson of Gladys Rudnick.

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