



# Winter classes

2019 | Ages 1 - adult  
Classes begin Wednesday, January 2, 2019

(Unless otherwise noted)

## Register anytime after 9 am on Monday, December 17

Financial assistance available. Paola Bytyqi, 508-756-7109 or pbytyqi@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 3 Ages 3-5  
Children are introduced to tumbling and the apparatus geared to their age and development.

Mon. 1pm-1:45pm \$84/M, \$112/NM 7 weeks 25-0104  
Thurs. 1pm-1:45pm \$108/M, \$144/NM 9 weeks 25-0103

**STORYTIME STEM** Starts Monday, January 7 Ages 3-5  
Our STEM adventures continue as we explore and learn how things work through some of our favorite stories. All classes begin with a fun story such as Cloudy with a Chance of Meatballs, or maybe Jack and the Beanstalk, as we construct and measure our own beanstalks. Using the STEM (Science, Technology, Engineering, and Math) approach, we will investigate and explore each story. Materials will be provided to help children build and create imaginative solutions to this question and many more. Join Orange Room teacher Lauren Carlsen and stretch your imagination and creativity.

Mon. 1pm-1:45pm \$84/M, \$112/NM 7 weeks 10-0107

### ¡HABLA CONMÍGO! SPEAK WITH ME

Starts Tuesday, January 8 Ages 3-5  
¡Hola Niños! Join our Red Room Teacher Liz Zelada on a Spanish adventure. We will learn to speak Spanish through stories, songs, poems and music. 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. We will also create a book of everything we have learned in our Clase de Español to take home and share with family.

Tues. 1pm-1:45pm \$96/M, \$128/NM 8 Weeks 10-0108

### COOKING AROUND THE WORLD WITH LAUREN CARLSEN

Starts Friday January 4 Ages 3-5  
Miss Lauren is going to take our young chefs on a cooking adventure around the world. Each week we embrace a new culture, through literacy, reading a folk tale or story, geography, finding the country on our globe, and finally through food, by preparing a special food from that country. The classes are hands-on; everyone measures, peels, chops and mixes and finally tastes each cultural treat!

Fri. 1pm-1:45pm \$108/M, \$144/NM 9 weeks 10-0104

No classes February 18-22

**SUPER SPORTS** Starts Monday, January 7 Ages 3-5  
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!

Mon. 1pm-1:45pm \$84/M, \$112/NM 7 weeks 25-0701

**LITTLE DRIBBLERS** Starts Tuesday, January 8 Ages 3-5  
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 \$96/M, \$128/NM 8 Weeks 25-0801

**MICRO SOCCER** Starts Wednesday, January 2 Ages 3-5  
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 25-0201

**T-BALL** Starts Thursday, January 3 Ages 3-5  
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 25-0301

### 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 7—Mar 4 (No class 1/21 & 2/18)

2:00 - 2:40pm	ages 2 - 3	\$93/M, \$121/NM	25-0401
2:45 - 3:30pm	ages 3 - 4	\$93/M, \$121/NM	25-0402
3:35 - 4:25pm	ages 4 - 5	\$93/M, \$121/NM	25-0403
4:30 - 5:30pm	ages 5 - 7	\$93/M, \$121/NM	25-0404

**Saturdays, 10 week Session** Jan 5—Mar 9

9:00 - 9:40am	ages 12-24 mo.	\$132/M ; \$172/NM	25-0405
9:45 - 10:25am	ages 2 - 3	\$132/M ; \$172/NM	25-0406
10:30 - 11:15am	ages 3 - 4	\$132/M ; \$172/NM	25-0407
11:20 - 12:10pm	ages 4 - 5	\$132/M ; \$172/NM	25-0408
12:15 - 1:15pm	ages 5 - 7	\$132/M ; \$172/NM	25-0409

# sports & fitness K-Adult

## **YOUTH BASKETBALL - Regular Season** Jan. 6—March 10

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 25-0106

Sun. 11:15-12:15am or 12:15-1:15pm grades 1 & 2 25-0107

Sun. 1:15-2:15pm or 2:15-3:15pm grades 3 & 4 25-0108

Sun. 3:30-4:30pm, 4:30-5:30 or 5:30-6:30 grades 5, 6, 7 & 8 25-0109

## **MASH** Starts Jan 3 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 25-0501

Starts Jan 8 grades 3 - 6

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

Tues. 4:15-5:15 pm \$96/M, \$128/NM 8 weeks 25-0502

## **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 10, 17, 25, 31

Thurs 4:15—5:15pm \$60/M, \$80/NM 25-0503

**Session 2:** Thurs. Feb 7, 14, 21, 28

Thurs 4:15—5:15pm \$60/M, \$80/NM 25-0504

**Session 3:** Thurs. March 7, 14, 21 and 28

Thurs 4:15—5:15pm \$60/M, \$80/NM 25-0505

## **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. 8—March 5, 5:30pm

Tues. \$90/M, \$115/NM 25-0506

Tues. \$165/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: 25-0115*

January 16 *Women’s: 25-0116*

Wednesday - North Division

January 17 - Highly Competitive – College Level

Thursday – South Division

January 18 – Recreational Open Division

## **FLOORBALL** Starts Jan 3 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 25-0507

## **FENCING** Starts Jan 9 - classes run 8 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 \$160/M \$180/NM 25-0508

Wed. 6:30-7:30pm ages 13+ \$160/M \$180/NM 25-0509

## **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. 11-12:55pm Drop in Free/M \$5/NM 25-

Mon./Wed. 11:30-12:55pm 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 Thurs., 4:30—5:30pm \$65/M per mo. \$75/NM per mo.

Ages 12+ Thurs., 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** 8 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 8

Tues. 3:30 - 4:15 pm \$96/M, \$128/NM 25-0512

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

All classes run in the JCC gym.

**Mondays, 7 Week Regular Session** Jan 7—Mar 4

(no class 1/21 and 2/18)

4:35-5:35pm ages 5-7 \$93/M, \$121/NM 25-0404

**Saturdays, 10 week Session** Jan 5—Mar 19

12:15-1:15pm ages 5-7 \$132/M, \$172/NM 25-0409

# 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 2

Sat. 9:00 - 9:30am \$120/M, \$160/NM 10 weeks 35-0102  
Sun. 9:00 - 9:30am \$108/M, \$144/NM 9 weeks 35-0103  
Wed. 10:30 - 11:00am \$108/M, \$144/NM 9 weeks 35-0104

## **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 2

Sat. 9:30 - 10am \$120/M, \$160/NM 10 weeks 35-0201  
Sun. 9:30 - 10am \$108/M, \$144/NM 9 weeks 35-0202  
Wed. 11 - 11:30am \$108/M, \$144/NM 9 weeks 35-0203  
Wed. 1 - 1:30pm \$108/M, \$144/NM 9 weeks 35-0204  
Thurs. 10:30 - 11am \$108/M, \$144/NM 9 weeks 35-0205

## **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

Sat. 10:00 - 10:30am \$120/M, \$160/NM 10 weeks 35-0301  
Sun. 10:00 - 10:30am \$108/M, \$144/NM 9 weeks 35-0302  
Tues. 3:30 - 4:00pm \$96/M, \$128/NM 8 weeks 35-0303  
Tues. 4:30 - 5:00pm \$96/M, \$128/NM 8 weeks 35-0304  
Wed. 4:30 - 5:00pm \$108/M, \$144/NM 9 weeks 35-0305  
Thurs. 4:00 - 4:30pm \$108/M, \$144/NM 9 weeks 35-0306

## **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

Sat. 10:00 - 10:30am \$120/M, \$160/NM 10 weeks 35-0401  
Sun. 10:00 - 10:30am \$108/M, \$144/NM 9 weeks 35-0402  
Tues. 3:30 - 4:00pm \$96/M, \$128/NM 8 weeks 35-0403  
Tues. 4:30 - 5:00pm \$96/M, \$128/NM 8 weeks 35-0404  
Wed. 4:30 - 5:00pm \$108/M, \$144/NM 9 weeks 35-0405  
Thurs. 4:00 - 4:30pm \$108/M, \$144/NM 9 weeks 35-0406

## **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

Sat. 10:30 - 11:00am \$120/M, \$160/NM 10 week 35-0501  
Sun. 10:30 - 11:00am \$108/M, \$144/NM 9 weeks 35-0502  
Tues. 4:00 - 4:30pm \$96/M, \$128/NM 8 weeks 35-0503  
Wed. 4:00 - 4:30pm \$108/M, \$144/NM 9 weeks 35-0504  
Thurs. 3:30 - 4:00pm \$108/M, \$144/NM 9 weeks 35-0505  
Thurs. 4:30 - 5:00pm \$108/M, \$144/NM 9 weeks 35-0506

## **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

Sat. 10:30 - 11:00am \$120/M, \$160/NM 10 weeks 35-0601  
Sun. 10:30 - 11:00am \$108/M, \$144/NM 9 weeks 35-0602  
Tues. 4:00 - 4:30pm \$96/M, \$128/NM 8 weeks 35-0603  
Wed. 4:00 - 4:30pm \$108/M, \$144/NM 9 weeks 35-0604  
Thurs. 3:30 - 4:00pm \$108/M, \$144/NM 9 weeks 35-0605  
Thurs. 4:30 - 5:00pm \$108/M, \$144/NM 9 weeks 35-0606

## **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

No classes: January 21 and February 18 - 22

## 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 \$122M, \$149/NM 9 weeks 50-0102

**JCC BOOK CLUB** Contact Nancy, 508-756-7109 x 232; ngreenberg@worcesterjcc.org

### *Maude* by DONNA FOLEY MABRY, January 7, 2019

In 1906, I was barely fourteen years old, and it was my wedding day. Based on the life of the author's grandmother.

**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 Joan Conrad, Life Master, certified ACBL Director. Bring a brown bag lunch.  
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.

January/February 2019 *Julianne Martin* Paintings

### CANASTA Looking for experienced Canasta players!

Tuesdays, 11 am – 2 pm, Ongoing, Free, Must be a JCC member

### 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

### Jamie Bernstein | Famous Father Girl: A Memoir of Growing Up Bernstein, Wednesday, Feb. 6, 2019, 7pm, Worcester JCC

The eldest daughter of revered composer/conductor Leonard Bernstein offers a rare look at her father on the centennial of his birth, in a deeply intimate and broadly evocative memoir. Co-sponsored by JFCM

### 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

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

### WISE CLASSES AT THE JCC

WISE (Worcester Institute for Senior Education) CLASSES AT THE JCC

We are pleased to offer 3 WISE classes to JCC members at no cost. Space is limited. To sign up, contact Nancy Greenberg, 508-756-7109 x 232; ngreenberg@worcesterjcc.org

### **God as Lover**, Feb 4, 11, 18, 25, Mar 4

Monday, 10 - 11:30 am  
Group Leader: The Reverend Dr. Richard Simpson  
Required book: *Any translation of the Bible*

### **Christianity 101: Religion, Theology, and Spirituality. One Size Has Never Fit All** Feb 6, 13, 20, 27, Mar 6

Wednesday, 10 - 11:30 am  
Group Leader: Tim Burger, rector of St. Luke's Episcopal Church, Worcester  
Required book: *Christianity, A Very Short Introduction, Linda Woodhead*

### **Great Plays of the Fifties**, Mar 27, Apr 3, 10, 17, 24

Wednesday, 10 - 11:30 am  
Group Leader: Steve White  
Required book: *New Voices in American Theatre*



**Save the Date!**

**Good Deeds Day, Sunday, April 7, 2019**

12th Annual



**Dough**, Friday, January 18, 1 pm; Worcester Senior Center, 128 Providence St., Worcester, Free.  
(Snow Date: Friday, January 25, 1 pm)

**The Cakemaker**, Saturday, January 19, 7:30 pm; St. John's High School, 378 Main St., Shrewsbury; General Admission \$15.

**Shoelaces**, Tuesday, January 22, 7:30 pm; Worcester JCC, 633 Salisbury St., Worcester; General Admission \$12.

**The Last Suit**, Saturday, January 26, 7:30 pm; St. John's High School, 378 Main St., Shrewsbury; General Admission \$15.

**Heading Home**, Sunday, January 27, 2:00 pm; Worcester JCC, 633 Salisbury St., Worcester; General Admission \$12.

**Sammy Davis, Jr.: I've Gotta Be Me**, Tuesday, January 29, 7:30 pm; The Willows at Worcester, 101 Barry Rd., Worcester; General Admission \$12. (Snow Date: Wednesday, January 30, 7:30 pm)

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