



Fall classes

2021 - Ages 1 - adult
Classes begin Sunday, September 12, 2021
(Unless otherwise noted)

Registration begins August 29

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

How to Register:

- Email registrar@worchesterjcc.org to obtain login credentials to utilize the online registration system or download the registration form at worchesterjcc.org and email to registrar@worchesterjcc.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@worchesterjcc.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.

Sports Programs

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

Mondays, 4—4:45 pm, Sept 13—Oct 18 - 5 weeks - 25-1001
\$75 Member / \$100 Non-member

T-Ball 3 - 5 year olds

Children will learn basic baseball skills such as throwing, hitting and base running. Fun games every week.

Sundays, 9—9:45 am, Sept 12—Oct 17 - 6 weeks - 25-1002
\$90 Member / \$120 Non-member

*New! All-Sports K - 2

Roberto Fuentes will offer Kindergarten through 2nd grade weekly sports offerings.

Mondays, 4pm—4:45pm, Sept 13—Oct 18 - 5 weeks-25-1003
\$75 Member / \$100 Non-member

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

Jr. NBA Skills Training Grades K - 6

Work on skills in our Sunday Basketball Training Program. Individuals will work on fundamentals to stay sharp and improve their basketball skills. Coach Bob Berman will lead players in skill sessions along with fun contests. Maximum 15 participants
Sundays Sept 12—Oct 17 - 6 weeks

Grades K - 2 10—10:45 am 25-1004
Grades 3 - 4 11—11:45 am 25-1005
Grades 5 - 6 12—12:45 pm 25-1006
Grades 7 - 8 12—12:45 pm 25-1018
\$90/Member \$120/Non-member

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. My goal is to increase my players' overall performance and confidence so she can gain a competitive edge.

Tuesdays, 6—7pm, Sept 14—Oct 19 - 6 weeks - 25-1007
\$90/Member \$120/Non-member

Thursdays, 6—7pm, Sept 23—Oct 21 - 5 weeks - 25-1008
\$75/Member \$100/Non-member

Tues. & Thurs., 6—7pm, Sept 14—Oct 21 - 5 weeks - 25-1009
\$145 Member / \$190 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, Sept 14—Oct 19 - 6 weeks
\$90/Member \$120/Non-member
Grades 3 - 6 4:15—5pm 25-1010

Thursdays, Sept 23—Oct 21 - 5 weeks
\$75/Member \$100/Non-member
Grades 1 - 2 4:15—5pm 25-1011

Soccer Program Grades K - 6

Roberto Fuentes will work with participants in age appropriate soccer skill sessions with weekly fun contests. Max. 8 children.

Wednesdays, Sept 22—Oct 20 - 6 weeks
Grades 3 - 6 4:00—4:45pm 25-1012
\$75/Member \$100/Non-member

Saturdays Sept 18—Oct 23 - 6 weeks
Grades K - 2 12:30—1:15pm 25-1013
\$90/Member \$120/Non-member

For more information: Bob Berman, Health & PE Director x 233, bberman@worchesterjcc.org

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. (No class on Monday October 11)
Mon., 5-6pm, (Sept 13 - Oct 18) \$100/M, \$125/NM - 25-1015
Wed., 5-6pm, (Sept 22 - Oct 20) \$100/M, \$125/NM - 25-1016
Sat., 8-9am, (Sept 18 - Oct 23) \$120/M \$150/NM - 25-1017

*Adult Pickleball Ages 18+

September 9—November 23, 10am—11:30pm - 25-1014
Schedule is as follows:

1st week: Thursday, September 9 & Friday, September 10
2nd week: Wednesday, September 15 & Friday, September 17
3rd week thru week 12: Tuesdays and Thursdays
Free for Members / \$120/12 week session for Non-member,
\$10 drop in for non-members per day

**In the event of inclement weather the program will run in the gymnasium*

JCC Girls Empowerment! ages 10-14

The program will bring together a diverse group of girls ages 10-14 from Worcester and surrounding towns for a dynamic weekly after-school experience with special activities that build confidence, community and nurture peer relationships.

Teaching girls to be sisters to one another!

Internet Safety • Personal Safety • Meditation / Movement
Fitness and Wellness • Financial Literacy • Nutrition
Peer Relationships • JCC Membership not Required
Receive a \$25.00 visa and a JCC teen membership once the session has completed

*Tuesdays 4—5:30pm, 13 Sessions Each

Fall Session starts October 5, 2021

Winter/Spring Session starts February 1, 2022

Half Session: Group Building / Learning

Half Session: Experiential, Health and Wellness

Free of Charge! Funded by a grant from the Greater Worcester
United Way Womens Initiative

**In-person or Zoom pending Covid regulations*

Preschool Session II Classes Start October 25

REGISTRATION FOR THE FOLLOWING STARTS OCTOBER 4

Art Around The World, Monday or Tuesdays, \$105/session 1:15—2pm ECC PRESCHOOL FAMILIES ONLY

All young artists will love this unique art class, offering an opportunity to explore and recreate works of art from all around the world! 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 artists from around the world and the unique mediums or techniques that each artist used; such as Van Gogh's Starry Night, Picasso's faces, Ojibway (Chippewa) tribe's dream catchers, and Georgia O'Keefe's Flowers. Young artists will get their hands messy, build confidence and bring home new and exciting works of art!

JCC Junior Chefs, Wednesdays, \$90/session or Thursday, \$75/session 1:15—2pm ECC PRESCHOOL FAMILIES ONLY

Our certified preschool teachers will demonstrate fun and creative recipes for the young chefs. This class is an opportunity for the campers to learn the basics of cooking through hands-on experiences. Cooking can help young children to learn and practice some basic math concepts, and build language skills. Like preparing, measuring, counting, following directions and of course eating! 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 tacos to homemade pasta and more, the campers will be so excited to share and recreate the recipes at home!

Micro Soccer

Mondays Oct 25—Dec 6 - 7 weeks, \$105 Member / \$140 Non-member, 1:15—2pm

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

Little Dribblers

Tuesdays Oct 26—Dec 7 - 7 weeks, \$105 Member / \$140 Non-member, 1:15—2pm

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.

Swim Lessons

September 12—October 23

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.

Sat. (Starts Sep 18) 10—10:30am \$102/M, \$132/NM 6 weeks 35-0701
Sun. (Starts Sep 12) 10—10:30am \$102/M, \$132/NM 6 weeks 35-0702
Tues. (Starts Sep 14) 11:15—11:45am \$102/M, \$132/NM 6 weeks 35-0703

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 Sep 18) 10:30—11am \$102/M, \$132/NM 6 weeks 35-0704
Sun. (Starts Sep 12) 10:30—11am \$102/M, \$132/NM 6 weeks 35-0705
Tues. (Starts Sep 14) 4:15—4:45pm \$102/M, \$132/NM 6 weeks 35-0706
Thurs. (Starts Sep 23) 11:15—11:45am \$85/M, \$110/NM 5 weeks 35-0707
Thurs. (Starts Sep 23) 3:45—4:15pm \$85/M, \$110/NM 5 weeks 35-0708

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 Sep 18) 11—11:30am \$102/M, \$132/NM 6 weeks 35-0709
Sunday (Starts Sep 12) 11—11:30am \$102/M, \$132/NM 6 weeks 35-0710
Tuesday (Starts Sep 14) 3:45—4:15pm \$102/M, \$132/NM 6 weeks 35-0711
Tuesday (Starts Sep 14) 4:45—5:15pm \$102/M, \$132/NM 6 weeks 35-0712
Thursday (Starts Sep 23) 4:15—4:45pm \$85/M, \$110/NM 5 weeks 35-0713
Thursday (Starts Sep 23) 4:45—5:15pm \$85/M, \$110/NM 5 weeks 35-0714

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 Sep 18) 11—11:30pm \$102/M, \$132/NM 6 weeks 35-0715
Sunday (Starts Sep 12) 11—11:30am \$102/M, \$132/NM 6 weeks 35-0716
Tuesday (Starts Sep 14) 4:15—4:45pm \$102/M, \$132/NM 6 weeks 35-0717
Tuesday (Starts Sep 14) 4:45—5:15pm \$102/M, \$132/NM 6 weeks 35-0718
Thursday (Starts Sep 23) 3:45—4:15pm \$85/M, \$110/NM 5 weeks 35-0719
Thursday (Starts Sep 23) 4:15—4:45pm \$85/M, \$110/NM 5 weeks 35-0720

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.

Tuesday (Starts Sep 14) 3:45—4:15pm \$102/M, \$132/NM 6 weeks 35-0721
Thursday (Starts Sep 23) 4:45—5:15pm \$85/M, \$110/NM 5 weeks 35-0722
Sat. (Starts Sep 18) 11:30am—12pm \$102/M, \$132/NM 6 weeks 35-0723
Sunday (Starts Sep 12) 11:30am—12pm \$102/M, \$132/NM 6 weeks 35-0724

* Need minimum of 3 to run class

** Level 4 swimmers contact Aquatics Directors

WAHOO Swim Club

Tuesdays: September 14—October 19
Members \$132 / Nonmembers \$162

Thursdays: September 23—October 21
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 ___35-0725

Thursday 4—5pm ___35-0726

Developmental Level

Tuesday 5—6pm ___35-0727

Thursday 5—6pm ___35-0728

Level 4 and above (contact Aquatics Directors for evaluation)

Worcester



For more information:

Kelly Sampson

Aquatics Director x 235
ksampson@worchesterjcc.org

Roberto Fuentes

Assistant Aquatics Director x 250
rfuentes@worchesterjcc.org

JCC Author Series

Stay Tuned for Days and Times!

Suzanne Nossel, *Dare to Speak: Defending Free Speech for All*

In *Dare to Speak*, leading free expression advocate Suzanne Nossel argues that we can and must uphold the rights of individuals to speak their minds, while also working assiduously to build a more equitable, inclusive public culture committed to dismantling racism and other forms of bigotry.

Suzanne Nossel is CEO of PEN America, the writers' human rights organization devoted to defending free expression worldwide.

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

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*

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*

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*

A letter that was hidden in an attic for 60 years, changed journalist Faris 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.

For more information contact Nancy Greenberg at 508-756-7109 x 232; ngreenberg@worcesterjcc.org.