



WINTER CLASSES

OPEN TO MEMBERS & NON-MEMBERS!

Registration opens Wednesday, December 18 online or at the Welcome Desk.

Toddler & Preschool SPORTS Classes Starts January 6

- Register online via our website: worcesterjcc.org
- Register in person at the JCC Welcome Desk
- Any cancellation may incur a \$25 fee
- Financial assistance available

Contact Jeannine Peloquin, Program Registrar for assistance:
508-756-7109 x 226 or jpeloquin@worcesterjcc.org.

4 & 5 year-olds, while in ECC care will be taken to the gym and then brought back to their classrooms after the class has finished.
3 - 5 year-olds not registered to come to school certain days can register for the sports classes. Parents/Guardians would bring the child directly to the gym to participate and pick them up in the gym when the class has finished.

MICRO SOCCER 3 - 5 YEAR OLDS

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

Mondays, January 6 - March 3, 7 weeks
\$112/Member, \$147/Non-member, 1:15–2pm

LITTLE DRIBBLERS 3 - 5 YEAR OLDS

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

Tuesdays, January 7 - March 4, 8 weeks
\$128/Member, \$168/Non-member, 1:15–2pm

SPORTS GALORE 3 - 5 YEAR OLDS

Children will learn various sports and activities while having fun with others.

Wednesdays, January 8 - March 5, 8 weeks
\$128/Member, \$168/Non-member, 1:15–2pm

T-BALL 3 - 5 YEAR OLDS

Children will learn basic baseball skills; throwing, hitting and base running.

Thursdays, January 9 - March 6, 8 weeks
\$128/Member, \$168/Non-member, 1:15–2pm

Preschool ENRICHMENT Classes Start January 7

ECC Preschool Families Only
4 & 5-year-olds on the days your child is enrolled
(blue, turquoise and lavender classrooms only)

SWEET AND SAVORY BAKING 4 & 5 YEAR OLDS

Nothing teaches children to follow directions quite like a recipe. In our Winter cooking session, we will be baking tasty treats from the sweet side and some from the savory side. The children will build on their math skills with the careful measuring of the ingredients. Baking also improves motor skills. From stirring and rolling to scooping and squeezing your child will be using their hands a lot while baking. Some of the recipes we will be exploring include homemade crackers, yummy cookies, and even challah!

Tuesdays, January 7 - March 4, 8 weeks
\$130, 1:15–2pm

Wednesdays, January 8 - March 5, 8 weeks
\$130, 1:15–2pm

S.T.E.A.M (SCIENCE, TECHNOLOGY, ENGINEERING, ARTS, MATHEMATICS) 4 & 5 YEAR OLDS

S.T.E.A.M in early childhood education is about integrating two, three or all the disciplines of science, technology, engineering, arts, and math into curriculum. Early exposure to S.T.E.A.M activities helps preschoolers develop crucial communication, critical thinking, and problem solving skills. I look forward to this class encourage your child to wonder, ask questions, and make discoveries each week.

Thursday, January 9 - March 6, 8 weeks
\$128, 1:15–2pm

Winter Youth **SPORTS** Classes Starts Jan. 5

After School Basketball - MASH Grades K - 6

(More After School Hoops) Age-appropriate fundamental drills combined with weekly basketball skill games and contests. Tuesdays, Thursdays, 8 weeks
Tues., Starts 1/7 Grades 3 - 6 4:15—5pm \$128/M, \$168/NM
Thurs., Starts 1/9 Grades K - 2 4:15—5pm \$128/M, \$168/NM

Jr. NBA Youth Basketball League Boys & Girls Grades K - 8, REGULAR SEASON*

Sundays, 1/5—3/9 - 10 weeks

Ages 5 & Grade K..... 9:30 - 10:30am
Grades 1 & 2..... 10:45 - 11:45am or 12 - 1pm
Grades 3 & 4..... 1:15 - 2:15pm or 2:30 - 3:30pm
Grades 5, 6, 7 & 8..... 3:45 - 4:45pm or 4:45 - 5:45pm
\$160/Member \$210/Non-member

**Times subject to change depending upon enrollment and number of teams.*

Pickleball Beginners Drills & Skills ages 18+ years old

New players wanting to learn this fast and growing sport. Learn rules, practice strokes and drills.
Mondays, Starts 1/6 - 5 weeks, 11:15am - 12:15pm
Instructor; Mary McAdam
\$80/M, \$105/NM

Pickleball ages 18+ years old - ongoing - drop-in

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. 9am—11am
Mon/Wed. 6pm—8:30pm

Free for JCC members • \$10 drop in for general public.
*Expanded pickleball hours will be instituted as demand grows

Karate Program ages 8+ Ongoing Monthly 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, 9:00am—11:30am
\$70/Member/month \$80/Non-member/month

No classes:

Martin Luther King Day, January 20

School Vacation Week, February 16 - February 21



Worcester JCC
633 Salisbury Street, Worcester
worchesterjcc.org
Phone: 508.756.7109 • Fax: 508.373.2592

For more information contact:

Bob Berman
Health & PhysEd Director x 233
bberman@worchesterjcc.org

Winter SWIM Lessons

Starts Jan. 5

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.

Sun. (Starts Jan. 5)	10—10:30am	\$152/M, \$192/NM	8 weeks
Tues. (Starts Jan. 7)	10:45—11:15am	\$152/M, \$192/NM	8 weeks
Sat. (Starts Jan. 11)	10—10:30am	\$152/M, \$192/NM	8 weeks

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.

Sun. (Starts Jan. 5)	10:30—11am	\$152/M, \$192/NM	8 weeks
Tues. (Starts Jan. 7)	4—4:30pm	\$152/M, \$192/NM	8 weeks
Thurs. (Starts Jan. 9)	11—11:30am	\$152/M, \$192/NM	8 weeks
Sat. (Starts Jan. 11)	10:30—11am	\$152/M, \$192/NM	8 weeks

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.

Sun. (Starts Jan. 5)	11—11:30am	\$152/M, \$192/NM	8 weeks
Tues. (Starts Jan. 7)	4:30—5pm	\$152/M, \$192/NM	8 weeks
Tues. (Starts Jan. 7)	5—5:30pm	\$152/M, \$192/NM	8 weeks
Thurs. (Starts Jan. 9)	4:30—5pm	\$152/M, \$192/NM	8 weeks
Thurs. (Starts Jan. 9)	5—5:30pm	\$152/M, \$192/NM	8 weeks
Sat. (Starts Jan. 11)	11—11:30am	\$152/M, \$192/NM	8 weeks

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.

Sun. (Starts Jan. 5)	11—11:30am	\$152/M, \$192/NM	8 weeks
Tues. (Starts Jan. 7)	4—4:30pm	\$152/M, \$192/NM	8 weeks
Tues. (Starts Jan. 7)	5—5:30pm	\$152/M, \$192/NM	8 weeks
Thurs. (Starts Jan. 9)	4:30—5pm	\$152/M, \$192/NM	8 weeks
Thurs. (Starts Jan. 9)	5—5:30pm	\$152/M, \$192/NM	8 weeks
Sat. (Starts Jan. 11)	11—11:30am	\$152/M, \$192/NM	8 weeks

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.

Sun. (Starts Jan. 5)	11:30am—12pm	\$152/M, \$192/NM	8 weeks
Tues. (Starts Jan. 7)	4:30—5pm	\$152/M, \$192/NM	8 weeks
Thurs. (Starts Jan. 9)	4—4:30pm	\$152/M, \$192/NM	8 weeks
Sat. (Starts Jan. 11)	11:30—12pm	\$152/M, \$192/NM	8 weeks

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

**No Lessons:
February 15 - 21**

WAHOO Swim Club

[Tuesdays, January 7 - March 4: \\$200/Members, \\$248/Non-Members](#)
[Thursdays, January 9 - March 6: \\$200/Members, \\$248/Non-Members](#)

No Club: February 18, 20

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.

Developmental Level

Tuesday: 4:30—5:30pm
Thursday: 4:30—5:30pm

Advanced Technical Level

Tuesday: 5:30—6:30pm
Thursday: 5:30—6:30pm

Level 4 and above

(contact Aquatics Directors
for evaluation)

For more information contact: Tom Tandetnik
Assistant Aquatics Director x 250
ttandetnik@worcesterjcc.org

Arts/Culture/Adult Programs Starts January 7

- Register online via our website: worcesterjcc.org
 - Register in person at the JCC Welcome Desk.
- Financial assistance available contact:
Jeannine Peloquin, 508-756-7109 x 226
or jpeloquin@worcesterjcc.org*

ASK THE JOB COACH



Instructor: Gary Goldberg, a retired employment attorney and HR Director, with 40 years of related experience, is pleased to offer his expertise to our JCC members. Topics that will be covered include job search guidance, interviewing skills, resume and cover letter preparation.

This will be an individual, one-on-one, 45 minute session.
Please contact Nancy Greenberg to schedule your session:
ngreenberg@worcesterjcc.org; 508-756-7109 x 232



CERAMICS

Bring a basic ceramics tool kit
(available on Amazon; \$10-12).
Beginners are welcome!

MORNING CERAMICS (ADULT & SR. ADULT 18+)

Starts, Tuesday January 7, 2025

8 weeks, 9:30am-12:30pm

Members: \$200, Nonmembers: \$240

Together we will explore the creative process of clay.
We will experiment with form, function, and decoration.
Bring your creativity and enthusiasm!

EVENING CERAMICS (ADULT & SR. ADULT 18+)

Starts, Tuesday January 7th, 2025

8 weeks, 6:00-8:30pm

Members: \$175, Nonmembers: \$210

This is a project-based class. Students will explore the hand building techniques and skills necessary to make functional as well as sculptural works, from planning stages to completion. Bring your creativity and enthusiasm!

THE JCC BOOK CLUB IS BACK!

Calling all readers! Join the JCC Book Club for lively, engaging discussions in a fun and welcoming environment! This book club is the perfect way to connect with fellow book lovers while exploring a wide range of fascinating reads. Whether you're an avid reader or just looking to dive into new books, the JCC Book Club offers thoughtful conversations, fresh perspectives, and a great sense of community. Contact Nancy for more information.

MAH JONGG



Thursdays 11—2pm, Experienced players.



CANASTA



Tuesdays 11—2pm, Experienced players.



Course Disclaimer: The Worcester JCC reserves the right to cancel classes with insufficient enrollment and to make instructor changes or to change class schedules due to unforeseen circumstances. While we believe the contents of this printed flyer to be correct, information in the online registration system supersedes any information found in this catalog with regards to schedule, instructor, or cost information.



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For more information contact:

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