

# your community center

The JCC is your community center. Membership is open to people of all races, religions, and ethnic backgrounds. It is a place where dedicated volunteers and professional staff work together to help shape the foundation and guide the direction for the JCC.

Get involved. Join us for a class, exercise your mind or body, enjoy a cultural event or holiday program, or become a volunteer. It is all here for you at the JCC.

**You do not have to be Jewish to join.** Our 2010 membership survey shows that our membership is comprised of more than 60% non-Jewish members.

## membership

### **Kelly Whalen, Membership Services Director, x 236**

An active membership is required to participate in many JCC activities and programs, Individual, Family, Single-Parent Family, Individual, Senior Individual, Senior Couple and Young Adult Fitness memberships are available. Preferred rates are often available to members for activities and programs open to the general public. JCC fitness and spa memberships are also available. Membership fees are payable by check, credit card or EFT. Members are asked to have a JCC photo ID membership card processed at the front desk. Membership cards are required as identification for entrance into the building, fitness center, spa, ceramic studio, and outdoor pool.

Building tours are offered at your convenience. You must present a valid photo ID. Arrange a tour by calling ahead or dropping in.

Your JCC membership card is recognized at many Jewish Community Centers in the United States, Israel and Canada. Policies vary by location.

## special projects

### **Pam Cherkas, Special Projects Director, x 252**

The Special Projects Department of the JCC helps the center fulfill its mission through a variety of activities. Tributes are a beautiful way to acknowledge those you care for, and at the same time, help those in need. Our Annual Appeal raises money to fund our mission driven programs through Fall and Spring phoneathons. By making a donation to our camp scholarship fund, you can help make a difference in the lives of local children. As a Patron of the Arts, you will become one of the many visionary individuals, families, and organizations who support cultural arts programs at the JCC.

## board of directors 2011-2012

### **OFFICERS**

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**Secretary**

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Cynthia Gray	Gary Wolf
Marshall Katzen	Alan Yoffie

Emily G. Holdstein, Executive Director

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Abee Talamo\*  
Wayne M. Ushman  
Wallace Wolf\*

Francis Hiatt\*, Honorary Vice President

Abraham Persky\*, Founder

*\*of blessed memory*

## jcc mission statement

To bring the community together through programs based on Jewish principles that build Jewish continuity and foster healthy spirit, mind, and body for all.

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M - Member  
NM - Nonmember  
SCM - Senior Club Member

## hours of operation

Sunday	7:00 am - 6:00 pm
Monday - Thursday	5:30 am - 9:30 pm
Friday	5:30 am - 5:30 pm
Saturday	7:00 am - 6:00 pm

Follow us on Facebook and Twitter!



The Jewish Community Center is a grant recipient of the Jewish Federation of Central Massachusetts.

Affiliated with the Jewish Community Centers of North America. A Living Memorial to the Jewish War Veterans of America.

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.

# president's and director's message:



## THIS IS NOT YOUR GRANDPARENTS' JCC:

*This past year has been filled with changes at the JCC including our new extended hours on Saturdays and openings on the 2nd day of Jewish holidays. Change is apparent not only at the JCC but also in our society as increased mobility and economic realities have changed the way we view institutions and how we relate to them.*



*In years past many people in our area viewed the support of non-profit institutions as critical in building community and made them an essential part of their philanthropy. Whether it was a synagogue, a church, the JCC, or the art museum, people felt that their lives would be enriched by investing in these institutions. Often individuals supported the institutions even if they did not receive a direct service or benefit; they did this because they knew their community would be better off and healthier as a result. Today these non-profits are still very dependent on philanthropy.*

*While the JCC may feel like a fitness club to many - we are a community center and as such the JCC is dependent on the generosity of donors to pay bills, upgrade facilities and serve the community. It is you and I and the rest of the community, Jew and non-Jew, who must revitalize a culture of giving to organizations like the JCC. Sometimes a gift of only \$25 to the annual appeal will make a difference. We all need to look beyond our own use, see how much the community relies on this institution, and start to give at levels that represent our desire to sustain the JCC for generations to come.*

*It is a two way street: we ask you to consider changing the way you view the JCC to help it grow, but we also know that the JCC must grow and change too. The JCC board deliberated over the Saturday full-day opening considering the requests from many members, Jews and non-Jews. In the end the board voted to go forward with the change based on several principles: 1) The JCC is not a religious institution; it is a secular cultural institution that is founded in Jewish values, 2) The JCC seeks to be welcoming to people of all faiths and to be respectful and inclusive of the many variations of Jewish observance. This is the Jewish belief in being welcoming to all and striving to be inclusive (Isaiah 58).*

*We will continue to identify ways to make the JCC more usable to its members and more responsive to modern lives and needs. At the same time we will maintain adherence to the spirit of the Jewish values that inspired our founding and have sustained this institution through time. Now more than ever we need you and the rest of the community to do your share as well. Please commit your financial resources and your time to help make the JCC ready for tomorrow, to help make the decisions and fund the changes and upgrades that will continue to make this the greatest little community around.*

*This is not your grandparents' JCC, not even your parents' and perhaps at this point it shouldn't be. But like our grandparents let's make sure that the JCC is still here and as vibrant as ever for our grandchildren. BECAUSE IT IS OUR GRANDKIDS' JCC!*

All the best,

Dan B. Shertzer  
President

Emily G. Holdstein  
Executive Director

## holiday schedule - 2011/2012 - watch centernews for special holiday celebrations

### jewish holidays:

- Rosh Hashanah Close 3:00 pm Wednesday, September 28 & remain closed Thursday, September 29 (OPEN Friday, September 30, 2011)
- Yom Kippur Close 3:00 pm Friday, October 7 & remain closed Saturday, October 8, 2011
- Sukkot Close 6:00 pm Wednesday, October 12 & remain closed Thursday, October 13 (OPEN Friday, October 14, 2011)
- Shemini Atzeret/ Simchat Torah Close 6:00 pm Wednesday, October 19 & remain closed Thursday, October 20, 2011 (OPEN Friday, October 21, 2011)
- Hanukkah Open December 21 - December 28, 2011
- Purim Open Thursday, March 8, 2012
- Passover Closed Saturday, April 7 (OPEN Sunday, April 8, 2012)
- Shavuot Close 7:00 pm Thursday, April 12 and remain closed Friday, April 13 (OPEN Saturday, April 14, 2012)
- Shavuot Closed Sunday, May 27, 2012

### other holidays:

- Labor Day Closed Monday, September 5, 2011, outdoor pool open, weather permitting, 12:00 noon - 5:00 pm
- Thanksgiving Day Open 8:00 am - 1:00 PM, Thursday, November 24, 2011
- December 25 Open 8:00 am - 2:00 pm Sunday, December 25, 2011
- New Year's Eve & Day Open regular hours Saturday, December 31 & closed Sunday, January 1, 2012
- Memorial Day Closed Monday, May 28, 2012, outdoor pool open, weather permitting, 12:00 noon - 5:00 pm
- Independence Day Closed Wednesday, July 4, 2012, outdoor pool open, weather permitting, 12:00 noon - 5:00 pm

Kelly is available during the following hours:  
 Monday/Wednesday 8:30 am - 2:00 pm  
 Tuesday/Thursday 4:00 pm - 8:30 pm  
 Friday 8:30 am - 1:30 pm

Your JCC membership opens the door to a wide range of programs, classes and activities for all ages!

**basic membership includes:**

Access to all classes & program	Gymnasium
6-lane, 25 yard indoor pool	Arts & Crafts Studio
Outdoor pool complex w/separate wading pool	Training Studio*
International Squash Court	Private & Semi-Private Swim Lessons*
Aerobics in a spectacular aerobics studio	
Racquet Ball & Outdoor Tennis Courts	TRX Suspension Training*
Squash & Tennis lessons*	
50+ Fit Fitness Program	*additional fee

**FREE AQUA AEROBIC CLASSES:**

Aqua Zumba® Deep Water Waterworks Aqua Challenge  
 Water in Motion®

**OVER 50 FREE GROUP FITNESS CLASSES EACH WEEK INCLUDING:**

BodyPump™	BodyFlow™	BodyStep™	BodyCombat™
BodyVive™	Zumba®	Step Interval	Cardio Interval
Yoga	Resist-a-Ball	Senior Fitness	Tai Chi
Chair Exercise	Johnny G Spinning®	Muscle Mix	

Personal Training Sessions available to Basic Members\* Including:\*

- Yoga w/ Pilates, & Core Strengthening\*
- Aqua Personal Training - Burdenko Method\*
- Tai Chi Personal Training\*
- Stott Pilates® - Reformer or Mat\*
- TRX Suspension Training\*

Personal Training in the Fitness Center requires a Fitness Center membership.\*

**fitness center membership includes:**

A modern fitness room with a full line of Cardiovascular Training and Strength Training Equipment.

Complimentary fitness orientation available upon request

50" Plasma Screens	CardioVision
Individual Viewing Monitors	Selectorized Nautilus
Personal Training Sessions	Star Trac Recumbent Bike
Youth Personal Training (age 10-17)	Stairmasters
Precor Stretch Trainer	Concept II Rowers
Precor EFX Elliptical Trainers w/heart rate monitors	Cybox Treadmills
	True Treadmills
Icarian AB Bench	Lifecycles - Upright & Recumbent
Cybox Arc Trainers	Nordic Track Incline Trainer
Cybox Selectorized V-R2 Line	Full line of Cybox Free Weights

The Fitness Center is open to children 15 years and older or those teens who have completed our special Fitness Center Training Course\* or working with a personal trainer\* \*additional fee

**spa membership includes:**

Separate Men's and Women's spas, with...	*additional fee
Sauna	Steam
Day Lockers	Full Time Lockers*
Massage Therapy*	Lounge Area with Cable TV
Towel Service, Showers and Grooming Supplies	
Spa membership is open to adults only (age 18 and over)	

**basic membership:**

	12 MONTH	6 MONTH
Family*	\$775	\$517
Couple	\$710	\$473
Single-Parent Family*	\$570	\$380
Individual (age 12-64)	\$530	\$353
Senior Adult Couple (age 65+)	\$405	\$270
Senior Adult Individual (age 65+)...	\$295	\$197

New member enrollment fee \$100

Reactivation fee (lapsed 4 months +) \$75

\*with 1 or more dependent children under the age of 26

\*6 month membership will incur a reactivation fee of \$75 if a membership is not renewed within a 13 month period.

**fitness center fees:** (in addition to basic membership)

	12 MONTH	6 MONTH
Individual	\$237	\$158
Family/Couple (2 or more users per unit)	\$325	\$217

**spa fees:** (in addition to basic membership)

	12 MONTH	6 MONTH
Individual (1 user per unit)	\$225	\$150
Family/Couple (2 or users per unit)	\$305	\$203
Full Time Locker (only if wanted)....	\$ 50	\$ 35

**package plan discount**

combines Basic Membership, Fitness Center and Spa, at a great rate!

package prices:	Regular Price 12 Month	Discounted Package 12 Month	Discounted Package 6 Month
Family**	\$1405	\$1280	\$853
Couple	\$1340	\$1194	\$791
Single-Parent Family*	\$1120	\$ 977	\$651
Single-Parent Family	\$1200	\$1038	\$693
Individuals	\$ 992	\$ 922	\$615
Senior Couple	\$1035	\$ 950	\$634
Senior Individual	\$ 757	\$ 707	\$471

\*with 1 or more children over age 15 using the Fitness Center, and 1 adult spa user.

\*Fitness Center open to children 15 years & older.

\*\*Junior Fitness Training Course available ages 11 - 15.

\*\*Youth Personal Training available ages 11-17

\*\*additional fee

Please contact Elaine Drawbridge, Fitness Director, x 230. See page 12

**young adult fitness membership**

Ages 15-26 ... 12 month/\$425, 6 month/\$284 ... no enrollment fee  
 Includes Individual Basic + Fitness. Available only to young adults between the ages of 15 and 26.

**photo ID cards**

The JCC is proud of its safe, secure building. Photo ID cards are provided for all adult members, and children over the age of 10, and must be "swiped" at the kiosk for admission to the JCC.

If you forget your ID, you must sign in manually.

There is a \$10 fee to replace a lost card.

## hours of operation

	<u>Open</u>	<u>Activities End</u>	<u>Close</u>
Sunday.....	7:00 am.....	5:30 pm.....	6:00 pm
Monday.....	5:30 am (pool 6am)...	9:00 pm.....	9:30 pm
Tuesday.....	5:30 am (pool 6am)...	9:00 pm.....	9:30 pm
Wednesday....	5:30 am (pool 6am)...	9:00 pm.....	9:30 pm
Thursday.....	5:30 am (pool 6am)...	9:00 pm.....	9:30 pm
Friday.....	5:30 am (pool 6am).....	5:00 pm.....	5:30 pm
Saturday.....	7:00 am.....	5:30 pm.....	6:00 pm

## refund/payment policy

- Membership fees and Guest Passes are non-refundable and non-transferable.
- Membership fees may not be prorated for any reason.
- Membership fees must be paid in full in advance, or members may elect to pay in four consecutive equal monthly payments starting in the first month of the membership/renewal. A transaction fee of \$2 per transaction will be charged for payment plans. All payment plans are by EFT or credit card only, no checks.
- 6 month membership fees may be paid in full in advance, or members may elect to pay 50% in the first month of membership/renewal and the balance of 50% the following consecutive month via EFT.
- Refunds or credits for programs shall be allowed, less a \$25 administrative fee, for cancellations by participant, if notice of cancellation is received by the Center office before the starting date of the program, unless otherwise specified. No refunds of Early Childhood, Camp and After School Special deposits. Forfeited amounts may not be applied to another service or program. See camp brochure for camp payment policies.
- Full refunds or credits to account shall be made in the event an activity is cancelled by the Center due to insufficient registration.
- No credit or refund shall apply if participant withdraws after the starting date of the program.
- No credit or refund for missed classes.
- A 20% administrative fee (minimum \$25) will be charged for approved refunds.
- There will be a \$30 charge for any returned checks.
- Birthday Parties require a non-transferable, non-refundable deposit of 50% of the entire cost of the party to reserve the party date and time. The remainder of the cost of the party must be paid to the receptionist at the kiosk on the day of the party.
- No transactions will be conducted on Saturdays/Shabbat.
- Prices subject to change without a notice. We reserve the right to correct typographical errors.

## class registration

### CLASSES BEGIN...

- FALL / Sunday, September 11, 2011
- WINTER / Tuesday, January 3, 2012
- SPRING / Sunday, March 11, 2012

### HOW TO REGISTER...

- In Person
- By Mail (via credit card or check)
- By Fax (via credit card)

M = Member  
 NM = Nonmember  
 SCM = Senior Club Member

- To receive membership rate, membership must be in good standing at time of registration and through final date of the program.
- To register in person please fill out the class registration form and come to our lobby kiosk.
- To register by mail, please fill out the class registration form and mail to JCC, 633 Salisbury St., Worcester, MA 01609.
- To fax your registration, please fill out the class registration form and fax to 508•754•3373.
- Class registration forms can be found on our website home page worcesterjcc.org or at the kiosk.
- See refund/payment policy above.
- Sorry...no phone registrations!
- No transactions will be conducted on Saturdays.
- Registrar, Jessica Boynton, 508•756•7109, x 276.

## guest policy

We encourage members to introduce their friends and family to the JCC. You may bring guests under the following guidelines:

- Members must accompany guests at very visit. Guests may enjoy whatever privileges member has.
- Members must register guests at the lobby kiosk and purchase guest passes for \$15/per day/per person or \$35/per week/per person (7 consecutive days).
- Kids guest pass available for children up to age 14 for \$5/per day/per child or \$25/per week/per child (7 consecutive days).
- Saturday guest passes must be purchased during the week prior to use. (No business will be transacted on Saturdays/Shabbat).
- All guests must follow JCC policies and procedures.

## inclement weather

JCC programs and classes may be delayed or canceled because of inclement weather. To receive updated information about schedule changes, call our SNOW/POOL line number 508-756-7135 after 5:30 am.

## babysitting

The JCC offers babysitting services for members who are participating in JCC activities.

Monday - Friday, 8:45 am to 12:00 noon

Ages 4 months through age 6. Fee: \$4/per hour/per child.

## supervision of children

Children under the age of 10 must be accompanied by an adult or in a supervised activity at all times. For a copy of our complete policy, please stop at the kiosk.

## financial aid

Scholarship assistance is available for membership, day camp, kinderspecial, preschool, and after school care on a limited basis. To apply, visit the kiosk or call Jessica Boynton x 276, jboynton@worcesterjcc.org for further information.

**Elaine Drawbridge, Fitness Director**

**Bob Berman, Health & Physical Education Director**

fitness center

Achieving your health & fitness goals has never been easier. Whether you have an established routine or are new to exercise, our qualified staff will help you to develop a training program with your long term health & wellness benefits in mind.

Personal Training in the Fitness Center requires a Fitness Center membership.\* Training Studio\* Pilates Studio\* (for all members & nonmembers)

Aerobics in a spectacular aerobics studio

TRX Suspension Training\*

Junior Fitness Center Training course (ages 11-15)\*

**FREE AQUA AEROBIC CLASSES:**  
Aqua Zumba® Deep Water Waterworks Aqua Challenge  
Water in Motion®

**OVER 50 FREE GROUP FITNESS CLASSES EACH WEEK INCLUDING:**  
BodyPump™ BodyFlow™ BodyStep™ BodyCombat™  
BodyVive™ Zumba® Step Interval Cardio Interval  
Yoga Spin/Yoga Resist-a-Ball Senior Fitness  
Tai Chi Chair Exercise Muscle Mix Johnny G Spinning®

Personal Training Sessions available to Basic Members\* Including:\*  
TRX Suspension Training\*  
Aqua Personal Training - Burdenko Method\*  
Stott Pilates® - Reformer or Mat\*  
Yoga w/Pilates & Core Strengthening\*  
Tai Chi Personal Training\*  
Youth Personal Training (ages 11-17)\*

\*additional fee

**A modern fitness center with a full line of Cardiovascular Training and Strength Training Equipment.**

Complimentary 1 hour fitness orientation available upon request

50" Plasma Screens	CardioVision
Individual Viewing Monitors	Nautilus® Selectorized AB machine
Climate Control	Star Trac™ Recumbent Bike
Gravitrone	Stairmasters
Precor Stretch Trainer™	Concept II Rowers
Precor EFX® Elliptical Trainers w/heart rate monitors	Cybox® Treadmills
Icarian AB Bench	True® ZIX 850 HRC Treadmills
Spinner® Star Trac	Lifecycles - Upright & Recumbent
Cybox® Arc Trainers	Speed Bags, Jump Ropes
Precor® Dual Action total Body and Cross Ramp	Nordic Track® Incline Trainer

Full line of Cybox VR2 Selectorized & classic weight training machines. Complete Cybox free weight area.

The Fitness Center is open to children 15 years and older or those teens who have completed our special Fitness Center Training Course\* or working with a personal trainer\*

\*additional fee

## johnny g spinning®

This exciting instructor-led group cycling class allows individuals of all fitness levels to complete a cardiovascular routine successfully on our Star Trac Spinners. Allow yourself to be led on an all terrain, strength training or endurance ride and benefit from this exciting 1 hour mind-body workout. Free to JCC members.

**SPINNING POLICIES:** In order to serve all of our members, the following rules have been established:

- Members may reserve a spot in a Spinning class.
- Non-members may purchase a spin card or prepay to reserve the spin. Non-member fee: \$7.50/1 spin or \$75/card of 10 spins.
- Please plan to be early. For your safety, a proper warm up is essential and will allow the class to begin on time.
- If you arrive after the start of the class, your reserved spot may be released to a waiting member.
- If you need to cancel a reservation, please call the kiosk, x 0.

## 50 + fit

50 + Fit fitness program delivers structured, high quality and integrated fitness and social programs designed to meet the special needs of our mature population. Members receive focused and individual support and assistance in building a toning and strengthening program of fitness into reality for them.

- designed and supervised by professionals
- dedicated to the fifty and over population
- mixing fitness and fun
- enhances quality of life
- brings rapid improvement in strength, flexibility, range of motion, and sense of well being.

**HEALTH & WELLNESS BECOME A WAY OF LIFE**

- |                  |                  |                   |
|------------------|------------------|-------------------|
| • Aqua Challenge | • Chair Exercise | • Water in Motion |
| • Aqua Zumba     | • Deep Water     | • WaterWorks      |
| • BodyFlow       | • Senior Fit     | • Yoga            |
| • BodyPump       | • Senior Swim    | • Zumba           |
| • BodyVive       | • Tai Chi        |                   |

## meet our trainers

The Personal Trainers at the Worcester JCC are all nationally certified professionals with college degrees and extensive experience. We can match you with just the right trainer.

Sessions available in the following specialties: Strength and Fitness, Water, Yoga, Tai Chi and more!!  
**Call Elaine Drawbridge, Fitness Director, x 230 to schedule an appointment.**



Elaine Drawbridge



Sandy Seale



Mary MacAdam



Nicolette Peltier Bender



Cheryl Mita



Sharon Dwelly



Slavka Johnson



Stacie Levine



Paul Reynolds

## personal training

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.

## TRX® suspension training®

The TRX was originally created in the Nave SEAL Teams in the late nineties by commandos trying to stay fit while deployed to places where time is of the essence and gyms don't exist. TRX training uses your own bodyweight as resistance and the level of difficulty is variable from 0 to 100% ... changing the resistance is as simple as taking a couple of steps forward or backward to adjust the angle of your body in relation to the ground. It is multi-dimensional and fully supports your body weight so you can really work your entire body.

TRX Suspension Training will be available in monthly sessions meeting 1 time each week.

## aqua personal training

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

## stott pilates® personal training *reformer or mat*

"Golf demands a delicate balance of mental and physical skill. Pilates enables you to focus on both through mind-body awareness by gaining insight into the connection between the physical and psychological components of athletic performance. Tiger Woods, David Duval, Rocco Mediate, Sean O'Hair, Lee Jansen...all incorporate Pilates into their training regimen".

STOTT PILATES® ... Increase your mind-body awareness with Pilates training.

**STOTT PRO REFORMER** - is suitable for all types of clients from athletes to rehab participants, to older adults and to regular fitness enthusiasts. Reformer work will enhance torso stability and strength, joint stability, flexibility, balance and coordination.

**MAT WORK** - Apply STOTT PILATES® principles of core stability, breathing and alignment to all exercises. Modifications for specific body types, postural issues and conditions. Small equipment added for variety and specific needs.

## training studio

We are very excited to be able to offer personal training to our Basic members (as well as to Non-members) in our new Training Studio. Get the same excellent training by our nationally certified personal trainers in our functionally based studio. Develop a program to meet your specific needs at a time that is convenient to your schedule. Whether training for weight loss, increased strength and fitness or functional mobility, you will workout under the watchful eye of your trainer who will correct your form and keep you coming in! All training will take place in the studio with your trainer.

## 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.

## youth personal training ages 11 - 17

The JCC Youth Personal Training program offers an individual fitness program to trim, shape and tone young adults (ages 11-17) 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.

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 a week.

For additional information or to make an appointment contact Elaine Drawbridge, Fitness Director, x 230.

## jcc personal training rates.....FUNCTIONAL - TRX - PILATES - AQUA - YOUTH

**member rates** ... All non-fitness center members will train in the training studio or pool. Fitness Center use available to fitness members only.

**PRIVATE:**

- 1 session (1 hr.) \$ 53
- 5 sessions - \$250
- 10 sessions - \$500

**SEMI PRIVATE:** 2 people within the same time slot

- 1 session (1 hr.) \$ 83 (\$41 pp)
- 5 sessions - \$400 (\$200 pp)

**non-member rates** ... All non-member training will take place in the training studio or pool. Fitness Center use available to fitness members only.

**PRIVATE:**

- 1 session (1 hr.) \$ 58
- 5 sessions - \$275
- 10 sessions - \$550

**SEMI PRIVATE:** 2 people within the same time slot

- 1 session (1 hr.) \$ 90 (\$45 pp)
- 5 sessions - \$435 (\$217 pp)

**additional training** Semi Private (member and non-member) 1 session (1 hr.) \$88 (\$41/m, \$47/nm)  
5 sessions - \$436 (\$206/m, \$230/nm)

Monthly TRX Suspension Training ... Member \$60, Non-member \$70, Drop-In \$15  
Jr. Fitness Center Training Course ... Ages 11 - 15 ... 4/1 hour sessions - \$141

## group fitness - *aerobics*

Your exercise regime can be enhanced with group exercise. Our varied aerobics program provides an ideal cross training tool for all exercises and challenges all levels of fitness.

Our instructors are Nationally Certified and stay abreast of changes in the fitness industry. The aerobics program at the JCC is constantly evolving as industry trends change.

Our classes are held in a beautiful aerobics room that features - suspended maple wood floor for cushion and support; sound system; climate controlled environment; and resistance props, mats, mirrors, Resist-A-Balls.

**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 and 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™**...is our newest class. It is 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 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.*

**muscle mix** ...high intensity interval workout. Increase your heart rate and lose fat.

**senior fit** ...a 45 minute class designated but not limited to the over 50 fitness enthusiast. This format includes light cardio work, muscle conditioning, balance and stretching.

**step interval** ...alternating intervals of cardio training using the step with muscle conditioning. Weights, bodybar, flexible tubing and bands will be used. Each class ends with abdominal work and a stretch.

**spinning®**, johnny g ...a group cycling class challenging enough for all fitness levels. Water bottles mandatory. NO FEE but must register at the kiosk.

**step** ...combination of athletic and/or dance based moves using an adjustable platform for cardio conditioning. Modifications 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.

**yoga** ...Vinyasa (Flow) is a 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.

## group fitness - *aqua aerobics*

Take the plunge into water fitness in our six-lane, 25 yard indoor pool! Set in a spectacular building with natural lighting, the pool is perfect for an effective workout using water - not your body weight - as resistance.

You can join our aquatics fitness classes for a workout that's gentle on the joints and a great cross training tool or make an appointment with Elaine Drawbridge, Fitness Director, x 230, for private Aqua Personal Training.

**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.

**aqua zumba®** ...we've taken the party to the pool! Latin music inspires Latin dance adapted to the Water's pace. Join us for some fun and fitness.

**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!

**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.

**water in motion™** ...the newest aqua workout that provides low impact/high energy challenge for all participants, all ages, skills and fitness levels. A 60 minute water workout.

## Bob Berman, Health & Physical Education Director

The JCC offers opportunities for fun, fitness, and relaxation. Join our age-appropriate basketball leagues for children through adult players. Or drop-in for an informal pickup game, indoors and outdoors.

If you enjoy racquet sports, play to your heart's content on our racquetball, international squash court, or outdoor tennis.

## basketball

**Little Dribblers** for ages 3-5 teaches the fundamentals of passing, dribbling and shooting on our adjustable hoops.

**MASH** (More After School Hoops) works on skills, contests and scrimmages.

**Youth Basketball** for 5 yrs. & grade K to grade 6 - preseason and regular season games. Youth Basketball teaches a combination of fundamental skill work, fun contests, and weekly organized league games.

**Teen** Winter and Summer basketball leagues.

**Basketball Skills Workshop** (grades 7-12)

**Mens Adult Summer and Winter Basketball Leagues** - open division and over 35 leagues

**Sunday morning pick-up basketball games** (17 & over)

**Summer Sports Specialties**

**Core strength and conditioning** pre and post seasons

## baseball

**T-Ball** for ages 3-5 teaches basic baseball skills such as throwing, hitting and base running.

**Major League Baseball - Rookie League** - Grades K-6 will work on skills and take part in weekly fundamentals and games.

**Rich Gedman Baseball Camp - Summer Sports Specialties**

## coed softball

The JCC is interested in starting **fall and spring coed softball** leagues for adults (18 and over). This program will have scheduled games culminated by a league ending playoff series. Interested teams or individuals should contact Bob Berman, x 233, for additional information.

## football

**NFL Flag Football** - Grades 3-7 will participate in weekly afternoon games and learn fundamentals of this fun and exciting sport.

**Arena Flag Football** - Grades 3-6 will be divided to take part in fundamentals and weekly contests and scrimmage games as our gym is converted into an arena flag football facility.

**Summer Sports Specialties** (All-Sports)

## gymnastics

**Preschool Gymnastics** for ages 3-5 will be introduced to tumbling and the apparatus appropriate for their age and development.

**Gymnastics Camp - Summer Sports Specialties**

## karate

**JCC Karate Club** (teen-adult) offers traditional instructions in the Japanese art of Nisei Wado-Ryu Karate. Classes are taught by **Ronald C. Teixeira**, Sandan (Third Degree Black Belt). Training is highly cardio-vascular incorporating Kihon (basics), Kata (forms), and Kumite (sparring).

## pre-school gym programs

The JCC offers children 3-5 years old their first organized sports experience in a wide variety of sports and activities. Children learn in this age-appropriate program through movement exploration using specific sports as a vehicle to grow. Classes offered Monday through Friday's 1:15- 2:00 pm.

## soccer

**Micro Soccer** - Emphasis on soccer skills, team play, and fun. An active introductory program for 3-5 year-olds.

**Soccer Camp - Summer Sports Specialties, grades 1-8**

## squash

Squash is an indoor racquet sport that provides an excellent cardiovascular workout. It is a growing sport, drawing new players and expanding to new countries around the world. The Worcester JCC has the only international softball squash court in the Worcester area.

Fun, a great workout, and part of the JCC's basic membership. Racquets, eyewear, and balls are offered at the kiosk, complimentary, to all members and non-members. Clean non-marking sneakers are required. Squash court reservations can be made one week in advance at the kiosk.

Chrisy Jones will instruct you in rules, stroke technique and game strategy. Contact Chrisy Jones at 508-829-1956 or [jones.chrisy@gmail.com](mailto:jones.chrisy@gmail.com) to schedule an appointment.

**Play the Pro** every 4-6 weeks complimentary to all JCC members (adults and children). A 15 minute complimentary session with Chrisy Jones.

**Box League every 2 months.**

**Private and semi-private Squash lessons**, members & non-members.

**Squash Instructional Clinics.**

**Racquetball & International Squash courts are open:**

Sunday.....7:15 am - 5:30 pm

Monday - Thursday.....6:00 am - 9:00 pm

Friday.....6:00 am - 5:00 pm

Saturday.....7:15 am - 5:30 pm

## summer sports specialties

**Summer Sports Specialties** - (grades prek-12) provides expert sports instruction in an atmosphere of fun and camaraderie. Our camps' primary emphasis is on skill and technique complemented by an appreciation of teamwork and strategy. Our camp is a safe, wonderful and productive place for kids. Sports campers make use of the JCC's athletic facilities: Outdoor ball fields, outdoor basketball and tennis courts, 25 yard indoor and outdoor pools, dance studio and cardio kickbox room. All camps are coed.

**Kelly Sampson, Aquatics Director**  
**Cassy Currie, Assistant Aquatics Director**

aquatics

The JCC aquatics facility includes two pools, indoor and outdoor with a separate wading pool, and a comprehensive schedule of programs and classes. Take the plunge into water fitness in our six-lane 25 yard indoor pool! Set in a spectacular building with natural lighting, the pool is perfect for a leisurely swim or an effective workout using water - not your body weight - as resistance.

Swim laps during our scheduled lap times and your entire family can enjoy our open swim times.

The JCC Aquatics Department also offers many courses throughout the year such as:

- lifeguard training courses and recertification
- first aid courses
- CPR courses and recertification
- WSI courses
- aquatics employment opportunities
- school vacation
- camps Sabra & Habonim Red Cross swim programs
- sports specialty camp swim program

group lessons

We offer the American Red Cross Learn to Swim Program for preschool through grade 6. Our staff are experienced and certified instructors ready to provide swimmers with the necessary skills to be safe in the water.

private/semi private lessons

When group lesson times don't fit your schedule or one-on-one instruction meets your needs, we offer private/semi private lessons. We can teach you to swim at any age and specialize in lessons for those who have "water issues".

masters swimming

This program provides organized and coached workouts for those over 18 who want to learn various training principles for all competitive strokes. Varied workouts for speed, endurance and technique improvement. Stay fit with swimming, become stronger and more flexible, swim train with others, reduce stress and learn to flip turn.

wahoo swim team

The JCC Wahoo's offers the recreational and competitive swimmers the opportunity to develop and improve their swimming abilities. Our coaching staff provides top notch training for all four competitive strokes. The emphasis on the team is stroke mechanics, fitness conditioning, time improvement and team building. The team swims year round offering a Fall, Winter, Spring and Summer session option, competes in 2 leagues offering challenges for the novice swimmer and the competitive swimmer. New swimmers are always welcome, please contact the aquatics department to set up an evaluation.

summer sports specialties

- Prepare your children for a summer of fun and a lifetime of safety in all aquatic environments
- Preschool programs focus on water exploration and comfort, with an emphasis on water safety
- K-6 programs use the American Red Cross progressive swim program.

aqua personal training

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. (See Fitness Center for details.)

aqua aerobics

Join our aquatics fitness classes for a workout that's gentle on the joints and a great cross training tool. (See Fitness Center for details.)

health spas

Men's and women's (ages 18 & over), with:

- dry sauna • steam room • cable TV
- free towel service • private showers
- massage therapy\* • spacious lounge with free coffee
- grooming supplies • hair dryers
- full-time lockers\* • day lockers

\*additional fee

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/half hour
Non-Spa Members.....	\$60/hour	.....	\$40/half hour
Non-JCC Members.....	\$65/hour	.....	\$45/half hour

**OPTIONAL: Buy 5 get 1 free:**

Spa Members.....	\$250/hour	.....	\$150/half hour
Non-Spa Members.....	\$300/hour	.....	\$200/half hour
Non-JCC Members.....	\$325/hour	.....	\$225/half hour



**STEPHEN MITA,**  
**Men's Massage Therapist, x 255**  
*Specializing in:*  
 Myofascial Therapy  
 Deep Tissue Massage  
 Swedish Massage  
 Trigger Point Therapy



**VIKTORI ROBO,**  
**Women's Massage Therapist, x 253**  
 Swedish Massage  
 Deep Tissue Massage  
 Therapeutic Massage  
 Trigger Point Therapy  
 Reflexology

**Sandy Scola, Early Childhood Director**  
**Robin Burwick, Assistant Early Childhood Director**



Give your children the opportunity to explore new horizons at the JCC!

Our complete array of licensed Early Childhood Programs are designed to provide a loving, supportive, fun and secure program where your children can learn and grow in a Jewish environment. We are accredited by the National Association for the Education of Young Children, a national agency whose accreditation is based on a rigorous evaluation of staff qualifications, health and safety, physical environment, child-staff interaction, and curriculum. This prestigious recognition has been achieved only by approximately 10% of early childhood programs nationwide.

Our outstanding program is enhanced by our beautiful Early Childhood Center, where your children will enjoy our bright, spacious common area and atrium, stimulating classrooms, and three separate age-appropriate playgrounds.



## toddler child care program

The JCC Toddler program is designed to meet the emotional, social, cognitive, and physical needs of children from 15 months to 2.8 years of age. The quality curriculum includes art, music, story time, dramatic play, gross motor and fine motor activities.

Program hours 7:30 am - 5:30 pm

**OPTIONS:**

- 2 days: Tues./Thurs.
- 3 days: Mon./Wed./Fri.
- 5 days: Mon. - Fri.

## k'tonton program

K'tonton provides a safe and nurturing part-time "first classroom" experience for toddlers. The developmental curriculum includes free-play, gym, art, music, story time, and Jewish holiday celebrations.

Program hours 9:00 am - 11:30 am

**OPTIONS:**

- 2 days: Tues./Thurs.
- 3 days: Mon./Wed./Fri.
- 5 days: Mon. - Fri.

Extended lunch module 11:30 am - 1:15 pm available

worcesterjcc.org

## preschool program

### MORNING PRESCHOOL

The program provides a comprehensive classroom experience for 3 to 5 year-olds (children must be 3 by December 31). Separate classrooms insure an age-appropriate environment and curriculum. Our philosophy embraces the total developmental approach, emphasizing the social, emotional, physical, and cognitive development of each child. Children engage in a variety of activities: gross and fine motor play, art, science, reading readiness, and dramatic play. Unique features within the curriculum are Jewish education, weekly swim, gym, and music sessions.

Program hours 9:00 am - 11:30 am

**OPTIONS:**

- 2 days: Tues./Thurs.
- 3 days: Mon./Wed./Fri.
- 5 days: Mon. - Fri.

### EXTENDED PRESCHOOL MODULES

Extended day modules provide additional preschool experience for children and greater flexibility for parents in scheduling child care. Choose days/modules to fit your schedule.

- 7:30 - 9:00 am - Early Morning
- 11:30 am - 1:15 pm - Lunch
- 1:15 - 3:30 pm - Nap and Snack
- 3:30 - 5:30 pm - Late Afternoon Enrichment

### INTERIM CARE/VACATION PROGRAMS

Child care will be available during school vacations and some holidays. Additional fee.

## camp sabra

Child care will be available through Camp Sabra from June to August 2012 for an additional fee.

The Early Childhood Center will be closed the week of August 20, 2012.

## birthdays at the J

- Vertical Party (seasonal) 4 + Yrs.
- Art Party 4 + Yrs.
- Cooking Party 4 + Yrs.
- Pool Party 4 + Yrs.
- Movin' Party 4 + Yrs.
- Sports Party (seasonal) 4 + Yrs.



All Parties \$180/M, \$225/NM with the exception of the Vertical Party \$200/M, \$225/NM

Parties are 90 minutes for 15 children.

Additional guests \$5/M, \$6/NM

For more information call 508•756•7109, David Lachapelle, Youth Director, x 231.

The JCC's Youth Department provides children in grades K - 6 with a rainbow of safe, fun programs to enhance their mental, emotional, physical, and social development. We offer a variety of professionally-run programs and activities to meet your child's needs during these important growth years. In addition, our school vacation camps give parents peace of mind while their children have a wonderful time in a safe Jewish environment.

**Sandy Scola, Early Childhood Director**  
**Robin Burwick, Assistant Early Childhood Director**

## kinderspecial program

### HALF DAY KINDERGARTEN CARE PROGRAM

This program is designed to provide a quality half-day care and activity program for elementary school children who attend half-day kindergarten. The children will participate in a variety of activities under the guidance of an experienced teacher, including art, gym, cooking, and swim.

"Kinderspecial" is available from 8:30 am to 12:45 pm and 11:45 am to 3:30 pm.

The morning session has an optional early drop-off at 7:30 am. Afternoon extended day until 6:00 pm is available (5:30 pm on Fridays) through our After School Special Program.

Bus transportation is available to/from Dawson, Davis Hill and Mayo Schools in Holden and Paxton Center School.

**Megan Catlin, After School Special Director**

## after school special program

Our EEC licensed after school program is designed for children (grades K-6) and meets afternoons after school, Monday through Friday, until 5:30 pm with an extended care option Monday through Thursday from 5:30-6:00 pm, September to June. Trained teachers provide low child to teacher ratios. Our philosophy embraces the total developmental approach emphasizing the social, emotional, physical and cognitive development of each child. Children engaged in a variety of daily enrichment activities, teacher supervised optional homework club and use of our state-of-the-art facility including pool, gym and playground (days and times vary).

The After School Special Program follows the Worcester Public School Calendar and will make every effort to accommodate the Holden elementary school calendar for days when these schools are open and the Worcester Public Schools are closed.

ASSP transports children by bus from:

#### *Worcester Schools:*

Chandler Magnet, Flagg Street, May Street, Midland Street, Nelson Place, McGrath, West Tatnuck, Tatnuck Magnet, Norrback Avenue, and Abby Kelley.

*Holden Schools:* Dawson Elementary

Children can sign up for any combination of days and may register for additional afternoon enrichment classes. Staff accompany children to and from classes.

**David Lachapelle, Youth Director**

## fill-in-the-gaps program

The JCC provides programs for children in grades K - 6 (members & nonmembers) on these days that the Worcester Public Schools are closed:

October 7, 2011 (Friday)	Staff Development
October 10, 2011 (Monday)	Columbus Day
November 11, 2011 (Friday)	Veterans' Day
November 23, 2011 (Wednesday)	Thanksgiving Break
December 23-30, 2011	December Vacation
January 2, 2012 (Monday)	Non-School Day
January 16, 2012 (Monday)	Martin Luther King Day
February 20, 2012 (Monday)	Presidents' Day
February 21-24, 2012	Winter Vacation
April 6, 2012 (Friday)	Non-School Day
April 16, 2012 (Monday)	Patriot's Day
April 17-20, 2012	Spring Vacation

## snow camp

Snow Camp is a service designed to provide child care for children in grades K-6 on days when the Worcester Public Schools are cancelled due to inclement weather. Snow Camp is offered from 8:30 am - 5:30 pm (extreme weather conditions may alter the schedule). Children participate in activities such as swimming, gym play, art and more.

An early payment fee of \$81/members, \$111/nonmembers is payable by Monday, October 31, 2011 for the first 3 snow days.

Starting Tuesday, November 1, 2011, fee is \$96/members, \$126/nonmembers for the first 3 snow days.

Additional snow days for full season participants will be billed at the rate of \$35/per day/members, \$45/per day/nonmembers.

Drop-ins will be accepted on a space available basis at the rate of \$45/per day/members, \$55/per day/nonmembers.

**SNOW CAMP POLICY:** If you decide to keep your child at home on a snow camp day for any reason, you cannot carry forward a credit or receive a refund for the day not used. Should there be fewer than 3 snow camp days run by the JCC, you will receive a refund for the number of days paid that snow camp is not in session.

**Talia Mugg, Camp Habonim Director**

## camp habonim

Camp Habonim immerses children entering grades 1-6 in a wide variety of exciting, memorable, and enriching camp experiences and provides happiness, relaxation, and smiles on campers' faces! our curriculum focuses on activities that enable children to grow, build relationships, and develop self-esteem throughout the camp season. Sports, swimming, climbing tower, Jewish culture and an art program offers a variety of enriching experiences for our campers, ensuring each child a summer of creativity, skill-building, new friends and most importantly, fun!!

### camp habonim...lower unit

for children entering grades 1 & 2 in the fall of 2012

### camp habonim...upper unit

for children entering grades 3 - 6 in the fall of 2012

Camp Habonim offers 9 - 1 week sessions of summer day camp June through August 2012.

Bus transportation is offered from the Westboro/Shrewsbury service area round-trip or one-way.

Extended day modules: Monday - Friday from 7:30-9:00 am and 4:00-5:30 pm.

**Talia Mugg, Teen Coordinator**  
**David Lachapelle, Youth Director**  
**Bob Berman, Health & Physical Education Director**  
**Elaine Drawbridge, Fitness Director**

The JCC's Teen Department is dedicated to providing fun and meaningful programs for students in grades 7 through 12 and sometimes even grade 6. Our caring and qualified staff helps develop educational, social, and leadership skills. Teens are encouraged to register friends in the programs if they wish.

## job opportunities

Responsible, enthusiastic teens (grades 10 through 12) are needed as activity staff for Youth Department programs, including vacation weeks, no school days, Snow Camp, birthday parties and more! Questions? David Lachapelle, Youth Director to apply, x 231.

## teen events

Watch for notices of fall pool party, apple picking, dances, and more. Visit our Facebook page or sign up for our teen email to receive notifications of our social and community service events.

## sports

Sports at the JCC creates a positive recreational outlet, encourages physical fitness, provides adult role models, helps build social skills and self esteem, promotes positive values, and allows for greater parent interest and participation. The JCC provides basketball, baseball, coed softball, football, gymnastics, karate, squash and summer sports specialties.

## youth fitness - ages 11 - 15

### Jr. Fitness Center Training Course

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...\$130.

## stott pilates® reformer or mat personal training - ages 15+

"The goal of any Pilates program is to rebalance the muscles around each joint and restore the optimal level of postural stability and functional movement" STOTT PILATES®

"Golf demands a delicate balance of mental and physical skill. Pilates enables you to focus on both through mind-body awareness by gaining insight into the connection between the physical and psychological components of athletic performance. Tiger Woods, David Duval, Rocco Mediate, Sean O'Hair, Lee Jansen...all incorporate Pilates into their training regimen". STOTT PILATES®... increase your mind-body awareness with Pilates training.

**STOTT PRO REFORMER** is suitable for all types of clients from athletes to rehab participants, to older adults and to regular fitness enthusiasts. Reformer work will enhance torso stability and strength, joint stability, flexibility, balance and coordination.

**MAT WORK** - Apply STOTT PILATES® principles of core stability, breathing and alignment to all exercises. Modifications for specific body types, postural issues and conditions. Small equipment added for variety and specific needs.

See Stott Pilates personal training - page 5 for fees  
worcestercjcc.org

## youth personal training

ages 11 - 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 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 an individual fitness program to trim, shape and tone young adults (ages 11-17) 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 a week:

We offer this program either 1:1 with a personal trainer, or 2:1 with a personal trainer. See Personal Training - page 4 for fees.

## sha'ar - leaders in training program for 7th & 8th graders

Designed to bridge the gap between Camp Habonim and the Galit (CIT) program, this is the first step towards becoming a camp counselor.

Sha'ar offers 8 - 1 week sessions of day camp:

June through August / Monday-Friday...9 am - 4 pm

## galit- counselor in training program for 9th & 10th graders

An innovative program designed to teach skills in working with younger children, as well as peer relations, child development, and leadership. Prepares teens to be camp counselors.

An interview is required for entry into the program.

Galit offers 2 - 4 week sessions...

June through August / Monday-Friday...9 am - 4 pm

## camp jcc teen internship for high school juniors & seniors

A volunteer community service internship. You will learn about being a role model to campers, develop leadership skills and acquire tools for working with children and peers. Interns will work directly with groups of campers, under the supervision of camp staff and the Assistant Camp Director.

An interview is required for entry into the program.

Teen Internship offers 4 - 2 week sessions...

June through August / Monday-Friday...9 am - 4 pm

**Nancy Greenberg, Adult, Senior Adult and Cultural Arts Director**  
**Sue Granoff, Director of Volunteer Services**

adult/cultural arts

JCC adult programs offer the opportunity to engage your mind, pursue new hobbies, develop new talents, sharpen skills, reduce stress, and tone and strengthen your body.

The JCC provides many ways to help our members come together, meet new friends or meet up with old friends, socialize, and grow...all while enjoying enrichment of the highest quality.

The Adult Department offers a variety of programming from discussion groups and classes, to day trips, concerts, lectures, kosher lunches and Jewish holiday celebrations.

Adult Department Programs are designed to interest, entertain and inform adult at any stage of life.

## jcc gallery

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, prints, collage, sculpture, ceramics, black and white and color photography, and even an occasional JCC members' 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.

## jcc author series

Monthly literary events featuring an eclectic line-up of both emerging and prominent authors.

Free and open to the public. Dessert reception follows lecture and book signing. For more information call Nancy Greenberg, 508-756-7109, x 232.

## jcc film series

Watch the JCC's monthly newsletter, "CenterNews", for information on our Jewish film series and monthly free films at the JCC.

## hanukkah happening 2011!

SAVE THE DATE for the JCC's annual Hannukah Happening on Sunday, December 18, 2011 at 2:00 pm!  
Watch for more information.

## traditions on wheels®



Lets celebrate our Jewish traditions together! This charming pushcart program is licensed to the JCC and provides the "vehicle" for enjoyable, informal, interactive, multi sensory activities. The pushcart will visit our lobby and a variety of departments throughout the year, presenting programs for High Holidays, Sukkot, Simchat Torah, Hanukkah and Shabbat. (In the winter and spring, it will provide enriching programs for Tu B'Shevat, Purim, Passover, Yom Ha'atzmaut and Shavuot.) Components may include traditional food, music, background information, useful handouts, activities for adults and children, suggestions for celebrating the holidays as a community or at home, and much more. There is no charge for these programs, Watch for information in the JCC CenterNews throughout the year, and plan to join us!

Delicious, kosher Shabbat challah is available every Friday from September through mid-June, sponsored by the Early Childhood Department. Be sure to place your order with the kiosk staff by noon on Thursday - payment due with order.

## senior adult information

Our Senior Adult Lounge can be reached by elevator. Walkers and a wheelchair are available for those with limited mobility. Our comfortable lounge is used for programs, lunches, holiday celebrations and more. Stop by during other hours and have a cup of coffee and kibitz with friends.

The Billiard Room is located on the lower level in the Center. Bring your own cues and balls.

The Senior Department bimonthly newsletter, "Mature Matters", will keep you up to date on programs, travel opportunities and special events. Watch your mail!!

Van transportation is provided through the Gery & Emil Eisenberg Assisted Living Residence. Transportation is available during the week for medical, nutritional, and other appointments:

- Reservations must be made at least 24 hrs. in advance between 8:30 am and 4:00 pm by calling 508-757-0981.
- The van operates within a 15 minute (not mile) radius of the JCC/Eisenberg Campus.
- One-way fee is \$3. (To attend Lunch-Out and/or a program at the JCC, the one-way fee is \$2.
- You must have an affiliation with an organization or agency in the Jewish community.
- WEDNESDAY Grocery Shopping is a free service, thanks to the Lorraine Fay Linder Grocery Shopping Fund. The shuttle currently runs 2 Wednesdays a month from 1-4 pm, to Price Chopper on Park Avenue or Shaw's on Gold Star Boulevard in Worcester. Schedule is subject to change. Reservations must be made by the previous Friday.
- For schedule & further information, please call the Gery & Emil Eisenberg Assisted Living Residence at 508-757-0981. Limited assistance with transportation is also available through JCC Volunteers. For more information call Sue Granoff at the JCC at 508-756-7109, x 273.

## information & referrals

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.

## volunteer opportunities

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, hosts/hostesses at congregate meals, nursery school aides and more. If you would like to be involved call Sue, x 273.



**Barbara Witowski**  
Publishing &  
Program Assistant, x 227  
bwitowski@worcesterjcc.org



**Bob Berman**  
H & PE, Program &  
Sports Camp Director, x 233  
bberman@worcesterjcc.org



**Boris Mats**  
Building Superintendent, x 239  
bmats@worcesterjcc.org



**Cassy Currie**  
Asst. Aquatics Director, x 250  
ccurrie@worcesterjcc.org



**David Lachapelle**  
Youth Director, x 231  
dlachapelle@worcesterjcc.org



**Elaine Drawbridge**  
Fitness Director, x 230  
edrawbridge@worcesterjcc.org



**Emily Holdstein**  
Executive Director, x 246  
eholdstein@worcesterjcc.org



**Jeannine Lapan**  
Accounting Manager, x 224  
jlapan@worcesterjcc.org



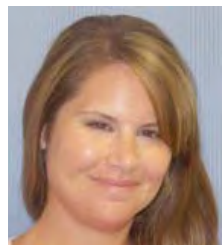
**Jessica Boynton**  
Executive Assistant, x 276  
jboynton@worcesterjcc.org



**Karen Rosen**  
Program Development  
Coordinator, x 274  
krosen@worcesterjcc.org



**Kelly Sampson**  
Aquatics Director, x 235  
ksampson@worcesterjcc.org



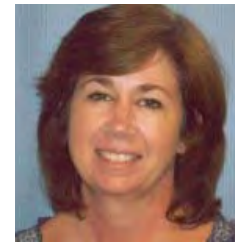
**Kelly Whalen**  
Membership Services  
Director, x 236  
kwhalen@worcesterjcc.org



**Lynne Pierce**  
Accounts Payable, x 270  
lpierce@worcesterjcc.org



**Margaret Lundberg**  
Reception, x 221  
mlundberg@worcesterjcc.org



**Megan Catlin**  
After School Special  
Director, x 238  
mcatlin@worcesterjcc.org



**Nancy Greenberg**  
Cultural Arts, Adult &  
Senior Adult Director, x 232  
ngreenberg@worcesterjcc.org



**Pam Cherkas**  
Special Projects Director, x 252  
pcherkas@worcesterjcc.org



**Pam Marble**  
Special Projects  
Assistant, x 244  
pmarble@worcesterjcc.org



**Patti Majewski**  
Accounts Receivable  
& Payroll, x 248  
pmajewski@worcesterjcc.org



**Robin Burwick**  
Assistant EC Director &  
Asst. Camp Sabra Director  
rburwick@worcesterjcc.org



**Sandy Scola**  
Early Childhood Director &  
Camp Sabra Director, x 258  
sscola@worcesterjcc.org



**Sue Granoff**  
Director of Volunteer  
Services, x 273  
sgranoff@worcesterjcc.org



**Talia Mugg**  
Camp Habonim Director &  
Teen Coordinator, x 245  
tmugg@worcesterjcc.org



**Tracey Yesket**  
Front Desk Supervisor, x 221  
tyesket@worcesterjcc.org



**Deanna  
White**  
Reception,  
x 221



**Sue  
Tessier**  
Reception,  
x 221

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