



Fall classes-II

2021 - Ages 1 - adult
Classes begin Sunday, October 24, 2021
(Unless otherwise noted)

Registration begins Sunday, October 10

Financial assistance available. Erika Austin, 508-756-7109 or eaustin@worcesterjcc.org.

How to Register:

- Email registrar@worcesterjcc.org to obtain login credentials to utilize the online registration system or download the registration form at worcesterjcc.org and email to registrar@worcesterjcc.org, fax to 508.754.3373, or mail or deliver your form to the JCC.
- Register in person...at the kiosk in the JCC front lobby.
- Register by email...fill out the enclosed Activity Registration form and email to eaustin@worcesterjcc.org.
- Register by mail...fill out the enclosed Activity Registration form and mail to: Worcester JCC, 633 Salisbury St., Worcester, MA, 01609
- Register by fax...please fill out the enclosed Activity Registration form and fax to 508-754-3373.

Preschool Programs

ART AROUND THE WORLD, ECC PRESCHOOL FAMILIES ONLY (4 & 5 Year Olds) Must be enrolled in full day program

Mondays (10-1025) or **Tuesdays** (10-1026) Oct 25—Dec 6 - 7 weeks, \$105/session 1:15—2pm

All young artists will love this unique art class, offering an opportunity to explore different mediums of art! This class promotes creativity, self-expression and age-appropriate artistic skills while strengthening their fine motor skills. The children will become exposed to a wide variety of art from around the world and the unique mediums or techniques that are used; Young artists will get their hands messy, build confidence and bring home new and exciting works of art!

JUNIOR CHEFS, ECC PRESCHOOL FAMILIES ONLY (4 & 5 Year Olds) Must be enrolled in full day program

Wednesdays, \$90/session (10-1027) or **Thursdays**, \$75/session 1:15—2pm (10-1028) Oct 27—Dec 9 - 7 weeks

Our certified preschool teachers will demonstrate fun and creative recipes for the young chefs. This class is an opportunity to learn the basics of cooking through hands-on experiences. Preparing, measuring, counting, following directions and of course eating can help young children to learn and practice some basic math concepts, and build language skills. The experience of creating meals gives children the opportunity to build their self-confidence and lay the foundation for healthy eating habits. From fruits to veggie tacos to stained glass cookies and more, the children will be so excited to share and recreate the recipes at home!

MICRO SOCCER This active class focuses on age appropriate soccer skills and fun games.

Mondays Oct 25—Dec 6 - 7 weeks - 25-1025

\$105 Member / \$140 Non-member, 1:15—2pm

LITTLE DRIBBLERS Learn the fundamentals of passing, dribbling and shooting on our adjustable hoops. Participants will experience various skill games such as red light/green light and dribble freeze tag.

Tuesdays Oct 26—Dec 7 - 7 weeks - 25-1026

\$105 Member / \$140 Non-member, 1:15—2pm

SPORTS GALORE 3 - 5 YEAR OLDS Pre-school age children will learn various sports and activities while having fun with others.

*No class Columbus Day

Wednesdays, 1:15—2pm, Oct 27—Dec 8 - 6 weeks - 25-1036

\$90 Member / \$120 Non-member

T-BALL 3 - 5 YEAR OLDS Children will learn basic baseball skills; throwing, hitting and base running. Fun games every week.

Thursdays, 1:15—2pm, Oct 28—Dec 9 - 5 weeks - 25-1037

\$75 Member / \$100 Non-member

For more information:

Nina Ryan, M.Ed Early Childhood Director x 258, nryan@worcesterjcc.org

Bob Berman, Health & PE Director x 233, bberman@worcesterjcc.org

Sports Programs

Karate Program Ages 8+ Ongoing Class

Classes emphasize conditioning, discipline and character development. The program is ideal for highly motivated individuals interested in challenge and the confidence that results from real achievement.

Wednesdays, 6pm—8pm

Saturdays, 9:30am—11:30am

\$65/Member/month \$75/Non-member

After School Basketball - MASH Grades K - 6

(More After School Hoops) Age-appropriate fundamental drills combined with weekly basketball skill games and contests.

Tuesdays, Oct 26—Dec 7 - 7 weeks

\$105/Member \$120/Non-member

Grades 3 - 6 4:15—5pm 25-1038

Thursdays, Oct 28—Dec 9 - 5 weeks

\$75/Member \$100/Non-member

Grades 1 - 2 4:15—5pm 25-1039

Jr. NBA Youth Basketball League Boys & Girls Grades K - 6

Players are grouped in age appropriate teams and participate in weekly drill stations followed by weekly games. Team shirt is provided to each player during the pre-season and regular season.

(PRESEASON)

Sundays Oct 31—Dec 12 - 7 weeks

Ages 5 & Grade K...9:15—10:15am or 10:15—11:15am..25-1027

Grades 1 & 2.....11:15—12:15pm or 12:15—1:15pm....25-1028

Grades 3 & 4.....1:15—2:15pm or 2:15—3:15pm.....25-1029

Grades 5, 6, 7 & 8.....3:15—4:15pm or 4:15—5:15pm.....25-1030

\$105/Member \$120/Non-member

(REGULAR SEASON)

Sundays Jan 9—Mar 13 - 10 weeks

Ages 5 & Grade K...9:15—10:15am or 10:15—11:15am..25-1031

Grades 1 & 2.....11:15—12:15pm or 12:15—1:15pm....25-1032

Grades 3 & 4.....1:15—2:15pm or 2:15—3:15pm.....25-1033

Grades 5, 6, 7 & 8.....3:15—4:15pm or 4:15—5:15pm25-1034

\$150/Member \$200/Non-member

*times subject to change depending on enrollment

Team shirts are provided to players each pre-season and regular season

Middle School Girls Basketball: Fundamental Skills and Fitness Training Grades 5 - 8

These trainings will teach the girls the proper fundamentals of the game of basketball with weekly skill development and Fitness Center health and strength trainings in a female empowering environment. We will focus on developing basic skills, conditioning and speed, and drill activities. Our goal is to increase players' overall performance and confidence so she can gain a competitive edge.

Tuesdays, 6—7pm, Oct 26—Dec 7 - 7 weeks - 25-1040

\$105/Member \$120/Non-member

Soccer Program Grades K - 2

Roberto Fuentes will work with participants in age appropriate soccer skill sessions with weekly fun contests. Max. 10 children.

Saturdays Oct 30—Dec 11 - 6 weeks No class Nov. 27

Grades K - 2 12:30—1:15pm 25-1041

\$90/Member \$120/Non-member

Teen Sports Performance Programs ages 11-16 years old

Training sessions are 60 minutes in length. Our goal is to enhance the performance of your young athlete in any venue they choose. Emphasis is on teaching athletes the fundamentals of mobility, power, strength and conditioning in a safe learning environment.

7 weeks - no class on November 24 & 27

Wednesdays Oct 27—Dec 15 5—6pm 25-1042

Saturdays Oct 23—Dec 11 8—9am 25-1043

\$140/M \$175/NM

Cornhole ages 18+ years old

Wednesdays 6:30—7:45pm

10 Week Program - JCC Front Field

\$65 members / \$80 non-members

Pickleball ages 18+ years old

An easy game for beginners to learn and can develop into quick, fast paced competitive game for experienced players. A fun sport with elements of tennis badminton and ping pong.

Tues./Thurs. 10am—11:30am

Mon 6pm—7:45pm

Free for JCC members

\$10 drop in for general public.

Swim Lessons

October 26—December 12

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.

Mon. (Starts Oct 25) 3:15—3:45 \$119/M, \$154/NM 7 weeks 35-1074
Sat. (Starts Oct 30) 10—10:30am \$102/M, \$132/NM 6 weeks 35-1044
Sun. (Starts Oct 31) 10—10:30am \$102/M, \$132/NM 6 weeks 35-1045
Tues. (Starts Oct 26) 11:15—11:45am \$119/M, \$154/NM 7 weeks 35-1046

Preschool Introductory Swim Ages 3-5yrs

Class is for preschool aged children who are mature enough to enter the water independently and follow directions. Focus is on water safety and introductory swimming skills.

Sat. (Starts Oct 30) 10:30—11am \$102/M, \$132/NM 6 weeks 35-1047
Sun. (Starts Oct 31) 10:30—11am \$102/M, \$132/NM 6 weeks 35-1048
Tues. (Starts Oct 26) 4:15—4:45pm \$119/M, \$154/NM 7 weeks 35-1049
Thurs. (Starts Oct 28) 11:15—11:45am \$85/M, \$110/NM 5 weeks 35-1050
Thurs. (Starts Oct 28) 3:45—4:15pm \$85/M, \$110/NM 5 weeks 35-1051

Level 1 Intro to Water Skills Grades K & above

Class is designed to help child become more comfortable in the water. Swimmers need to enter water independently, follow directions and hold onto the wall by themselves. Focus on beginner swimming and water safety skills including: bubbles, kicking, back float and beginning front stroke.

Sat. (Starts Oct 30) 11—11:30am \$102/M, \$132/NM 6 weeks 35-1052
Sunday (Starts Oct 31) 11—11:30am \$102/M, \$132/NM 6 weeks 35-1053
Tuesday (Starts Oct 26) 3:45—4:15pm \$119/M, \$154/NM 7 weeks 35-1054
Tuesday (Starts Oct 26) 4:45—5:15pm \$119/M, \$154/NM 7 weeks 35-1055
Thursday (Starts Oct 28) 4:15—4:45pm \$85/M, \$110/NM 5 weeks 35-1056
Thursday (Starts Oct 28) 4:45—5:15pm \$85/M, \$110/NM 5 weeks 35-1057

Level 2 Fundamental Aquatic Skills Grade K & above

Swimmers need to have completed Level 1 and can swim a short distance on their own. Focus on floating and gliding on front and back with roll to reverse side, front and back basic stroke arm and leg motions, bobbing, jumping and water safety skills.

Sat. (Starts Oct 30) 11—11:30pm \$102/M, \$132/NM 6 weeks 35-1058
Sunday (Starts Oct 31) 11—11:30am \$102/M, \$132/NM 6 weeks 35-1059
Tuesday (Starts Oct 26) 4:15—4:45pm \$119/M, \$154/NM 7 weeks 35-1060
Tuesday (Starts Oct 26) 4:45—5:15pm \$119/M, \$154/NM 7 weeks 35-1061
Thursday (Starts Oct 28) 3:45—4:15pm \$85/M, \$110/NM 5 weeks 35-1062
Thursday (Starts Oct 28) 4:15—4:45pm \$85/M, \$110/NM 5 weeks 35-1063

Level 3 Stroke Development Grades K & above

Swimmers need to have completed Level 2 or all skills required to pass Level 2. Focus on increased endurance and swimming longer distances without stopping. Improve Level 2 skills begin to learn the elementary backstroke, breaststroke arms and legs combined, tread water and rotary breathing.

Sunday (Starts Oct 31) 11:30—12pm \$102/M, \$132/NM 6 weeks 35-1075
Tuesday (Starts Oct 26) 3:45—4:15pm \$119/M, \$154/NM 7 weeks 35-1064
Thursday (Starts Oct 28) 4:45—5:15pm \$85/M, \$110/NM 5 weeks 35-1065

* Need minimum of 3 to run class
** Level 4 swimmers contact Aquatics Directors

Questions about private lessons?

Contact ksampson@worcesterjcc.org or 508-756-7109 x 235

No Lessons / Club on 11/11, 11/25, 11/27, 11/28

WAHOO Swim Club

Tuesdays: October 26—December 7
Members \$154 / Nonmembers \$190

Thursdays: October 28—December 9
Members \$110 / Nonmembers \$135

JCC WAHOO SWIM CLUB FALL 2021 The goal of the Club is to technically and proficiently develop swimmers techniques in the four racing strokes: butterfly, freestyle, breaststroke, and backstroke. The Club provides a fun environment for children to grow and develop. Two club levels are offered. developmental level and advanced technical level.

Developmental Level builds on skills learned in the JCC instructional program. Including the improvement of four racing strokes through technique correction, while introducing proper form for flip turns, racing dives and various drills in a noncompetitive way.

Advanced Technical Group includes activities like critical stroke technique correction in four racing strokes, flip turns, racing starts, and reviewing rules and regulations on competitive swimming as a stepping stone for high school or competitive swim programs.

Advanced Technical Level

Tuesday 4—5pm ___35-

Thursday 4—5pm ___35-

Developmental Level

Tuesday 5—6pm ___35-1072

Thursday 5—6pm ___35-1073

Level 4 and above (contact Aquatics Directors for evaluation)



For more information:

Kelly Sampson
Aquatics Director x 235
ksampson@worcesterjcc.org

Roberto Fuentes
Assistant Aquatics Director x 250
rfuentes@worcesterjcc.org

JCC Author Series

Daniel Sokatch *Can We Talk About Israel: A Guide for the Curious, Confused, and Conflicted*

October 7, 2021, 7 pm; Virtual

Can We Talk About Israel? is a primer on Israel and the Israeli-Palestinian conflict and why so many people feel so strongly about it without actually understanding it very well. As the head of the New Israel Fund, which is dedicated to equality and democracy for all Israelis, not just Jews, Sokatch is supremely well-versed on this topic.

David Grossman, *More Than I Love My Life*, October 20, 12:30 pm; Virtual

Join Jewish Book Council and internationally best-selling author David Grossman in a conversation about love, trauma, and healing. *More Than I Love My Life* is the story of three generations of women on an unlikely journey to a Croatian island and a secret that needs to be told, written by Booker Prize winner, Sapir Prize winner, and two-time National Jewish Book Award winner David Grossman. He will be joined by National Jewish Book Award winner David Grossman. He will be joined by Jewish Book Council's own Marilyn Hassid, in a conversation that will allow the audience a peek inside his inspiration for writing this book and more. Click (here...link will be posted soon) to register for a ticket!

Leslie Epstein, *Hill of Beans*, October 21, 2021, 7 pm; In Person Event

Hill of Beans is an irreverent, fictional farce using the film Casablanca's famous production woes as the backdrop for an espionage adventure. Hill of Beans is the novel that Epstein, the son and nephew of Phillip and Julius Epstein, the screenwriters of Casablanca – was born to write.

Epstein is an award-winning author who teaches fiction at Boston University, where he directed the creative writing program for 36 years (not to mention his son Theo, who led the Red Sox to their first (of two) World Series titles in 86 years!).

Farris Cassel, *The Unanswered Letter*, November 9, 2021, 7 pm; Virtual

A letter that was hidden in an attic for 60 years, changed journalist Farris Cassell's life. Mailed from 1939 Vienna, this desperate plea by a Jewish man remained unanswered. This letter led Cassell on a life-changing journey. She spent a decade tracking down the story – traveling thousands of miles, finding descendants, letters, and photos, as she followed the different paths of the Berger family members. Ultimately, this book challenges readers to consider what they would have done had they received this letter. *The Unanswered Letter* won the 2020 National Book Award for Holocaust.

And much more to come!