

SPRING

2010



**Summer
Day
Camps**

**Sabra
Habonim
Sha'ar
Galit**

**Summer Sports Specialties
Summer Swim Lessons**

2010

Worcester JCC

Worcester JCC
633 Salisbury Street
Worcester, MA 01609
508•756•7109
worcesterjcc.org

There's no better place to be a kid this summer!

open to everyone!

something for everyone!

Worcester JCC



REGISTRATION...

Classes begin Sunday, March 14, 2010
(unless otherwise noted) (See class calendar on page 10)

OUR REGISTRATION SYSTEM IS EASY...

it allows you to register for classes:

- In Person
- Mail (credit card/check)
- Fax (credit card)

Full payment required at time of registration. No refunds after start of class.

To register in person please fill out the attached class registration form and come to our lobby kiosk anytime after 9:00 a.m., Monday, March 1.

To register by mail, please fill out the enclosed class registration form and mail to JCC, 633 Salisbury St., Worcester, MA 01609

To fax your registration, please fill out the attached class registration form and fax to 508.754.3373 anytime after 9:00 a.m., Monday, March 1.

Membership must be in good standing at time of registration.

The JCC is open to all regardless of race, color, religion, national origin, gender, sexual orientation, age, disability or economic condition. The Center is handicapped-accessible. We reserve the right to correct typographical errors.

**Summer Day Camp
Registration
Now Open!!**

Worcester JCC
633 Salisbury Street
Worcester, MA 01609
508.756.7109
www.worcesterjcc.org

CLAY AND MORE

3 - 5 yrs.

Using real pottery clay plus other homemade clays, children will have the opportunity to explore and investigate basic techniques or continue their previously learned skills using clay tools and everyday items.

Instructor: Ashley Stanton
Starts March 15.

Mon. 1:15 - 2:00 pm \$68/M 8 weeks 10-1001-3

WOODEN WONDERLAND

3 - 5 yrs.

Get ready to glue, hammer and paint as you create a one of a kind, wonderful work of art. We will design and build our own structures out of wood, foam core and other materials.

Instructor: Katherine McEvelly
Starts March 16.

Tues. 1:15 - 2:00 pm \$60/M 7 weeks 10-1003-3

SUPER SPECIAL CONCOCTIONS

3 - 5 yrs.

There are fantastic things waiting to happen using familiar items that can be found in your own home. We'll turn the classroom into a laboratory and explore the mysterious world of science. We'll make mixtures that will creep, bubble and stretch your imaginations!

Instructor: Ashley Stanton
Starts March 17.

Wed. 1:15 - 2:00 pm \$68/M 8 weeks 10-1007-3

KALEIDOSCOPE

3 - 5 yrs.

Come and release your inner Picasso. Come explore and experiment with techniques used in creating works of art. Using various materials, you will enjoy creating something different each week and learn something new.

Instructor: Tia Houde.
Starts March 18.

Thurs. 1:15 - 2:00 pm \$68/M 8 weeks 10-1008-3

BEGINNING OF TIME

3 - 5 yrs.

Do you love dinosaurs? Let's investigate what the first creatures looked like and explore their environment. We'll learn how they ruled the world. We'll use art materials to represent what we are learning and create an accurate time line. Instructor: Melanie Tetros
Starts March 19.

Fri. 1:15 - 2:00 pm \$68/M 8 weeks 10-1009-3

LEGO ROBOTICS

grades 2 - 6

Using the specialized technology developed by Lego and used in thousands of schools and colleges throughout the United States, children will learn to use "Lego" programming language to create Lego cars that drive themselves or develop more sophisticated machines with previously learned skills. Be a part of the Lego Nation at the JCC. All abilities welcome.

Limit 8 children.
Starts March 15.

Mon. 4:00 - 5:00 pm \$68/M, \$78/NM 8 wks. 15-1501-3

SCRAPBOOKING

grades K - 6

If you like to use your imagination then come to our first scrapbooking class for kids. This is a great opportunity to learn about scrapbooking. Use your creativity to learn how to use different materials, pictures, and other accessories to create a book of memories.

Starts March 16.

Tues. 4:00 - 5:00 pm \$60/M, \$70/NM 7 wks. 15-1506-3

BRAIN...IACS!!

grades K - 6

Make concoctions that you may have never seen before! Through a hands-on approach, learn and discover why things happen. Make some really cool discoveries and recreate whacky experiments. You can mix, pour, and stir to create mysterious solutions.

Starts March 17.

Wed. 4:00 - 5:00 pm \$60/M, \$70/NM 7 wks. 15-1503-3

CALLING ALL CHEFS

grades K - 6

BACK BY POPULAR DEMAND!! Make mouth watering delights as you mix, measure, and bake each week. Sample your special treats as you compile delicious recipes in a book. Surprise your family with your culinary skills and enjoy your recipes at home in your own cookbook.

Starts March 18.

Thurs. 4:00 - 5:00 pm \$68/M, \$78/NM 8 wks. 15-1505-3

ART FROM NATURE

grades K - 6

We will use nature to create art projects. There are many great art ideas outside of the JCC. Come check out some of the projects we have come up with and bring some of your ideas. We'll explore nature and show off our creative side.

Starts March 19.

Fri. 4:00 - 5:00 pm \$68/M, \$78/NM 8 wks. 15-1507-3

THEATER EXPLORATION

First Class FREE



ages 14 - 18



Have you ever gone to the movies and thought,

"I could totally do that! I could act in this movie!"

Come learn the art of acting through the theater. Students will be introduced to different elements of the stage: acting, directing, designing, improvising, and playwriting. Students will read new and exciting plays and rehearse and perform scenes and monologues. Theater Exploration will conclude with a performance night with friends and family. Lots of laughter is guaranteed.

Not sure if the theater is your cup of tea? Maybe you have a little stage fright? Come to a "dress rehearsal" class. The first class will be a freebie. Grab a friend and come see what it is all about and then decide if you would like to sign-up for the class. Instructor: Patti Hughes, Director, Actor, and Educator. Starts March 15.

Mon. 6:30 - 8:00 pm (1st class free) 7 weeks - \$140/M, \$160/NM 8 weeks of theater 16-1610-1

CAN YOU HOLD A PEN? THEN YOU CAN ZENTANGLE!!

Teen/Adult/Senior Adult

ZENTANGLE is an easy to learn method of creating beautiful images from repetitive patterns. Zentangle is simple to understand and easy to enjoy, even if you are convinced that you are not an artist. At first glance, a Zentangle can seem intricate and complicated. But when you see how it is done, you realize how simple it is. Not to mention that it's fun and relaxing!



Sunday, March 14th, 2:00 - 3:30 pm.

Instructors: Kathy Freeman (of Temple Emanuel) and Donna Conroy LaBoeuf.

Sunday March 14 2:00 - 3:30 pm \$18/M, \$22/NM 50-2003-1
(Fee includes materials - special pen, pencil, paper, & tiles)

BOOK CLUB

Adult/Senior Adult

There's nothing better than getting together to discuss a good book! So, if you're looking to join a book club please call Nancy Greenberg, Cultural Arts Director, 508-756-7109 x 232, ngreenberg@worcesterjcc.org. Meetings take place on Mondays at 10:30 am in the JCC Conference Room. New members welcome!

UPCOMING MEETINGS:

March 8th... *Appointment in Samarra*, by John O'Hara and *The Moon and Sixpence* by Somerset Maugham.

April 12th... *Hotel on the Corner of Bitter and Sweet* by Jamie Ford

May 10th... *Netherland* by Joseph O'Neill

June 14th... *Brooklyn* by Colm Toibin

Mon. 10:30 am - 12 noon no fee program year

POTTERY/SCULPTURE

Adult/Senior Adult

Work with CLAY as a means of personal expression. Hand-building, wheel throwing and sculpture techniques along with decoration and glazing will be covered. All levels welcome. Instructor: Rosalie Olds - well known Worcester sculptor. Starts March 16 - June 8 (no class on March 30 & April 6)

Tues. 9:30 am - 12:30 pm \$127/M, \$165/NM 11 wks 50-2000-3

COMPUTER CLASS - ALL LEVELS WELCOME

Adult/Senior Adult

All levels welcome!! Start at the beginning or become more proficient! Learn on our brand new state-of-the-art equipment. Instructor: Solo Avram, Computer Maven. Class size limited, so sign up early. 4 Thursdays ... April 8, 15, 22, and 29

Thurs. 10:00 am - 12 noon

\$46/M, \$50/SCM, \$55/NM 4 weeks 50-2002-1

PLAY MAH JONGG

Adult/Senior Adult

Experienced players!!!! Meet at the JCC and play!!! Please register by calling Nancy Greenberg, x 232 or Sue Granoff, x 273.

Thurs. 11:00 am - 2:00 pm no fee program year

MAH JONGG CLASS

Adult/Senior Adult

There has been an increased resurgence of interest in the game of Mah Jongg, which loosely translates as "clattering sparrows". Learn how to play the American version of this fascinating and fun Chinese game, from a "pro" - Nita Bindman...and before long you will know your cracks from your bams!! 4 weeks. Classes...April 8, 15, 22 and May 6.

Thurs. 10:30 - 11:30 am

\$32/M, \$36/SCM, \$41/NM 4 wks 50- 2001-1

DVD SERIES & BROWN BAG LUNCH

Adult/Senior Adult

GREAT WORLD RELIGIONS: CHRISTIANITY

Teaching Company video, featuring Professor Luke Timothy Johnson, Ph. D., Yale University.

The course covers:

- Christianity's birth & expansion across the Mediterranean world
- The development of its doctrine
- Its transformation after Christianity became the imperial religion of Rome
- Its many and deep connections to Western culture
- Tensions within Christianity today

ALL ARE WELCOME!

No problem if you miss a week - each week's viewing stands alone. Bring your lunch, watch the DVD and discuss! Questions? Nancy Greenberg, 508-756-7109, x 232

Thurs. 12:15 pm no fee drop in

DUPLICATE BRIDGE

Adult/Senior Adult

Our cards, your talent. ACBL bridge game with Irene Myers, Life Master, certified ACBL Director. No registration necessary. 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

JOYFUL SINGERS

Adult/Senior Adult

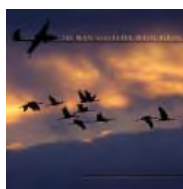
Learn new songs and relearn oldies. The group entertains at nursing homes and at other functions over the year. Our director, Christine Bergquist, is a multi-talented musician who teaches and directs a choir. New members always welcome! Joyful Singers meet on the 3rd Thursday of the month. March 18, April 15 and May 20.

3rd Thurs. of month 10:00 - 11:15 am no fee ongoing

JCC AUTHOR SERIES

Adult/Senior Adult

Free & open to the public. Dessert reception follows lecture and book signing.



CAROLE G. VOGEL

author of *The Man Who Flies with Birds*

(Perfect for both teens and adults)

at the Worcester JCC

Thursday, March 11, 2010

7:00 pm



DAVID SAX- author of

Save the Deli: In Search of Perfect Pastrami, Crusty Rye, and the Heart of Jewish Delicatessen

Saturday, March 20, 7:30 pm

Location: Deli Dinner & Lecture at Weintraub's, 126 Water Street, Worc.

Sunday, March 21, 12:00 noon

Location: Worcester JCC, Deli lunch (kosher style) catered by Weintraub's

JCC FREE SUNDAY FILM SERIES Adult/Senior Adult
 Watch the JCC's monthly newsletter, "CenterNews", for further information on Sunday showings of Jewish films at the JCC.

JCC GALLERY All ages
 The JCC Art Gallery is located in the lobby and main corridors of the JCC. Each program year features 5 exhibits by local artists. The gallery provides members and visitors with an extraordinary visual experience. Work that has been displayed includes, painting, collage, sculpture, and ceramics, and both black and white and color photography, and even an occasional JCC member show. Most art work is for sale and a portion of the proceeds benefits the Cultural Arts Department - so you can purchase art while supporting the Arts at the JCC!

For additional information about the gallery or to submit your portfolio for consideration by the Cultural Arts Committee, please call Nancy Greenberg, Cultural Arts Director, x 232.

RON ROSENSTOCK...*New Work* March/April
 LARRY BRODER...*Color Photographs* May/June

TRAVEL WITH THE JCC... Adult/Senior Adult

DID YOU KNOW?? If you, friends, or family would like to travel to destinations other than those being offered by the JCC, please be sure to contact Nancy Greenberg at 508-756-7109 x 232. Through Collette Vacations, we are able to offer ANY TRIP, ANYWHERE, in the world, at a discount price, if you make the connection through the Worcester JCC. See the JCC monthly CenterNews for details of these upcoming trips:

NORTHERN NATIONAL PARKS - June 18-15 2010
 BEIJING CITY STAY - October 26 - November 3, 2010
 CHARLESTON & SAVANNAH - November 9 - 14, 2010
 CULTURAL TOUR OF MOROCCO - February 6 - 15, 2011

RED HAT SOCIETY Adult/Senior Adult
 Become an official member of the JCC's Chapter of the fastest growing women's organization! The Red Hat Society takes its name from the poem "Warning" by Jenny Joseph in which the author threatens "to wear purple clothing and a red hat which doesn't match," when she gets older! The Red Hat Society's mission is to empower women over the age of 50 to come together to enjoy friendship and frivolity! Annual Chapter dues, \$15. Program fees additional. To add your name to the mailing list, call Nancy, x 232 or Sue, x 273.

VOLUNTEER OPPORTUNITIES Adult/Senior Adult
 The Adult Department offers a wide variety of volunteer opportunities. If you have time to spare, we will match your talents to our needs! Volunteers are needed as phone friends, friendly visitors, nursing home visitors, drivers, foster grandparents, mailings, hostesses and hosts at congregational meals, nursery school aides and more. If you would like to be involved call Sue, x 273.

Project ♥ Linus

PROVIDING SECURITY THROUGH BLANKETS

Teen/Adult/Senior Adult

Your help is needed! If you are willing and able to provide one or more handmade blankets of washable material either knitted or crocheted, quilted, or hand-tied, please contact Sue, x 273. These new blankets will be given to seriously ill and traumatized children as a source of security. A true "Mitzvah".

INFORMATION & REFERRALS

Adult/Senior Adult

Sue Granoff, Director of Volunteer Services, is available to you for information and referrals to local resources, including housing, health and social issues. Call Sue, x 273.

POKENO

Senior Adult

Play for pennies. Enjoy your friends!!

Mon. & Wed. 12:30 - 3:00 pm no fee ongoing

MAN TALK

Senior Adult

Meet for a light breakfast, lively discussion, provocative speakers, and camaraderie!! Nancy Greenberg, Staff Facilitator.

Tues. 9:00 - 10:00 am \$2/pr. wk. ongoing

ANNUAL PASSOVER MODEL SEDER

Senior Adult

This year our Annual Model Seder will be led by Rabbi Matthew Berger of Temple Emanuel. A full course typical seder meal will be served, from soup (matzah ball, of course) to nuts... gefilte fish, chicken, potato kugel, and sponge cake! Whether you are a "seder maven" or have never attended a seder, you will enjoy this special abridged version...at Bet Shalom Apartments, 475 Chandler Street, Worcester. Please reserve by Thursday, March 18th, 508-756-7109, Nancy x 232 or Sue x 273.

Tuesday, March 25th 12:00 noon \$8 fee (and well worth it!)

LUNCH-OUT

Senior Adult

A delicious Kosher meal is served every Tuesday & Thursday at Bet Shalom Apartments, 475 Chandler St., Worc. All are welcome...you need not reside at Bet Shalom! The best kept secret in Worcester! Reserve by 10 am on Monday for Tuesday lunch and 10 am on Wednesday for Thursday lunch, by calling 508-756-7109 - Sue, x 273 or Nancy, x 232. Transportation available.

Tues. & Thurs. 12:00 noon \$3 fee ongoing

WOMEN'S DISCUSSION GROUP

Senior Adult

One Wednesday per month. If you are looking for stimulating, mind enriching discussions, good company and interesting speakers, this is for you! All are welcome! The more the merrier!

1 Wed./month 10:00 - 11:00 am \$1/pr. meeting ongoing

PRESCHOOL GYMNASTICS 3 - 5 yrs.
 A specially tailored gymnastics class where children will be introduced to tumbling and the apparatus appropriate for their age and development.
 Starts Monday, March 15 and Thursday, March 18.

Mon. 1:15 - 2:00 pm \$68/M, \$85/NM 8 weeks 25-2501-3
 Thurs. 1:15 - 2:00 pm \$68/M, \$85/NM 8 weeks 25-2502-3

LITTLE DRIBBLERS 3 - 5 yrs.
 Learn the fundamentals of passing, dribbling and shooting on our adjustable hoops.
 Starts March 15.

Mon. 1:15 - 2:00 pm \$68/M, \$85/NM 8 weeks 25-2509-3

MICRO TENNIS 3 - 5 yrs.
 Develop hand/eye coordination and get in the swing of things with micro tennis. Age-appropriate equipment will be used.
 Starts March 16.

Tues. 1:15 - 2:00 pm \$60/M, \$75/NM 7 weeks 25-2510-3

TOTEROBIX 3 - 5 yrs.
 Awesome exercise and exciting movement. This class consists of fun-filled aerobics, obstacle and circuit courses utilizing various equipment and games that encourage motor skill development.
 Starts March 16.

Tues. 1:15 - 2:00 pm \$60/M, \$75/NM 7 weeks 25-2505-3

MICRO SOCCER 3 - 5 yrs.
 Emphasis on soccer skills, team play and fun. An active class.
 Starts March 17.

Wed. 1:15 - 2:00 pm \$60/M, \$75/NM 7 weeks 25-2506-3

T-BALL 3 - 5 yrs.
 This class enables children to learn basic baseball skills such as throwing, hitting and base running. Fun games every week.
 Starts March 18.

Thurs. 1:15 - 2:00 pm \$68/M, \$85/NM 8 weeks 25-2507-3

SUPER SPORTS 3 - 5 yrs.
 Take part in a combination of different sports and fun active games.
 Starts March 19.

Fri. 1:15 - 2:00 pm \$68/M, \$85/NM 8 weeks 25-2508-3

Please note: 3 year-olds may take part in 1:15 sports classes upon approval of the H & PE Director and class instructor.



SOCCER/HOCKEY K - 2 yrs.
 Children will participate in weekly contests and games as we play floor hockey and indoor soccer - skill building, teamwork, and fun!! Starts March 15.

Mon. 3:30 - 4:15 pm \$68/M, \$85/NM 8 weeks 25-2521-3



JR. NBA - MASH (More After School Hoops) grades 1 & 2
 Fundamental skills and scrimmages in an age-appropriate fun-filled class.
 Starts March 18.

Thurs. 4:15 - 5:15 pm \$68/M, \$85/NM 8 weeks 25-2516-5

KINDERSPORTS grades K - 2
 Various sports skills and games taught and played in season, including soccer, pillo polo, basketball, T-ball, track and field.
 Starts March 16.

Tues. 3:30 - 4:15 pm \$60/M, \$75/NM 7 weeks 25-2519-3

GYMNASTICS grades K - 2
 Coed class for gymnasts at the beginner level. Includes skill work on bars, balance beams, springboards, tumbling and strength and conditioning. Instruction is geared to meet individual needs.
 Starts Tuesday, March 16 and Thursday, March 18.

Tues. 4:15 - 5:00 pm \$60/M, \$75/NM 7 weeks 25-2503-3

Thurs. 3:30 - 4:15 pm \$68/M, \$85/NM 8 weeks 25-2504-3

MAJOR LEAGUE BASEBALL - ROOKIE LEAGUE grades K - 2
 Get ready for the upcoming Little League season with this fun and exciting indoor baseball program.

Players will be divided according to age and take part in weekly fundamentals and weekly games using our **PITCHING MACHINE**. As the weather gets warmer, we will move from the gymnasium complete with baseball netting and work on skills and play baseball outside.



- The primary goals of the Rookie League are to:
- Promote the game of baseball
 - Teach basic fundamentals of baseball
 - Create a climate of enthusiasm and fun
 - Reduces injuries to young pitchers and batters
 - Increase participation by players, families & community

Starts March 18.

Thurs. 3:15 - 4:15 pm \$68/M, \$85/NM 8 weeks 25-2570-3



MAJOR LEAGUE BASEBALL AND THE JCC TEAM UP TO PROMOTE BASEBALL AND LIFE SKILLS



The Worcester JCC received a grant from Major League Baseball (MLB) to promote the Rookie League Pitching Machine Program. We are one of the only 10 JCC's across North America to receive these funds. We, along with MLB are committed to promoting healthy life-styles and providing positive recreational outlets for youth.

Rookie League is a baseball concept and positive program encouraging involvement by children 12 years of age and younger, predicated on the use of a pitching machine simulating and replacing the regular pitcher. This concept eliminates walks (the machine always throws strikes!) and much of the fear of being hit by a pitched ball, thus giving boys and girls more confidence to develop.

The primary goals of the Rookie League are to:

- Promote the game of baseball
- Increase participation by players, their families and the community
- Teach basic fundamentals of baseball
- Create a climate of enthusiasm and fun
- Reduces injuries to young pitchers and batters

The Worcester JCC has the opportunity through Rookie League to create a positive recreational outlet, encourage physical fitness, provide needed adult role models, help youth build social skills and self esteem, promote positive values, and allow for greater parent interest and participation.

MAJOR LEAGUE BASEBALL - ROOKIE LEAGUE

grades 3 - 6

Get ready for the upcoming Little League season with this fun and exciting indoor baseball program.

Players will be divided according to age and take part in weekly fundamentals and weekly games using our **PITCHING MACHINE**. As the weather gets warmer, we will move from the gymnasium complete with baseball netting and work on skills and play baseball outside.
Starts March 15.

Mon. 4:15 - 5:15 pm \$68/M, \$85/NM 8 weeks 25-2575-3

MASH (More After School Hoops) grades 3 - 6
Get ready for the Basketball season as Bob Berman, League Administrator of the WJCC Jr. NBA/Jr. WNBA program offers an opportunity to get ready for the upcoming season. Work on skills, contests, and scrimmages.
Starts March 16.

Tues. 4:15 - 5:15 pm \$60/M, \$75/NM 7 weeks 25-2541-3

GYMNASTICS grades 3 - 6
Coed class for gymnasts at the beginner to intermediate levels. Instruction is geared to meet individual needs and includes skill work on bars, balance beams, springboard, tumbling, and strength and conditioning.
Starts March 16.

Tues. 3:30 - 4:15 pm \$60/M, \$75/NM 7 weeks 25-2511-3

BASKETBALL SKILLS CLINIC grades 6 - 8
NEW John Dietel, JCC Jr. High Coach, will provide a weekly workout skills session to help basketball players move to their next level. Players will focus on basketball fundamentals as well as speed and conditioning.

John will provide a program to help players improve their game.
Starts March 16.

Tues. 5:15 - 6:30 pm \$80/M, \$100/NM 7 weeks 25-2525-3

BASKETBALL PERFORMANCE CLINIC grades 8 - 11
NEW John Dietel, JCC Jr. High Coach, will work on a basketball specific strength and conditioning program which will help improve skills and performance for the upcoming season.

Starts March 16.

Tues. 6:30 - 8:00 pm \$80/M, \$100/NM 7 weeks 25-2542-1

TEEN MACCABI BASKETBALL LEAGUE Jewish Teens - ages 15 - 18

This Jewish teen basketball league will be complete with team shirts, organized scheduled games with certified game officials, and playoff championship series. The end of this wonderful social and athletic experience will culminate in an end of the season cookout. This Jewish teen program is funded by the Jewish Federation of Central Mass, Inc. Contact Bob Berman at x 233 for more information, or bberman@worcesterjcc.org
Starts April 5 (preseason).

Mon. TBA between 6:30 & 9:30 pm \$50/M, 60/NM 25-2512-3

BASKETBALL Teen/Adult
Participate in weekly Sunday morning pick-up basketball games. New players are always welcome. Preference given to those 17 and older; under 17 may play if space allows. Starts March 16.

Sun. 8:00 - 10:15 am no fee

OVER THE HILL GANG HOOP LEAGUE (40 +) Adult
Join our basketball league on Wednesday evenings. Players will receive team shirts and play in weekly games culminating in season ending playoffs. Certified IAABO Officials. For more information contact Bob Berman, 508-756-7109, x 233, bberman@worcesterjcc.org
Starts April 28.

Wed. 7:00 pm & 8:00 pm \$75/M, \$100/NM 10 wks. 25-2513-3

**MK INTERNATIONAL WRESTLING CLUB
COMES TO THE WORCESTER JCC... 8 yrs. to Adult**



Train with one of the greatest...Mehdi Kaveh...is a Freestyle World Championship Gold Medalist and the reigning Iranian national champion at 64kg (149lb) from 1991-1996. With a unique background & years of professional training and competition, Mehdi bring a new perspective to American wrestling training. Mehdi

treats the mind and body as a unit that must be trained together. Beginners and experienced wrestlers both will reap life-long benefit from the increased mind/body awareness, discipline, and respect they will gain through training with Mehdi. His unique fitness regimen is the result of 20 years of wrestling training at the highest level in Iran, where wrestling is the national pastime.

Fitness program includes:

- active stretching
- gymnastics
- rubber band training
- aerobics
- swim training
- partner drills
- weight training

This fitness program lays the groundwork for successful technique training. With their minds and bodies active and focused, wrestlers re-learn the basics as they absorb tried-and-true techniques from a champion of the sports.

Wrestlers will learn:

- how to use their shoulders to open up shots and as a second line of defense
- to win the hand-fighting battle when facing a stronger opponent
- dozens of simple leg-attack setups
- to train their instincts
- to conserve energy and attack explosively
- many other advanced techniques

Experienced wrestlers who find themselves in a rut from years of the same repetitive training style will come to a greater appreciation of and love for the sport of wrestling. With renewed passion, increased fitness, a focused mind, and international-level techniques, trainees at the MK International Wrestling Club will become champions.

As a former World Champion, Mehdi's goal is to give wrestlers of all skill levels the tools they need to become champions, at whatever level they are competing at - as district champs, regional champs, state champs, national champs - and to pass on to them the Passion of Wrestling.

For additional information contact Bob Berman, 508-756-7109, x 233 or Mehdi Kaveh at 508-579-1651.

Mon. & Wed. 5:30 - 7:00 pm
\$90/M, \$100/NM per month 25-5003-apr
25-5003-may
25-5003-jun

JCC KARATE CLUB

Teen/Adult

The JCC Karate Club offers traditional instruction in the Japanese Art of Nisei Wado-Ryu Karate, focused on character development while enhancing the individuals's physical and mental capacities. Classes are taught by Ronald C. Teixeira, Sandan (Third Degree Black Belt) who earned his Black Belt under Kiyohisa Hirano, head of the JIKC International, in 1974. Although not a primary focus of instruction, Mr. Teixeira has produced over 23 National Champions in AAU and USAKF Competition. Training is highly cardio-vascular incorporating Kihon (Basics), Kata (Forms) and Kumite (Sparring).

SPECIAL PROMOTIONA: One month free with 2 month sign-up
Tues. & Thurs. 6:30 - 8:30 pm

\$50/M, \$60/NM per month 25-3000-apr
25-3000-may
25-3000-jun

PRIVATE SQUASH LESSONS grades 3 - 12 & Adult

Let Chrisy Jones instruct you in rules, stroke technique and game strategy. Contact Chrisy Jones at 508-829-1956 or jones.chrisy@gmail.com to schedule an appointment.



Sun. - Fri. \$37 hr/M, \$47 hr/NM
\$21 1/2 hr/M, \$31 1/2 hr/NM

Please note: All Squash lessons must be paid for the day a lesson is booked, not the day a lesson is given. A credit card will be accepted over the phone for your convenience. If you need to cancel your Squash lesson, please allow a 24 hour notice in order to be reimbursed.

BOX LEAGUE: Every 2 months, there is a new Box League set up for the squash players! Come join the fun. All you need to do is play your matches AND record your scores! This is a great way to meet fellow JCC squash players and find a similar ability. The next Box League will run from April 1 - May 15, 2010.

PLAY THE PRO: "PLAY THE PRO" allows members (adults and children) to sign up for a complimentary 15 minute session with Chrisy Jones, the JCC Squash Pro, and work on whatever you want. It is a quick introductory to what a lesson is all about and it is free! You need not be a squash player to participate in the "PLAY THE PRO". Check the CenterNews for dates.

PRIVATE GOLF LESSONS WITH JACK GALE...

**PGA Master Professional
Certified Professional in Instruction**

Teen/Adult/ Senior Adult

Video Analysis on all private lessons using Computer Coach Pro software to provide analysis of your swing. Ask or call Jack, 508-783-5763, to see an example of his video system. See your swing compared to the swing of a PGA Tour Professional, then watch your swing evolve.



One 1/2 hour lesson \$45/M, \$50/NM
One 1 hour lesson \$85/M, \$90/NM

Series of 3 1/2 hour lessons \$110/M, \$120/NM
Series of 3 1 hour lessons \$205/M, \$215/NM

Series of 6 1/2 hour lessons \$210/M, \$225/NM
Series of 6 1 hour lessons \$380/M, \$400/NM

Gift Certificates available for lessons and clinics.

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 March 14.

Sun. 9:00 - 9:30 am \$60/M, \$77/NM 7 weeks 35-1000-3

PreSCHOOL INTRODUCTORY SWIM 3 - 5 yrs.
This is an introductory class for preschoolers. The focus is on water safety, initial stroke development, and water games. Starts March 14.

Sun. 9:30 - 10:00 am \$60/M, \$77/NM 7 wks. 35-0001-3
Wed. 3:30 - 4:00 pm \$60/M, \$77/NM 7 wks. 35-0002-3
Thurs. 10:30- 11:00 am \$68/M, \$84/NM 8 wks. 35-0003-3

LEVEL 1 INTRODUCTION TO WATER SKILLS Ages 6 & above
This class is designed for children who have no swimming skills. Children must be able to follow directions and hold on to the wall by themselves. Starts March 14.

Sun. 10:00 - 10:30 am \$60/M, \$77/NM 7 wks. 35-0010-3
Tues. 3:30 - 4:00 pm \$60/M, \$77/NM 7 wks. 35-0011-3
Wed. 4:00 - 4:30 pm \$60/M, \$77/NM 7 wks. 35-0012-3
Thurs. 4:00 - 4:30 pm \$68/M, \$84/NM 8 wks. 35-0013-3

LEVEL 2 FUNDAMENTAL AQUATIC SKILLS Ages 6 & above
Participant must have passed Level 1. This class is designed to give students success with fundamental skills. Students learn to float by themselves and recover in a vertical position. They begin to move in both alternating and simultaneous arm and leg motions on the front and back to lay the foundation for future strokes. Starts March 14.

Sun. 10:00 - 10:30 am \$60/M, \$77/NM 7 wks. 35-0020-3
Tues. 4:00 - 4:30 pm \$60/M, \$77/NM 7 wks. 35-0021-3
Wed. 4:00 - 4:30 pm \$60/M, \$77/NM 7 wks. 35-0022-3
Thurs. 4:00 - 4:30 pm \$68/M, \$84/NM 8 wks. 35-0023-3

LEVEL 3 STROKE DEVELOPMENT Ages 6 & above
Participant must have passed Level 2. This level builds on coordination of the front crawl and backstroke and introduction to elements of the breaststroke and fundamentals of treading water. Basics of water entries will be introduced. Starts March 14.

Sun. 10:30 - 11:00 am \$60/M, \$77/NM 7 wks. 35-0030-3
Tues. 4:00 - 4:30 pm \$60/M, \$77/NM 7 wks. 35-003103
Thurs. 3:30 - 4:00 pm \$68/M, \$84/NM 8 wks. 35-0032-3

LEVEL 4 STROKE IMPROVEMENT Ages 6 & above
Participant must have passed Level 3. Increase the development of the front and back crawl with increase distance and coordination. Build on the butterfly stroke and refine skills of the elementary backstroke and breaststroke. Basics of turning on the wall will be introduced. Starts March 14.

Sun. 10:30 - 11:00 am \$60/M, \$77/NM 7 wks. 35-0040-3
Tues. 4:00 - 4:30 pm \$60/M, \$77/NM 7 wks. 35-0041-3
Thurs. 3:30 - 4:00 pm \$68/M, \$84/NM 8 wks. 35-0042-3

WAHOO SWIM TEAM Completed Level 4
JCC swimming offers instruction for the novice (completed Level 4) to the highly competitive swimmer. The Team swims in three leagues throughout the year. The emphasis of the team will be stroke mechanics, fitness conditioning, time improvement, and team building ideas.

GOLD: High School and USS Competitors
JUNIOR GOLD: High level 13 & under, USS Competitors
SILVER: High level 8 & under, 10 & under, 12 & under, USS Competitors
BRONZE: 8 & under and novice 10 & under

For further details contact: Kelly Sampson, Aquatics Director, x 235 or Nadya Mahoney, Assistant Aquatics Director, x 250. Head Coach, Galia Tukachinsky

PRIVATE & SEMI-PRIVATE SWIM LESSONS Any age
When group lesson times don't fit your schedule, we offer private, semi-private and small group (4) instruction. We can teach you to swim at ANY age. We specialize in lessons for those who have "water issues". Call Kelly Sampson, Aquatics Director, x 235 or Nadya Mahoney, Assistant Aquatics Director, x 250.

\$20/M, \$25/NM 30 minutes/Aquatics Staff
\$25/M, \$30/NM 30 minutes/Aquatics Director

2 students \$30/\$15 each/M 30 minutes/Aquatics Staff
2 students \$40/\$20 each/NM 30 minutes/Aquatics Staff

2 students \$40/\$20 each/M 30 minutes/Aquatics Director
2 students \$50/\$25 each/NM 30 minutes/Aquatics Director

SCUBA DIVING LESSONS Teen/Adult
The experienced instructors at Central Mass Scuba will take beginner to expert through a course to become a Registered Scuba Diver. Classes are held at the JCC.

For more information contact www.centralmassscuba.com, 508-770-0689 or info@centralmassscuba.com

MASTER SWIMMERS Teen/Adult/Senior Adult
This class is for those over 18 who wish to learn various training principles with all competitive strokes, turns and starts. Varied workouts for speed and endurance. A great class for triathletes and those who wish to make swimming part of their fitness program. You should be able to swim 100 yards without rest for this class. Stay fit with swimming, become stronger and more flexible, swim train with others, reduce stress, and learn to flip turn. Instructor: Galia Tukachinsky, Swim Coach. Starts March 15.

Starts March 15
Mon. and Wed.
10:45 - 11:45 am \$85/M, \$125/NM 8 weeks 35-5050-3

Starts March 16
Tues. and Thurs.
6:15 - 7:15 am \$85/M, \$125/NM 8 weeks 35-5051-3



DEEP WATER Teen/Adult/Senior Adult
 A 45 minute class that takes place suspended in the deep end of the pool with the use of a flotation belt and web gloves to increase resistance. This is non-impact exercise that will suit most people, including those with weight or joint problems. Work on building strength in your core muscle groups (abdominal/back). The format is intervals of power, cardio and active rest.

Tues. 8:15 - 9:00 am
 Wed. 8:15 - 9:00 am
 Thurs. 8:16 - 9:00 am
 Thurs. 7:10 - 7:55 pm no fee

WATERWORKS Teen/Adult/Senior Adult
 A 45 minute non-impact water fitness class that focuses on basic movements and patterns designed to gently condition muscles, improve range of motion and improve the rest of your day. Swimming skill not required.

Mon. 9:00 - 9:45 am
 Wed. 9:00 - 9:45 am
 Fri. 9:00 - 9:45 am no fee

AQUA CHALLENGE Teen/Adult/Senior Adult
 A 45 minute water class with minimal impact on your joints. Tools are used to increase the resistance of the water leading to a satisfying yet very effective class. A challenging cardio and strength workout in the water. Improves endurance and flexibility. An excellent cross training activity.

Tues. 7:10 - 7:55 pm
 Thurs. 7:10 - 7:50 pm (Deep Water) no fee

SENIOR SWIM Senior Adult
 Come and enjoy an hour of swimming with your friends.

Mon. - Fri. 1:00 - 2:00 pm no fee

AQUA PERSONAL TRAINING Any ages
 Elaine Drawbridge, Worcester JCC Fitness and Group Exercise Director offers personal training in the water and on land. Elaine is certified by Igor Burdenko, the leading authority on Aquatic Exercise and Therapy. Elaine leads clients through an Aquatic based workout customized to the individual's needs and abilities. For more information on this exciting new training system please contact Elaine Drawbridge, Fitness Director, x 230.

Private Sessions:	Semi-Private:
• 1 session (1 hr.) - \$47	• 1 session (1 hr.) - \$66 (\$33/pp)
• 5 sessions - \$215	• 5 sessions - \$315 (\$157.50/pp)
• 10 sessions - \$430	• 10 sessions - \$630 (\$315/pp)

YOUTH FITNESS JR. FITNESS CENTER TRAINING COURSE ages 11 - 15
 The JCC offers a four-week supervised program to prepare teens (ages 11-15) for proper training with specific strength conditioning and cardiovascular exercise in the Fitness Center. A Fitness Center membership is a requirement and upon successful completion of this course, teens will be able to use the JCC Fitness Center between the hours of 2:00 and 5:00 pm and at other times if accompanied by a parent. A marker will be added to the JCC membership card indicating completion of this course. For additional information or to make an appointment contact Elaine Drawbridge, Fitness Director, x 230.

4 - 1 hour sessions with a Personal Trainer.....\$130

YOUTH FITNESS-PERSONAL TRAINING ages 10 - 17
 The latest research has found that strength training can be safely incorporated into a child's fitness or sport related exercise routine. However, a program must be compiled by a knowledgeable professional taking into consideration the proper precautions. According to Avery Faigenbaum, PH. D., from the University of Massachusetts, whenever the children are emotionally mature enough to follow instructions and accept them is when they are ready to begin strength training. Children are given realistic expectations as well as the opportunity to develop positive life-style habits through strength training. JCC Personal Trainers give the proper instruction and programming allowing gradual increases in weight and intensity in the Junior Fitness Training Course.

The JCC Youth Fitness - Personal Training program offers individual fitness programs to trim, shape and tone young adults (ages 10-17) as part of a comprehensive weight management program. The program includes strength, flexibility and cardiovascular conditioning, diet, and injury prevention. Your child will learn the basics of a healthy fitness life-style that he/she can adopt.

- The main goals of this program are to assist your child:
- 1.....to lose body fat and manage their weight
 - 2.....develop lifelong healthy habits
 - 3.....decrease the likelihood of play related injuries
 - 4.....have fun getting in shape

This differs from Junior Fitness Center Training Course in that it is a more comprehensive individualized program as opposed to a basic knowledge of the Fitness Center. Offered 7 days week:

We offer this program either 1 : 1 with a personal trainer, or 2 : 1 with a personal trainer.

Private Sessions:	Semi-Private:
• 1 session (1 hr.) - \$47	• 1 session (1 hr.) - \$66 (\$33/pp)
• 5 sessions - \$215	• 5 sessions - \$315 (\$157.50/pp)
• 10 sessions - \$430	• 10 sessions - \$630 (\$315/pp)

MUSCULAR ENDURANCE for TEENS.....AGES 12 - 19
 This mat-based STOTT PILATES workout incorporates Toning Balls™ and the Fitness Circle® and will provide tons of exercises that can be used to create fun and enjoyable workouts designed to keep teens engaged and challenge them both physically and mentally. In youth, overall body awareness can be beneficial, good posture promotes improved body image and proper breathing techniques help with stress reduction. These issues and more will be addressed with simple functional exercises that focus on stability, balance and flexibility in a fun, quick moving routine designed to promote active lifestyle choices.
 Four-week program: Monday, March 1, 8, 22, 29 (no class 3/15/10).

Monday	4:15 pm - 5:15 pm	\$60/M, \$80/NM	4 weeks	30-0301-1
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**A.I.S. (Active Isolated Stretching)
for the STUDENT ATHLETE**

Flexibility is a basic fitness component of everyday life. For the student athlete, it is vital to maintain and increase flexibility of the muscles and the elasticity of muscle joints and fascia so that injuries can be prevented and maximal performance can be reached. Soreness, swelling and pain relate to a loss of tissue movement impacting your ability to produce speed, strength, stamina and power. AIS technique, developed by Aaron L. Mattes involves the method of holding each stretch for only 2 seconds to avoid the stretch reflex and works with the body's natural physiological makeup to improve circulation and increase elasticity. You will learn the AIS method in this 4 week session which will meet 1 day each week for 1 hour. Instruction: Farzin Feiz, Certified Massage Therapist, Certified Personal Trainer. Four-week program: March 7, 14, 21 & 28

Sun. 9:00 - 10:00 am \$70/M, \$90/NM 4 weeks 30-0302-1

ESSENTIAL PILATES on the BALL Teen/Adult
WITH NICOLETTE PELTIER-BENDER

Essential Mat exercises using the exercise ball with the addition of toning balls, bands, and rings. Increase core strength and stability, improve posture, improve balance and coordination. Starts March 14.

Sun. 10:30 - 11:30 am \$120/M, \$140/NM 7 weeks 30-3003-1

BOOTCAMP All Ages

Fun work....hard play!!! Join us in the gym for a 1 hour BOOT-CAMP class. Wear sneakers, bring a water bottle and a towel (you may sweat!) and prepare to move - recess for adults! You may not be ready for Paris Island...but you will get fit. Instructor: Sharon Dwelly Starts March 18 - May 13

Thurs. 5:30 - 6:30 pm \$135/M, \$155/NM 9 weeks 30-3004-1

PINK PROGRAM All Ages

Based on the program designed by Dr. Caroline Kaelin, Josie Gardnier and Joy Prouty for the Susan G. Komen Foundation, this 8 week program is designed for the breast cancer survivor whether newly diagnosed or months out of treatment. It is a small personal training group with specific goals of increased mobility, endurance and strength following your diagnosis of breast cancer. Meets 2 days each week. Days and times will be determined by availability of participants. \$200 for 16 classes over the 8 week period. Minimum of 3 required for the start of the program. \$15 drop-in fee. Call Elaine Drawbridge x 230 for more details and information regarding start dates, days and times.



**PILATES REFORMER TRAINING WITH
STOTT CERTIFIED TRAINERS...
NICOLETTE PELTIER-BENDER AND STACIE LAVINE**

- | | |
|----------------------------|--|
| PRIVATE SESSIONS: | SMALL GROUP PILATES MAT TRAINING: |
| • 1 session (1 hr.) - \$50 | • Duet - \$72 (\$36/pp) |
| • 5 sessions - \$250 | • Trio - \$114 (\$57/pp) |
| • 10 sessions - \$500 | • Quartet - (125 (\$31/pp) |

Call for nonmember price

Notice of cancellation must be at least 24 hours in advance. Cancellations made less than 24 hours in advance will result in a full charge for the session. Please discuss with your trainer the best way to reach her/him in case of cancellation. The JCC will not be responsible for messages.

PERSONAL TRAINING Teen/Adult/Sr. Adult

Work 1:1 with a JCC certified Personal Trainer to develop a program that best suits your fitness schedule and needs. Whether your schedule allows you time to train in the morning, noon or evening - we have a trainer for you.

When you meet with your trainer, your health and workout history will be assessed and your goals will be discussed. Based on those goals and the time you have available to workout, a fitness plan will be developed which will include cardiovascular exercise, strength training and flexibility training. You will workout under the watchful eye of your trainer who will correct your form and keep you coming in.

TAI CHI PERSONAL TRAINING Teen/Adult/Sr. Adult
WITH SUSAN LAURING

Tai Chi is an ancient Chinese exercise for health, consisting of slow and graceful movements that relax and strengthen both body and mind. Tai Chi with individual instruction will allow you to choose your direction of study. You may develop the play of Tai Chi for the reduction of stress, or increase balance. To develop focus or strength and flexibility.

Tai Chi challenges any level of physical ability from beginner to elite athlete. Sessions start with 1/2 hour and can increase to one hour depending on the individual.

AQUA PERSONAL TRAINING Any ages

Elaine Drawbridge, Worcester JCC Fitness and Group Exercise Director offers personal training in the water and on land. Elaine is certified by Igor Burdenko, the leading authority on Aquatic Exercise and Therapy. Elaine leads clients through an Aquatic based workout customized to the individual's needs and abilities. For more information on this exciting new training system please contact Elaine Drawbridge, Fitness Director, x 230.

YOGA PERSONAL TRAINING Teen/Adult/Sr. Adult

Learn and practice Yoga poses with our certified Yoga instructor in 1:1 training sessions. According to your personal fitness goals, you will work on posture, alignment, core strength, flexibility and breathing techniques.

Discover what Yoga can do for you:

- Stress relief • Pain relief • Better breathing • Flexibility
- Increased Strength • Weight management
- Improved circulation • Better body alignment
- Cardiovascular conditioning • Focus on the present

FOR THOSE WHO DESIRE LONG TERM WORK WITH A PERSONAL TRAINER, THE FOLLOWING PACKAGES ARE AVAILABLE :

- | | |
|----------------------------|--------------------------------------|
| PRIVATE SESSIONS: | SEMI-PRIVATE: |
| • 1 session (1 hr.) - \$47 | • 1 session (1 hr.) - \$66 (\$33/pp) |
| • 5 sessions - \$215 | • 5 sessions - \$315 (\$157.50/pp) |
| • 10 sessions - \$430 | • 10 sessions - \$630 (\$315/pp) |
- Semi-private means 2 people within the same slot. It is preferable that your goals are the same.

Notice of cancellation must be at least 24 hours in advance. Cancellations made less than 24 hours in advance will result in a full charge for the session. Please discuss with your trainer the best way to reach her/him in case of cancellation. The JCC will not be responsible for messages.

GROUP FITNESS...AEROBICS

ALL AEROBIC CLASSES TAUGHT BY NATIONALLY CERTIFIED INSTRUCTORS

AQUA CHALLENGE: A 45-minute water class with minimal impact on your joints. Tools are used to increase the resistance of the water leading to a satisfying yet very effective class. A challenging cardio and strength workout in the water. Improves endurance and flexibility. An excellent cross training activity.

BODYCOMBAT: This is the workout with PUNCH! It is a high energy cardiovascular training class that combines moves from a range of martial arts disciplines. BODYCOMBAT is the most fun you can have and increase your fat burning potential while improving muscle coordination, strength, flexibility & agility.

BODYFLOW: A revolution in mind/body training that will change the way you feel about your body. You'll stand straighter, feel stronger and become more flexible and more physically aware. Set to uplifting music, BODYFLOW is designed to increase your endurance, reduce stress and relieve pain.

BODYPUMP: The original barbell class. Works every major muscle group using barbells and adjustable weights. Quite simply, it's the fastest way in the universe to get in shape. All levels are welcome. You can safely try BODYPUMP!

BODYSTEP: We've taken the dance out and put the muscle back into step. BODYSTEP is a simple, athletic workout with high intensity intervals followed by muscle conditioning tracks that will shape and tone your entire lower body and push your fat burning systems into high gear.

BODYVIVE: A low impact, 55 minute class integrating aerobic exercise for heart fitness, resistance training for strength and stability, and stretching and mobility work. BodyVive is especially suited to active adults in their 40's, 50's, and 60's and it is also suitable for group exercise beginners and anyone who will enjoy this integrated exercise option.

CARDIO INTERVAL: Old format brought back to life! Thirty minutes of cardio exercise (dance, step, whatever) followed by thirty minutes of mat work, standing resistance and weight work as well as abdominals and stretch.

CHAIR EXERCISE: Gain strength, flexibility and endurance with exercises done while seated in a chair. Some balance work while standing and using the chair for stability. *Most appropriate for those with mobility problems.

CORE FLOW: A 30 minute class designed to strengthen those muscles that stabilize the spine and support proper alignment. Set to energizing music.

DEEP WATER: A 45- minute class that is done while suspended in the deep end of the pool with the use of a flotation belt. This is non-impact exercise that will suit most people, including those with weight or joint problems. Work on building strength in your core muscle groups (abdominal/back). It can be a real calorie burner!

STEP INTERVAL: Alternating intervals of cardio training using the step, with muscle conditioning. Weights, Bodybar, flexible tubing and bands will be used.

SENIOR FIT: A 45-minute class designed but not limited to the over 50 fitness enthusiast. This format includes light cardio work, muscle conditioning, balance and stretching.

group fitness

health spas/massage therapy

SPINNING: A group cycling class challenging enough for all fitness levels. Water bottles mandatory, Fee charged for class and no admittance without a spin pass.

SPINNING/Tone: Spin for thirty minutes then move to the Group Exercise room for thirty minutes of strength training using weights.

SPINNING/YOGA: Thirty minutes of spinning followed by thirty minutes of Power Yoga in the Group Exercise room! All levels welcome!

STEP: Combination of athletic and/or dance based moves using an adjustable platform for cardio conditioning. Modifications are given.

TAI CHI: Not only an excellent form of exercise, but one of the worlds oldest forms of martial arts. Tai Chi is based on forms of movement utilizing a balance of mind, spirit and body. It will strengthen the heart, muscles and mind, as well as improve your balance. Tai Chi is suitable for all ages.

WATERWORKS: A 45-minute minimal impact water class that focuses on basic movements and patterns designed to gently condition muscles, improve range of motion and improve the rest of the day. You do not need to know how to swim.

YOGA: Vinyasa (Flow) is traditional form of Yoga using breath to transition between poses. All levels.

ZUMBA: Working out can be healthy, rewarding, beneficial... with Zumba it will be fun! Zumba is a fitness program inspired by Latin dance.

ZUMBA GOLD: Zumba but with lower impact. Appropriate for newer Zumba students who want to slow the steps down. The Latin dance workout for active adults.

MASSAGE THERAPY

Massage therapy is available to the entire membership. You do not have to be a Spa member to benefit from our massage therapy program. The benefits of regular massage are well documented. With regular massage sessions you should begin to experience positive changes in how you feel. Our qualified therapists will help determine a schedule to best suit your needs.

Available to:

Spa Members	\$50/hour	\$30/1/2 hour
Non-Spa Members	\$60/hour	\$40/1/2 hour
Non- JCC Members	\$65/hour	\$45/1/2 hour

Optional: Buy 5 get 1 free:

Spa Members	\$250/hour	\$150/1/2 hour
Non-Spa Members	\$300/hour	\$200/1/2 hour
Non- JCC Members	\$325/hour	\$225/1/2 hour

Stephen Mita, Men's Massage Therapist x 255

Specializing in: Myofascial Therapy, Deep Tissue, Swedish and Trigger Point Massage.

Viktori Robo, Women's Massage Therapist x 253

Specializing in: Swedish, Deep Tissue, & Therapeutic Massage, Trigger Point Therapy and Reflexology.