

membership information

Your JCC membership opens the door to a world of well-designed programs, classes & social activities!

basic membership includes:

- ◆ 25 yard, 6-lane indoor pool
- ◆ Outdoor pool complex with wading pool
- ◆ Gymnasium
- ◆ Free Aqua Aerobic classes
- ◆ BodyPump, BodyFlow, BodyStep, BodyCombat, BodyVive
- ◆ 50 + Fit Fitness Program
- ◆ Resist-A-Balls ◆ Tai Chi ◆ Gentle Yoga
- ◆ Zumba ◆ Boxing Fitness Circuit ◆ Chair Exercise
- ◆ International Squash Court
- ◆ Racquetball and outdoor Tennis Courts
- ◆ Over 50 FREE group fitness classes each week
- ◆ Access to all classes & programs
- ◆ Arts & Crafts Studio
 - ◆ Johnny G Spinning*
 - ◆ Squash & Tennis Lessons*
 - ◆ Private & Semi-Private Swim Lessons *
 - ◆ Pilates Mat Classes*
 - ◆ Stott Pilates Personal Training w/Allegro Reformer*
 - ◆ Gentle Yoga with Pilates, and Core Strengthening Personal Training*
 - ◆ Aqua Personal Training - Burdenko Method*
 - ◆ Tai Chi Personal Training* *additional fee

fitness center membership includes:

A modern fitness room with a full line of cardio-vascular training and strength training equipment.

- ◆ Complimentary Fitness Center orientation available upon request
 - ◆ 50" Plasma Screens ◆ CardioVision
 - ◆ Individual Viewing Monitors
 - ◆ Personal Training sessions available*
 - ◆ Free Fitness Orientation
 - ◆ Precor EFX Elliptical Trainers w/heart monitor
 - ◆ Precor Stretch Trainer
 - ◆ Icarian AB Bench
 - ◆ Cybex Arc Trainers
 - ◆ Cybex selectorized V-R2 Line
 - ◆ Selectorized Nautilus
 - ◆ Star Trac Recumbant Bike
 - ◆ Lifecycles - Upright and Recumbent
 - ◆ Stairmasters
 - ◆ Concept II Rowers
 - ◆ Cybex Treadmills ◆ True Treadmills
 - ◆ Club Nordic Track
 - ◆ Full line of Cybex Free Weight Equipment
- 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 (18 & over), with...
- ◆ Sauna ◆ Steam ◆ Towel service
 - ◆ Day lockers ◆ Lounge area
 - ◆ Massage therapy* ◆ Full time lockers* *additional fee

fee schedule

basic membership

- ◆ Family \$ 730
 - ◆ Couple \$ 670
 - ◆ Single-Parent Family..... \$ 535
 - ◆ Individual (age 12-64)..... \$ 499
 - ◆ Senior Adult Couple (age 65+)..... \$ 340
 - ◆ Senior Adult Individual (age 65+).... \$ 245
 - ◆ New Member Enrollment Fee*..... \$ 100
- * New or lapsed 4 months
- ◆ With 1 or more dependent children under the age of 22.

fitness center fees

- (In addition to Basic Membership)
- ◆ Individual (1 user per unit)..... \$ 230
 - ◆ Family/Couple..... \$ 315*
- * (2 or more users per unit)

spa fees

- (In addition to Basic Membership)
- ◆ Individual (1 user per unit)..... \$ 218
 - ◆ Family/Couple (2 users per unit)..... \$ 295**

we offer great discounted package plans!

combines basic membership, fitness center & spa, at one great rate!

	REGULAR PRICE	DISCOUNTED PACKAGE PRICE
Family**	\$1340	\$1220
Couple	\$1280	\$1140
Single-Parent Family ◆	\$1145	\$990
Single-Parent Family	\$1068	\$930
Individual	\$947	\$880
Senior Couple	\$950	\$874
Senior Individual	\$693	\$645

◆ With 1 or more children over age 15 using the Fitness Center, and one adult spa user.

* Fitness Center open to children 15 yrs. & older.

** Spa membership open to adults only (age 18 and over). Family/Couple rate includes parents only. Dependent children over the age of 18 who are part of a Family Membership may purchase Spa membership at the individual rate.

young adult fitness membership

\$ 395 per year - no enrollment fee

Includes individual Basic + Fitness. Available only to young adults between the ages of 15 and 25.

worcester jewish community center

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.

hours of operation

	Open	Activities End	Close
Sun.....	7:00 am.....	5:30 pm.....	6:00 pm
Mon.....	5:30 am (pool 6am)..	9:00 pm.....	9:30 pm
Tue.....	5:30 am (pool 6am)..	9:00 pm.....	9:30 pm
Wed.....	5:30 am (pool 6am)..	9:00 pm.....	9:30 pm
Thurs....	5:30 am (pool 6am)..	9:00 pm.....	9:30 pm
Fri.....	5:30 am (pool 6am)..	5:00 pm.....	5:30 pm
Sat.....	1:00 pm.....	5:30 pm.....	6:00 pm

Membership is open to all, regardless of race, color, religion, national origin, gender, sexual orientation, age, disability or economic condition.

The Center is handicapped-accessible.

Building tours 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.

Kelly Whalen,
Membership Services Director, x 236
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7/1/09

you
belong
here



Worcester JCC



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

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 and body, enjoy a cultural event or holiday program, or become a volunteer. It is all here for you at the JCC.

The Worcester JCC is a member agency of the Jewish Federation of Central Massachusetts, Inc.

membership

Annual membership is required to participate in many JCC activities and programs, Individual, Family, Single-Parent Family, Senior Adult, 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. Annual fees are payable by check, credit card, or EFT. Members are requested to visit the Membership Department to take pictures for a permanent photo ID membership card. membership cards are required as identification for entrance to the building, fitness center and spa.

additional services available

- ◆ Basketball Leagues - Youth and Adult
- ◆ Competitive Swim Team
- ◆ Adult Education
- ◆ Senior Adult Programs
- ◆ Early Childhood Programs
 - Day Care
 - Preschool
 - Enrichment Classes
- ◆ Youth Programs
 - Kindergarten/Before & After Care
 - After School Care
 - Summer Day Camps
 - Sports
 - Enrichment Classes
 - School Vacation Programs
 - Snow Camp
 - Birthday Parties

it's easy to become a member!

For your convenience the JCC will accept membership applications in person, by mail, by fax or by telephone.

We accept VISA, MasterCard, cash or checks for all payments. We can also arrange secured "time-payment" plans for membership by automatic credit card withdrawal, or direct withdrawal from your checking account.

People of all faiths are welcome at the JCC. In addition, no one is denied membership because of inability to pay.

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. Cards are non-transferable. Thank you for carrying your ID card at all times. It will help us to assure you of your membership privileges and will enhance the safety and security of all who enter our building.

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 every visit.
- ◆ Worcester County residents may be guests of JCC members twice during the program year (Sept. 1-Aug. 31).
- ◆ Members must register guests at the lobby kiosk and purchase guest passes for \$10/per day/per person, \$5/per day/per child (children aged 14 and younger). A weekly pass (7 consecutive days) for out-of-town guests is available for \$25. Saturday guest passes must be purchased during the week prior to use. (No business will be transacted on Saturdays).
- ◆ All guests must follow JCC policies and procedures.

class registration

Our registration system is designed to be easy and convenient. You can sign-up for classes:

- In Person
- By Mail - Registration form with payment
- By FAX - 508-754-3373 (w/credit card)

To register in person please bring your class registration form to our lobby kiosk.

To mail your registration, use the class registration form and enclose check made payable to the JCC or credit card information.

To Fax your registration, use the class registration form and credit card information.

refund/payment policy

- Membership fees and Guest Passes are non-transferable and non-refundable.
- Membership fees are for 12 months and cannot 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.
- 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.
- 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.
- There will be a \$30 charge for any returned checks.
- No transactions will be conducted on Saturdays/Shabbat.
- Prices subject to change without notice. We reserve the right to correct typographical errors.

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.

babysitting

The JCC offers babysitting services for members who are participating in JCC activities.
*Monday - Friday, 8:45 a.m. - 12:00 p.m.
*Monday - Thursday, 4:00 p.m. - 6:30 p.m.
Fee: \$4.00/per hour/per child.
Children ages 4 months - 6 years.
*Please call the kiosk in the event of inclement weather or school holidays.

reciprocity

A JCC member moving to this area from outside a 30 mile radius will be able to finish out their one year membership from another Center for free in Worcester. Or if they are visiting Worcester, they can use the Center for up to 2 weeks without paying a guest fee.

transportation

The Center, located on Worcester's beautiful West Side, is easily accessible by car or bus. Worcester Regional Transit Authority buses stop daily at our front door.

inclement weather number

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 508-756-7135 after 5:30 a.m. Please note this is not our regular number.**