



SPRING CLASSES

OPEN TO MEMBERS & NON-MEMBERS!

Registration opens February 23 online or at the Welcome Desk.

Toddler & Preschool SPORTS Classes Starts March 15 No classes April 20 - 24

- Register online via our website: worchesterjcc.org
- Register in person at the JCC Welcome Desk.

Financial assistance available - contact: Jeannine Peloquin, 508-756-7109 x 226 or jpeloquin@worchesterjcc.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, March 16 - May 18, 9 weeks

\$144/Member, \$189/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, March 17 - May 19, 9 weeks

\$144/Member, \$189/Non-member, 1:15—2pm

SPORTS GALORE 3 - 5 YEAR OLDS

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

Wednesdays, March 18 - May 20, 9 weeks

\$144/Member, \$189/Non-member, 1:15—2pm

T-BALL 3 - 5 YEAR OLDS

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

Thursdays, March 19 - May 21, 9 weeks

\$144/Member, \$189/Non-member, 1:15—2pm

KID'S FIT 3 - 5 YEAR OLDS

Children take part in weekly age-appropriate fun fitness activities through movement and play.

Fridays, March 20 - May 22, 9 weeks

\$144/Member, \$189/Non-member, 1:15—2pm

Preschool ENRICHMENT Class Start March 17 No classes April 21 - 25

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

KIDS IN THE KITCHEN! 4 & 5 YEAR OLDS

The kitchen is the tastiest place to learn! Cooking expands on basic math skills by something as counting eggs or pouring water into a measuring cup. When reading a recipe together, children learn new vocabulary. Following steps in a recipe can help children with listening skills. Each week we will prepare a delicious treat to enjoy together in the kitchen. Get ready to make some sweet desserts, savory snacks and even some breakfast favorites!

Tuesdays, March 17 - May 5, 7 weeks

\$140, 1:15—2pm

Wednesdays, March 18 - May 6, 7 weeks

\$140, 1:15—2pm

Spring Youth SPORTS Classes Starts March 16, 2026

No classes April 5 & 20 - 24

After School Basketball - MASH Grades K - 6

(More After School Hoops) Age-appropriate fundamental drills combined with weekly basketball skill games and contests. Tuesdays (9 weeks), Thursdays (8 weeks)
Tues., Starts 3/17 Grades 3 - 6 4:15—5pm \$144/M, \$189/NM
Thurs., Starts 3/19 Grades K - 2 4:15—5pm \$128/M, \$168/NM
(No program April 21 or 23)

Jr. NBA Youth Basketball League Boys & Girls

Grades K - 8, SPRING SEASON*

Sundays, 3/22—4/26 - 5 weeks

3/22, 3/29, 4/12, 4/19, 4/26 (No program April 5)

Ages 5 & Grade K..... 10:15 - 11:15am
Grades 1 & 2 11:30 - 12:30pm
Grades 3 & 4 12:45 - 1:45pm
Grades 5, 6, 7 & 8..... 2 - 3pm
\$80/Member \$105/Non-member

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

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. 8am—10:15am

Thurs. 9am—11:30am

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



For more information contact: Bob Berman, Health & PhysEd Director x 233, bberman@worcesterjcc.org

Spring SWIM Lessons

Start March 15 - May 16, 2026

Sundays (3/15 - 5/10)

Tuesdays (3/17 - 5/12)

Wednesdays (3/18 - 5/13)

Thursdays (3/19 - 5/14)

Fridays (3/20 - 5/14)

Saturdays (3/21 - 5/16)

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 3/15)	10-10:30am	\$133/M, \$168/NM 7 weeks
Tues. (starts 3/17)	10:45-11:15am	\$152M/\$192/NM 8 weeks
Sat. (starts 3/21)	10-10:30am	\$152M/\$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 3/15)	10:30-11am	\$133/M, \$168/NM 7 weeks
Tues. (starts 3/17)	4-4:30pm	\$152M/\$192/NM 8 weeks
Wed. (starts 3/18)	4-4:30pm	\$133/M, \$168/NM 7 weeks
Thurs. (starts 3/19)	11-11:30am	\$133/M, \$168/NM 7 weeks
Fri. (starts 3/20)	4-4:30pm	\$152M/\$192/NM 8 weeks
Sat. (starts 3/21)	10:30-11am	\$152M/\$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 3/15)	11-11:30am	\$133/M, \$168/NM 7 weeks
Tues. (starts 3/17)	4:30-5pm or 5-5:30pm	\$152M/\$192/NM 8 weeks
Wed. (starts 3/18)	4:30-5pm or 5-5:30pm	\$133/M, \$168/NM 7 weeks
Thurs. (starts 3/19)	4:30-5pm or 5-5:30pm	\$133/M, \$168/NM 7 weeks
Fri. (starts 3/20)	4:30-5pm or 5-5:30pm	\$152M/\$192/NM 8 weeks
Sat. (starts 3/21)	11-11:30am	\$152M/\$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 3/15)	11-11:30am	\$133/M, \$168/NM 7 weeks
Tues. (starts 3/17)	4-4:30pm or 5-5:30pm	\$152M/\$192/NM 8 weeks
Wed. (starts 3/18)	4-4:30pm or 5-5:30pm	\$133/M, \$168/NM 7 weeks
Thurs. (starts 3/19)	4:30-5pm or 5-5:30pm	\$133/M, \$168/NM 7 weeks
Fri. (starts 3/20)	4:30-5pm or 5-5:30pm	\$152M/\$192/NM 8 weeks
Sat. (starts 3/21)	11-11:30am	\$152M/\$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 3/15)	11:30m-12pm	\$133/M, \$168/NM 7 weeks
Tues. (starts 3/17)	4:30-5pm	\$152M/\$192/NM 8 weeks
Wed. (starts 3/18)	4:30-5pm	\$133/M, \$168/NM 7 weeks
Thurs. (starts 3/19)	4-4:30pm	\$133/M, \$168/NM 7 weeks
Fri. (starts 3/20)	4-4:30pm	\$152M/\$192/NM 8 weeks
Sat. (starts 3/21)	11:30-12pm	\$152M/\$192/NM 8 weeks

No Lessons: April 1, 2, 5, 19 - 25

* Need minimum of 3 to run class

** Level 4 swimmers contact Aquatics Directors

WAHOO Swim Club

Tuesdays, March 17 - May 12: \$200/Members, \$248/Non-Members

Thursdays, March 19 - May 14: \$175Members, \$217/Non-Members

No Club: April 2, 21 - 23

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.

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)

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.

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

Ryan Lynch, Assistant Aquatics Director x 235, rlynch@worcesterjcc.org

Arts/Culture/Adult Programs

- 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

COLLAGE WORKSHOP



March 15, 3:00PM - 5:00PM

Explore themes of growth, roots, seasons, and renewal through nature-inspired collage and mixed media, as we acknowledge the start of Spring and the importance of caring for the earth.
Ages 10+ (under 14 must be accompanied by an adult)

Materials Fee: \$5, See below for other materials you can bring

Deadline to register: Tuesday, March 10 - Space is limited.

Register at www.worcesterjcc.org or call 508-756-7109

Be a part of this project even if you are unable to attend by donating materials that can be cut and pasted such as:

- Paper no longer being used such as magazines, books: (maps, envelopes, music sheets, packaging)
- Tissue paper, handmade paper, wrapping paper, ribbon, etc.
- Natural Materials (pressed flowers, leaves, etc.)



Tickets available at
www.worcesterjcc.org

ADA - MY MOTHER THE ARCHITECT **Wednesday, Feb 25, 5:30-7:30PM**

Congregation Beth Israel, 15 Jamesbury St., Worcester, Cost: \$18, Deadline February 23

SWEDISHKAYT: YIDLIFE CRISIS IN STOCKHOLM **Sunday, March 8, 3PM**

Worcester JCC, 633 Salisbury St., Worcester, Cost: \$10 in advance, \$15 at the door

MIDAS MAN **March 21, 6:30PM**

Worcester JCC, 633 Salisbury St., Worcester

Cost: \$18 in advance, \$20 at the door

RESISTANCE - THEY FOUGHT BACK **April 26, 3PM**

Q & A with Paula Apsell, Director

Worcester JCC, 633 Salisbury St., Worcester, Cost: \$10 in advance, \$15 at the door

AUTHOR SERIES - VIA ZOOM



Thursday, February 26, 7pm, David Denby, *Eminent Jews*

Thursday, March 12, 7:00pm, Talia Carner, *The Boy with the Star Tattoo: A Novel*

Sunday, March 22, 7pm, Passover Program, Two-Author Discussion on American Jews and Slavery, Richard Kreitner, *Fear No Pharaoh: American Jews, the Civil War, and the Fight to End Slavery*

Shari Rabin, *The Jewish South: An American History*

Sunday, April 12, 7pm, Yom HaShoah Program, Alexander Bruner, by Joszef Debreczeni, Paul Olchvary translator, *Cold Crematorium: Reporting from the Land of Auschwitz*

Thursday, May 14, 7pm, Rachel Cockerell, *Melting Point: Family, Memory, and the Search for a Promised Land*

Thursday, June 11, 7pm, Barry Joseph, *Matching Minds with Sondheim: The Puzzles and Games of the Broadway Legend*

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.



Worcester JCC
633 Salisbury Street, Worcester
worcesterjcc.org

For more information contact:

Leslie Grossman, Cultural Arts/Adult Programs Director
508.756.7109 x 232, lgrossman@worcesterjcc.org