



# Winter classes

2018 | Ages 1 - adult  
Classes begin Tuesday, January 2, 2018

(Unless otherwise noted)

## Register anytime after 9 am on Monday, December 18

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 12 months - 5 years

### **PRESCHOOL GYMNASTICS** Starts Thursday, January 4

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

Mon. 1pm-1:45pm \$84/M, \$112/NM 7 weeks 25-  
Thurs. 1pm-1:45pm \$108/M, \$144/NM 9 weeks 25-

### **CLAY PLAY** Starts Monday, January 8 3 - 5 yrs.

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 \$84/M, \$112/NM 7 Weeks 10-

### **STORYTIME STEM** Starts Tuesday, January 2

Join us to explore and learn how things work through some of our favorite stories. All classes begin with a fun story such as Pete the Cat, or maybe Rapunzel. Using the Stem (Science, Technology, Engineering, and Math) approach, we will investigate and explore each story. How would Rapunzel get down if she had short hair? Materials will be provided to help children build and create imaginative solutions to this question and many more. Join Yellow Room teacher **Lauren Cloutier** and stretch your imagination and creativity.

Tues. 1pm-1:45pm \$108/M, \$144/NM 9 weeks 10-

### **BORN TO MOVE** Starts Friday, January 5 3 - 5 yrs.

Children will fall in love with music and movement! They will experience the joy of moving to choreography that lets them master moves quickly with **Andrea Sullivan**, a certified Born to Move instructor. Their confidence will soar to new heights!

Fri. 1pm-1:45pm \$108/M, \$144/NM 9 weeks 10-



### **LITTLE DRIBBLERS** Starts January 8

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 \$84/M, \$112/NM 7 weeks 25-

### **SUPER SPORTS** Starts January 2

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

### **MICRO SOCCER** Starts January 3

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-

### **T-BALL** Starts January 4

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-

### **NEW! SUPER SOCCER STARS** 12 months - 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 ages 1-3. All classes run in the JCC gym.

#### **Mondays, 7 Week Session** Jan 8—Mar 5 (No class 1/15 & 2/19)

2:00 - 2:40pm	ages 2 - 3	\$94/M, \$122/NM	25-
2:45 - 3:30pm	ages 3 - 4	\$94/M, \$122/NM	25-
3:35 - 4:25pm	ages 4 - 5	\$94/M, \$122/NM	25-
4:30 - 5:30pm	ages 5 - 7	\$94/M, \$122/NM	25-

#### **Saturdays, 10 week Session** Jan 6—Mar 10

9:00 - 9:40am	ages 12-24 mo.	\$134/M ; \$175/NM	25-
9:45-10:25am	ages 2 - 3	\$134/M ; \$175/NM	25-
10:30-11:15am	ages 3 - 4	\$134/M ; \$175/NM	25-
11:20-12:10pm	ages 4 - 5	\$134/M ; \$175/NM	25-
12:15-1:15pm	ages 5 - 7	\$134/M ; \$175/NM	25-

No classes February 19-23

No classes February 19 - 22

## sports & fitness K-Adult

**YOUTH BASKETBALL - Regular Season** Jan. 7—March 11  
A Jr. NBA/Jr. WNBA program with fundamental skill work, contests, and weekly league games. \$120/M, \$140/NM 10 weeks

Sun. 9:15-10:15am or 10:15-11:15am 5 yrs. & grade K 25-

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

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

Sun. 3:30-4:30pm, 4:30-5:30 or 5:30-6:30 grades 5, 6, 7 & 8 25-

**MASH** Starts Jan 4 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-

Starts Jan 9 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-

### **STRONGER TEAM ATHLETIC PERFORMANCE**

grades 6 - 12  
Individual training, group training, team training, boys and girls training available. Performance and skill development training sessions to improve athleticism, strength and conditioning.

(flexible rates and times available)

**Session 1:** Thurs. January 11, 18, 25 and Feb 1  
Thurs 4:15—5:15pm \$60/M, \$80/NM 25-

**Session 2:** Thurs. Feb 8, 15, 22 and Mar 1  
Thurs 4:15—5:15pm \$60/M, \$80/NM 25-

**Session 3:** March 8, 15, 22 and 29  
Thurs 4:15—5:15pm \$60/M, \$80/NM 25-

**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.

Jan. 9—March 6, 5:30pm  
Tues. \$90/M, \$115/NM 25-

Tues. \$150/NM for program & 3 month teen membership

**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  
January 15 - Competitive – High School/College Level

Tuesday – Women's Division  
January 16 – Recreational Open Division

Tuesday- Men's Over 30 Division *Men's: 25-*  
January 16 *Women's: 25-*

Wednesday - North Division  
January 17 - Highly Competitive – College Level

Thursday – South Division  
January 18 – Recreational Open Division

**FLOORBALL** Starts Jan 4 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 25-

**FENCING** Starts Jan 10 - 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-

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

**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-

**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** 9 Weeks grades K - 2  
Various skills and games taught and played in season, including soccer, pillo polo, gymnastics, basketball, T-ball, track and field. Starts Jan 2

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

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

All classes run in the JCC gym.

**Mondays, 7 Week Regular Session** Jan 8—Mar 5  
(no class 1/15 and 2/19)  
4:35-5:35pm ages 5-7 \$94/M, \$122/NM 25-

**Saturdays, 10 week Session** Jan 6—Mar 10  
12:15-1:15pm ages 5-7 \$134/M, \$175/NM 25-

# aquatics - 6 months - Adult

## AQUATICS NO CLASSES ON:

January 15 and February 19 - 22

### **PARENT and TOT SWIM**

**Ages 6 mo. - 3 yrs.**

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. Starts Jan 3—March 10

Sat. 9:00 - 9:30am \$120/M, \$160/NM 10 weeks 35-

Sun. 9:00 - 9:30am \$108/M, \$144/NM 9 weeks 35-

Wed. 10:30 - 11:00am \$108/M, \$144/NM 9 weeks 35-

### **PRESCHOOL INTRODUCTORY SWIM**

**3 - 5 yrs.**

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. Starts Jan 4—March 10

Sat. 9:30 - 10:00am \$120/M, \$160/NM 10 weeks 35-

Sun. 9:30 - 10:00am \$108/M, \$144/NM 9 weeks 35-

Thurs. 10:30 - 11:00am \$108/M, \$144/NM 9 weeks 35-

### **LEVEL 1 - Intro to Water Skills**

**Ages 6 & above**

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.

Starts Jan 2—March 10

Sat. 10:00 - 10:30am \$120/M, \$160/NM 10 weeks 35-

Sun. 10:00 - 10:30am \$108/M, \$144/NM 9 weeks 35-

Tues. 3:30 - 4:00pm \$108/M, \$144/NM 9 weeks 35-

Tues. 4:30 - 5:00pm \$108/M, \$144/NM 9 weeks 35-

Wed. 4:30 - 5:00pm \$108/M, \$144/NM 9 weeks 35-

Thurs. 4:00 - 4:30pm \$108/M, \$144/NM 9 weeks 35-

### **LEVEL 2 - Fundamental Aquatic Skills**

**Ages 6 & above**

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. Starts Jan 2—March 10

Sat. 10:00 - 10:30am \$120/M, \$160/NM 10 weeks 35-

Sun. 10:00 - 10:30am \$108/M, \$144/NM 9 weeks 35-

Tues. 3:30 - 4:00pm \$108/M, \$144/NM 9 weeks 35-

Tues. 4:30 - 5:00pm \$108/M, \$144/NM 9 weeks 35-

Wed. 4:30 - 5:00pm \$108/M, \$144/NM 9 weeks 35-

Thurs. 4:00 - 4:30pm \$108/M, \$144/NM 9 weeks 35-

### **LEVEL 3 - Stroke Development**

**Ages 6 & above**

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 an increased focus on endurance and being able to swim longer distances without stopping. Jan 2—March 10

Sat. 10:30 - 11:00am \$120/M, \$160/NM 10 weeks 35-

Sun. 10:30 - 11:00am \$108/M, \$144/NM 9 weeks 35-

Tues. 4:00 - 4:30pm \$108/M, \$144/NM 9 weeks 35-

Wed. 4:00 - 4:30pm \$108/M, \$144/NM 9 weeks 35-

Thurs. 3:30 - 4:00pm \$108/M, \$144/NM 9 weeks 35-

Thurs. 4:30 - 5:00pm \$108/M, \$144/NM 9 weeks 35-

### **LEVEL 4 - Stroke Improvement**

**Ages 6 & above**

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. Starts Jan 2—March 10

Sat. 10:30 - 11:00am \$120/M, \$160/NM 10 weeks 35-

Sun. 10:30 - 11:00am \$108/M, \$144/NM 9 weeks 35-

Tues. 4:00 - 4:30pm \$108/M, \$144/NM 9 weeks 35-

Wed. 4:00 - 4:30pm \$108/M, \$144/NM 9 weeks 35-

Thurs. 3:30 - 4:00pm \$108/M, \$144/NM 9 weeks 35-

Thurs. 4:30 - 5:00pm \$108/M, \$144/NM 9 weeks 35-

### **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

**JCC WAHOO SWIM CLUB WINTER 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. Nov. 27—March 1

**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 or 4:30-5:30pm, Monday & Wednesday

**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 Sampson for availability on Wahoo programs

# 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 Jan. 2. Instructor: Rosalie Olds - well known Worcester sculptor.  
Tues. 9:30 am - 12:30 pm \$135M, \$165/NM 10 weeks 50-

**JCC BOOK CLUB** The Club is looking for a new facilitator to organize and lead monthly meetings! New members welcome. Contact Nancy, 508-756-7109 x 232; ngreenberg@worchesterjcc.org

**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

## 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 Bagels and coffee included, \$2 donation appreciated. Please RSVP, ngreenberg@worchesterjcc.org; 508-756-7109.*

**Dr. Mazen Roumia, Cardiologist, Tuesday, Dec 5, 9—10am  
Saint Vincent Medical Group  
"Keeping Your Heart Healthy"**

Dr. Roumia is an interventional cardiologist, experienced in the treatment and management of a wide range of cardiac conditions from arrhythmias to heart failure. Dr. Roumia attended medical school at Aleppo University in Syria, followed by residencies at Damascus University and Michigan State and a fellowship at Brown University in interventional cardiology.

## 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.

**January/February 2018:**

**Amy Klausmeyer and Philip Klausmeyer**, Selected Work

**March/April 2018:**

Silk Road Art Guild

## 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@worchesterjcc.org. Dessert reception follows lecture and book signing

**David Dalin** author of *Jewish Justices of the Supreme Court: from Brandeis to Kagan*

**Wednesday, December 6, 7pm @ Worcester JCC**

This book examines the lives, legal careers, and legacies of the eight Jewish men and women who have served or who currently serve as justices of the Supreme Court: Louis D. Brandeis, Benjamin Cardozo, Felix Frankfurter, Arthur Goldberg, Abe Fortas, Ruth Bader Ginsburg, Stephen Breyer, and Elena Kagan.

*Co-Sponsored By Greater Worcester Hadassah*

**K. Heidi Fishman** author of *Tutti's Promise*

**Wednesday, January 31, 2017, 7pm @ Worcester JCC**

The true story of the Lichtenstern family's ordeal of survival during the Holocaust as told by Tutti's daughter, Heidi. Theirs is a remarkable tale of both heartbreak and lucky surprises.

And in the end...A promise kept.

*Co-sponsored by Worcester Community Hebrew High*

**William Taubman** author of *Gorbachev: His Life and Times*

**Tues, February 27, 7pm @ Worcester JCC**

The definitive biography of this transformational world leader by the Pulitzer Prize winning author of Khrushchev. Taubman is Professor Emeritus at Amherst College.

**Alexandra Silber** author of *After Anatevka*

**Sun, Mar 18, 2:00 pm**

**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.

*This program made possible by a generous grant from the Jewish Federation of Central Mass.*

## CANASTA

**Looking for experienced Canasta players!**

Tuesdays, 11 am – 2 pm, Ongoing, Free

Must be a JCC member

*Watch for Central Mass Jewish Film Festival 2018*

