



# WINTER CLASSES

OPEN TO MEMBERS & NON-MEMBERS!

*Registration opens Monday, December 15 online or at the Welcome Desk.*

## Toddler & Preschool SPORTS Classes Starts January 5

- Register online via our website: [worcesterjcc.org](http://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](mailto: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.

### 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.

Mondays, January 5 - March 2, 7 weeks

\$112/Member, \$147/Non-member, 1:15—2pm

### MICRO SOCCER 3 - 5 YEAR OLDS

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

Tuesdays, January 6 - March 3, 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 7 - March 4, 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 8 - March 5, 8 weeks

\$128/Member, \$168/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, 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)

\*10 children max per class

### ART... "LITTLE ART EXPLORERS" 4 & 5 YEAR OLDS

Art benefits preschoolers by boosting fine motor skills, creativity, problem-solving, and self-esteem while also serving as a virtual tool for emotional expression and social development. Art serves as a universal language, telling stories, conveying emotions and preserving cultural heritage. The children will explore various art mediums such as paint, sculpture, collage, print patterning and 3D materials!

Tuesdays, January 6 - March 3, 8 weeks

\$130, 1:15—2pm

### COOKING.. "NIBBLE AND CREATE" 4 & 5 YEAR OLDS

Cooking can be a rich sensory experience that engages multiple senses. For this Winter session cooking adventure, we are going to blend a little science and a little art! Don't worry, everything is edible! We will be working with some wonderful ingredients including fruit, yogurt, and chocolatey oats. Cooking with children often encourages them to be more adventurous and try new foods and ingredients. And it's fun too!!!

Wednesdays, January 7 - March 4, 8 weeks

\$130, 1:15—2pm

# Winter Youth **SPORTS** Classes Starts Jan. 4

## 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 1/6 Grades 3 - 6 4:15—5pm \$128/M, \$168/NM

Thurs., Starts 1/8 Grades K - 2 4:15—5pm \$128/M, \$168/NM

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

Sundays, 1/4—3/8 - 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.*

## 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

## 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.

Free for JCC members • \$15 drop in for general public.

\*Expanded pickleball hours will be instituted as demand grows

Open Pickleball  
Drop-in Days/Times

Open to Members & Non-Members

Monday/Wednesday:

6pm - 8:30pm

Tuesday, 8am - 10:00am

Thursday, 9am - 11:30am

Reserve a Timeslot\*  
Days/Times

Open to Members only  
(one quest available per time slot)

Monday/Wednesday/Friday:

5:15am - 6:30am

6:30am - 8:00am

8am - 9:30am

2pm - 3:30pm

Tuesday/Thursday:

5:15am - 6:30am

6:30am - 8:00am

2pm - 3:30pm

Saturday:

7:15am - 8:30am

\*There are designated times during open gym that we will make one side of the gym (one court) available for pickleball reservations. Reservations can be made using the MyJ app or calling the welcome desk 508-756-7109 x 0. Members may reserve a spot for pickleball one week in advance. Minimum reservation 2 people



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

For more information contact:

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

# Winter **SWIM** Lessons

**No Lessons:**  
February 15 - 21

**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. 4)	10—10:30am	\$152/M, \$192/NM	8 weeks
Tues. (Starts Jan. 6)	10:45—11:15am	\$152/M, \$192/NM	8 weeks
Sat. (Starts Jan. 10)	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. 4)	10:30—11am	\$152/M, \$192/NM	8 weeks
Tues. (Starts Jan. 6)	4—4:30pm	\$152/M, \$192/NM	8 weeks
Wed. (Starts Jan. 7)	4—4:30pm	\$152/M, \$192/NM	8 weeks
Thurs. (Starts Jan. 8)	11—11:30am	\$152/M, \$192/NM	8 weeks
Sat. (Starts Jan. 10)	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. 4)	11—11:30am	\$152/M, \$192/NM	8 weeks
Tues. (Starts Jan. 6)	4:30—5pm	\$152/M, \$192/NM	8 weeks
Tues. (Starts Jan. 6)	5—5:30pm	\$152/M, \$192/NM	8 weeks
Wed. (Starts Jan. 7)	4:30—5pm	\$152/M, \$192/NM	8 weeks
Wed. (Starts Jan. 7)	5—5:30pm	\$152/M, \$192/NM	8 weeks
Thurs. (Starts Jan. 8)	4:30—5pm	\$152/M, \$192/NM	8 weeks
Thurs. (Starts Jan. 8)	5—5:30pm	\$152/M, \$192/NM	8 weeks
Sat. (Starts Jan. 10)	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. 4)	11—11:30am	\$152/M, \$192/NM	8 weeks
Tues. (Starts Jan. 6)	4—4:30pm	\$152/M, \$192/NM	8 weeks
Tues. (Starts Jan. 6)	5—5:30pm	\$152/M, \$192/NM	8 weeks
Wed. (Starts Jan. 7)	4:30—5pm	\$152/M, \$192/NM	8 weeks
Wed. (Starts Jan. 7)	5—5:30pm	\$152/M, \$192/NM	8 weeks
Thurs. (Starts Jan. 8)	4:30—5pm	\$152/M, \$192/NM	8 weeks
Thurs. (Starts Jan. 8)	5—5:30pm	\$152/M, \$192/NM	8 weeks
Sat. (Starts Jan. 10)	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. 4)	11:30am—12pm	\$152/M, \$192/NM	8 weeks
Tues. (Starts Jan. 6)	4:30—5pm	\$152/M, \$192/NM	8 weeks
Wed. (Starts Jan. 7)	4:30—5pm	\$152/M, \$192/NM	8 weeks
Thurs. (Starts Jan. 8)	4—4:30pm	\$152/M, \$192/NM	8 weeks
Sat. (Starts Jan. 10)	11:30—12pm	\$152/M, \$192/NM	8 weeks

\* Need minimum of 3 to run lessons

\*\* Level 4 swimmers contact Aquatics Directors

For more information contact:

Tom Tandetnik, Aquatics Director x 250  
ttandetnik@worcesterjcc.org

## **WAHOO Swim Club**

Tuesdays, January 6 - March 3: \$200/Members, \$248/Non-Members

Thursdays, January 8 - March 5: \$200/Members, \$248/Non-Members

**No Club: February 17, 19**

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)

# Join the Challah Club!

## Fresh baked Challah delivered to the JCC on Fridays from the European Bakery

Fridays, 1/9 - 3/16\*



Number of Loaves (12 oz.): One Two Three

Cost for 8 Week Subscription: \$48 \$80 \$120

Weekly price pro-rated for those subscribing after 1/9.

Non-members: \$5 Enrollment Fee



\*No challah subscription 2/20 due to February school vacation, but challah will be available for purchase at \$6 each

- Challah Ingredients: Wheat Flour, Egg, Sugar, Canola Oil, Yeast, Salt. Pareve (neither dairy, nor meat).
- Challah pickup begins at 10AM Fridays at the Welcome Desk. Please provide your name to the Welcome Desk Staff Member.
- Those not picked up by Sunday at 4 will be discarded. No refunds will be issued.
- If your Challah pick-up will be by someone other than you on a particular week, email the Welcome Desk at [frontdesk@worcesterjcc.org](mailto:frontdesk@worcesterjcc.org) with pickup name including date of pickup, first and last names, email and phone #.

### *Other ways to purchase Challah:*

- Extra Challah may be available for purchase for \$6/loaf.
- You can reserve one or more loafs for any week by purchasing at the Welcome Desk for \$6/loaf.



Subscribe the Wednesday prior to the delivery date via:

- Scanning the code and click Culture and Arts
- Visiting or calling the Welcome Desk
- Click this link: <https://worcesterjcc.my.site.com/s/registration>



633 Salisbury Street, Worcester  
P 508.756.7109 F 508.753.8862  
[worcesterjcc.org](http://worcesterjcc.org)

For more information contact:  
Leslie Grossman, Cultural Arts / Adult Program Director  
[lgrossman@worcesterjcc.org](mailto:lgrossman@worcesterjcc.org), 508-756-7109 x 232