

For more info on
Children + Families
programming at the JCC
visit [jccmanhattan.org/
families](http://jccmanhattan.org/families)

To register or for a complete
listing of JCC programs
visit jccmanhattan.org
or call **646.505.5708**

the jcc in manhattan
the samuel priest rose building
334 amsterdam ave at 76th st
new york, ny 10023
a beneficiary of UJA-Federation

 Find us on Facebook

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fb.com/TeensJCC

manhattan

winter/spring
2012

infants + toddlers
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school-age programs
havurah
jcc camps
special needs
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children + families
the jcc in manhattan | jccmanhattan.org | [schedule of programs](#)

10 YEARS *and Counting!*

*It's The JCC in Manhattan's 10th Anniversary on 76th and Amsterdam!
The JCC is proud to be a home to families and individuals of all walks of life—
fostering an inclusive, engaged community rooted in Jewish values.*

Come celebrate with us!


10 YEARS
building community

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Birth-6 Months		PARENTING Coo + Crawl 10-11 am		PRE-NURSERY Music Garden 9:30-10:15 am	 LITTLE MAESTROS IS HERE! Monday through Fridays Check jccmanhattan.org/littlemaestros for class sections.	
6-12 Months	SWIM Bubbling Babies 2-2:30 pm	SWIM Bubbling Babies 8-8:30 am & 11-11:30 am GYMNASTICS Tots-a-Lot 11-11:45 am	GYMNASTICS Tots-a-Lot 11-11:45 am	SWIM Bubbling Babies 8-8:30 am PRE-NURSERY Music Garden 9:30-10:15 am GYMNASTICS Tots-a-Lot 1-1:45 pm	GYMNASTICS Tots-a-Lot 10-10:45 am MUSIC Rock-a-Baby 10:30-11:15 am	SWIM Bubbling Babies 9:30-10 am & 11-11:30 am JEWISH LIFE Shabbat Shira 11-11:45 am GYMNASTICS Tots-a-Lot 1-1:45 pm
12-18 Months	SWIM Starfish 8:30-9 am 11:30-noon	SWIM Starfish 8:30-9 am 11:30 am-noon GYMNASTICS Tots-a-Lot 11-11:45 am	SWIM Starfish 8-8:30 am GYMNASTICS Tots-a-Lot 11-11:45 am	SWIM Starfish 8:30-9 am PRE-NURSERY Music Garden 9:30-10:15 am GYMNASTICS Tots-a-Lot 1-1:45 pm	GYMNASTICS Tots-a-Lot 10-10:45 am MUSIC Rock-a-Baby 10:30-11:15 am	SWIM Starfish 10-10:30 am JEWISH LIFE Shabbat Shira 10-10:45 am GYMNASTICS Tots-a-Lot 1-1:45 pm
18-24 Months	SWIM Tadpole Toddlers 8-8:30 am 9-9:30 am noon-12:30 pm	SWIM Tadpole Toddlers 9-9:30 am SPORTS Skills 1.0 10-10:45 am PRE-NURSERY Magic Clubhouse 11:30 am-12:30 pm	SWIM Tadpole Toddlers 8:30-9 am PRE-NURSERY Magic Clubhouse 9-10 am & 9:15-10:15 am DANCE Ballet at the J! 9:30-10:05 am ART Mini-Monets 9:45-10:30 am	SWIM Tadpole Toddlers 9-9:30 am & 11-11:30 am GYMNASTICS Super Tots 11-11:45 am PRE-NURSERY Music Garden 9:30-10:15 am Magic Clubhouse 11:30 am-12:30 pm	PRE-NURSERY Magic Clubhouse 9-10 am & 9:15-10:15 am DANCE Ballet at the J! 9:30-10:05 am GYMNASTICS Super Tots 11-11:45 am	JEWISH LIFE Shabbat Club 9:30-10:30 am Shabbat Shira 10-10:45 am SWIM Tadpole Toddlers 10:30-11 am GYMNASTICS Super Tots 11-11:45 am
2-3 Years	SWIM Tiny Turtles 9:30-10 am 11-11:30 am 12:30-1 pm Little Fish 10-10:30 am 1-1:30 pm	PRE-NURSERY Not Quite Nursery 9:15-11:15 am & 9:45-11:45 am Magic Clubhouse 11:30 am-12:30 pm SWIM Tiny Turtles 9:30-10 am Little Fish 10-10:30 am COOKING Kookin' Kids 10-11:15 am GYMNASTICS Tumbling 2's 10-10:45 am	PRE-NURSERY Magic Clubhouse 9-10 am Not Quite Nursery 10:30 am-12:30 pm SPORTS Skills 2: 2.0-2.5 yrs. 10-10:45 am Skills 3: 2.5-2.11 yrs. 11-11:45 am Learning the Ropes 2: 3.5-3.11 yrs. 2-2:45 pm GYMNASTICS Tumbling 2's 10-10:45 am DANCE Ballet at the J! 10:30-11:15 am ART Mini-Monets 11-11:45 am SWIM Tiny Turtles 3-3:30 pm	PRE-NURSERY Not Quite Nursery 9:15-11:15 am & 9:45-11:45 am Music Garden 9:30-10:15 am Magic Clubhouse 11:30 am-12:30 pm SWIM Tiny Turtles 9:30-10 am Little Fish 10-10:30 am & 3-3:30 pm SPORTS Skills 2: 2.0-2.5 yrs 10-10:45 am Learning the Ropes 1: 3.0-3.5 yrs. 11-11:45 am GYMNASTICS Gymnastics for 3's 2-2:45 pm Tumbling 2's 10-10:45 am DANCE Ballet at the J! 3:15-4 pm	SWIM Tiny Turtles 8-8:30 am Little Fish 8:30-9 am PRE-NURSERY Magic Clubhouse 9-10 am Not Quite Nursery 10:30 am-12:30 pm MUSIC Rock-a-Baby 9:30-10:15 am COOKING Kookin' Kids 10-11:15 am SPORTS Skills: 3: 2.5-2.11 Yrs 10-10:45 am Learning the Ropes 2: 3.5-3.11 Years 11-11:45 am SCIENCE Silly Science 10:30-11:15 am DANCE Ballet at the J! 10:30-11:15 am 11:30 am-12:15 pm	SWIM Tiny Turtles 8-8:30 am Little Fish 8:30-9 am JEWISH LIFE Shabbat Shira 10-10:45 am Shabbat Club 10:45 am-noon GYMNASTICS Tumbling 2's 10-10:45 am SPORTS Skills 3: 2.5-2.11 Yrs 10-10:45 am Learning the Ropes 1: 3.0-3.5 Years 11-11:45 am
3-4 Years	SWIM Diving Dolphins 10:30-11 am (3 yrs.) 1:30-2 pm (4 yrs.)	SWIM Diving Dolphins 10:30-11 am (3 yrs.) 3:30-4 pm (3 yrs.) 4-4:30 pm (4 yrs.)	DANCE Ballet at the J! 2:30-3:15 pm & 4:30-5:15 pm SWIM Diving Dolphins 3:30-4 pm (3 yrs.) 4-4:30 pm (4 yrs.)	PRE-NURSERY Music Garden 9:30-10:15 am SWIM Diving Dolphins 10:30-11 am (3 yrs.) 3:30-4 pm (3 yrs.) 4-4:30 pm (4 yrs.) DANCE Ballet at the J! 4:15-5 pm	DANCE Ballet at the J! 3:30-4:15 pm SWIM Diving Dolphins 3:30-4 pm (3 yrs.) 4-4:30 pm (4 yrs.)	SWIM Diving Dolphins 9-9:30 am (4 yrs.)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4-5 Years	<p>Musical Adventures ● 10-10:45 am</p> <p>Matan at the JCC ● 5-11 Years 10-11:30 am</p> <p>Sunday Playdate ● 11 am-noon</p> <p>Weekly Family Art ● 11 am-12:45 pm</p> <p>Swim 12:45-1:30 pm</p> <p>Special Needs Swim ● <i>Call for times</i></p> <p>Super Soccer Stars ● 2-2:45 pm</p>	<p>Pee Wee Tennis 3-3:45 pm & 3:45-4:40 pm</p> <p>Gymnastics 3-3:55 pm & 4-4:55 pm</p> <p>Ballet 3:30-4:15 pm</p> <p>Beginner Karate 3:30-4:30 pm</p> <p>Swim 3:30-4:15 pm & 4:15-5 pm</p> <p>Special Needs Swim ● 3:30-4:15 pm</p>	<p>Ballet 3:30-4:15 pm</p> <p>Beginner Karate 3:30-4:30 pm</p> <p>Little Chefs 3:30-4:45 pm</p> <p>Swim 3:30-4:15 pm</p> <p>Weird Science 3:45-4:45 pm</p> <p>Getting in the Game 3:45-4:30 pm</p> <p>Playing the Game 3:45-4:45 pm</p>	<p>Pee Wee Tennis 3-3:45 pm</p> <p>Chess Club 3:30-4:15 pm</p> <p>Master of Fun Arts 3:30-5 pm</p> <p>Swim 3:30-4:15 pm</p> <p>Intro to Jazz 3:45-4:30 pm</p> <p>Glow-in-the-Dark Yoga 3:45-4:30 pm</p>	<p>Getting in the Game 3-3:45 pm</p> <p>Gymnastics 3-3:55 pm & 4-4:55 pm</p> <p>Beginner Karate 3:30-4:30 pm</p> <p>Swim 3:30-4:15 pm & 4:15-5 pm</p> <p>Special Needs Swim ● 3:30-4:15 pm</p> <p>EcoART for Kids 3:45-4:45 pm</p> <p>Ballet 4:30-5:15 pm</p>	<p>Gymnastics 3:30-4:25 pm</p>
6-7 Years	<p>Musical Adventures ● 10-10:45 am</p> <p>Music Therapy and More ● 10-11 am & 11-11:45 am</p> <p>Matan at the JCC ● 10-11:30 am</p> <p>Dance 11-11:45 am ●</p> <p>Build-a-Friendship: Social Skills and More ● 11 am-noon & 12:30-1:30 pm</p> <p>Weekly Family Art ● 11 am-12:45 pm</p> <p>Yoga 12:15-1 pm ●</p> <p>Swim 12:45-1:30 pm</p> <p>Special Needs Swim ● <i>Call for Times</i></p> <p>Story Pirates 1:45-2:45 pm ●</p> <p>Super Soccer Stars ● 2-2:45 pm</p>	<p>Special Needs Swim ● 3:30-4:15 pm</p> <p>Beginner Karate 3:30-4:30 pm</p> <p>Gymnastics 4-4:55 pm</p> <p>Swim 4:15-5 pm</p> <p>Intermediate Toide 4:30-5:30 pm</p> <p>Ballet 4:30-5:15 pm</p> <p>Boost! 4:45-6:15 pm</p> <p>Advanced Gymnastics 5-5:55 pm</p>	<p>Beginner Karate 3:30-4:30 pm</p> <p>Little Chefs 3:30-4:45 pm</p> <p>Advanced Toide 5:30-6:30 pm</p>	<p>Crazy Constructions 3:30-4:30 pm</p> <p>Chefs-in-Training 3:30-4:45 pm</p> <p>Master of Fun Arts 3:30-5 pm</p> <p>Advanced Game Play 3:45-4:45 pm</p> <p>Slam Dunk 3:45-4:45 pm & 4:45-5:45 pm</p> <p>Intro to Hip-Hop 4:35-5:35 pm</p> <p>Boost! ● 4:45-6:15 pm</p> <p>Special Needs Karate ● 6-13 Years 3:30-4:15</p> <p>Advanced Chess Club 4:30-5:30 pm</p>	<p>Special Needs Swim ● 3:30-4:15 pm</p> <p>Beginner Karate 3:30-4:30 pm</p> <p>Gymnastics 4-4:55 pm</p> <p>NEW! Extreme Science 4-5 pm</p> <p>Swim 4:15-5 pm</p> <p>Intermediate Karate 4:30-5:30 pm</p> <p>Advanced Gymnastics 5-5:55 pm</p>	<p>Gymnastics 3:30-4:25 pm</p> <p>Pee Wee Tennis 3:30-4:25 pm</p>
8-10 Years	<p>Matan at the JCC ● 10-11:30 am</p> <p>Dance 11-11:45 am ●</p> <p>Music Therapy and More ● 11-11:45 am</p> <p>Build-a-Friendship: Social Skills and More ● 11 am-noon & 12:30-1:30 pm</p> <p>Weekly Family Art ● 11 am-12:45 pm</p> <p>Yoga 12:15-1 pm ●</p> <p>Swim 12:45-1:30 pm</p> <p>Swim Team Development 8-11 Years 12:45-1:30 pm</p> <p>Special Needs Swim ● <i>Call for times</i></p> <p>Story Pirates ● 1:45-2:45 pm</p> <p>Super Soccer Stars ● 2-2:45 pm</p>	<p>Special Needs Swim ● 3:30-4:15 pm</p> <p>Gymnastics 4-4:55 pm</p> <p>Intermediate Toide 4:30-5:30 pm</p> <p>Fabric Arts Studio 4:30-6 pm</p> <p>Clay Sculpture + Pottery 4:30-6 pm</p> <p>Slam Dunk 4:45-5:45 pm</p> <p>Boost! 4:45-6:15 pm</p> <p>Advanced Gymnastics 5-5:55 pm</p> <p>Beginner Karate 5:30-6:30 pm</p>	<p>Jewelry Design 3:30-4:30 pm</p> <p>Swim 4:15-5 pm</p> <p>Swim Team Development 8-11 Years 4:15-5 pm</p> <p>Shoot-it for Beginners 4:15-6:15 pm</p> <p>Hip-Hop/Jazz Fusion 4:30-5:30 pm</p> <p>Comic Books for Kids 4:30-5:30 pm</p> <p>Beginner Karate 4:30-5:30 pm</p> <p>Advanced Game Play 4:45-5:45 pm</p> <p>Advanced Toide 5:30-6:30 pm</p>	<p>Chefs-in-Training 3:30-4:45 pm</p> <p>Swim 4:15-5 pm</p> <p>Dazzling Discoveries, Robotics 4:30-5:30 pm</p> <p>Slam Dunk 4:45-5:45 pm</p> <p>Boost! ● 4:45-6:15 pm</p> <p>Special Needs Karate ● 6-13 Years 3:30-4:15 pm</p> <p>Swim Team Development 8-11 Years 4:15-5 pm</p>	<p>Special Needs Swim ● 3:30-4:15 pm</p> <p>Gymnastics 4-4:55 pm</p> <p>NEW! Extreme Science 4-5 pm</p> <p>Intermediate Karate 4:30-5:30 pm</p> <p>Slam Dunk 4:45-5:45 pm</p> <p>Advanced Gymnastics 5-5:55 pm</p>	<p>● Denotes our Kulam classes for children with special needs. Opportunities are available within this program for all JCC children to participate.</p>

Havurah:
Hands-on Jewish Education
Grades K-3
Saturdays, 3-5 pm,
Oct-May

After School Pick-Up Service, JCC Nursery School Pick-Up, and Clubhouse are available Mon-Thu for ages 4-10.

Tweens (Grades 4-8)	<p>Youth Theater 10:30 am</p> <p>Swim Team Development 11-14 Years 12:45-1:30 pm</p>	<p>Intermediate Toide 4:30-5:30 pm</p> <p>Hip Hop Cardio JAM 5:15-6:15 pm</p> <p>Beginner Karate 5:30-6:30 pm</p> <p>Painting & Digital Photography Intensive 4:30-6 pm</p>	<p>Swim Team Development 11-14 Years 4:15-5 pm</p> <p>Wheel Fun Pottery 11-13 Years 4:30-6 pm</p> <p>Beginner Karate 4:30-5:30 pm</p> <p>Boxercise 5-5:45 pm</p> <p>Songwriting Recording Workshop 10-14 Years 5:30-6:45 pm</p> <p>Advanced Toide 5:30-6:30 pm</p>	<p>Swim Team Development 11-14 Years 4:15-5 pm</p> <p>Photography for Beginners 11-13 Years 4:30-6:30 pm</p> <p>Slam Dunk 4:45-5:45 pm</p> <p>Yogilates 5:30-6:30 pm</p>	<p>Intermediate Karate 4:30-5:30 pm</p> <p>Cycling 5-5:45 pm</p> <p>Advanced Gymnastics 5-5:55 pm</p>	<p>Check out pages 34-39 for tween & teen special events, leadership and volunteer opportunities</p>
Teens (Grades 9-12)	<p>New York Teen Theater 1:30 pm</p>	<p>Painting & Digital Photography Intensive 4:30-6 pm</p> <p>Yogilates 5-5:45 pm</p>	<p>Shoemaking 4:30-6:30 pm</p> <p>Cycling 5-5:45 pm</p> <p>Circuit Training 5:30-6:30 pm</p>	<p>Boot Camp 5-5:45 pm</p>	<p>Getting into Art School 4:30-6 pm</p> <p>Kickboxing 5:15-6 pm</p> <p>Karate 5:30-6:30 pm</p> <p>Circuit Training 5:30-6:30 pm</p>	

infants + toddlers

(birth-4 years)

Please Note

There will be no Infants & Toddlers classes on the following dates:

Sun, Feb 19-Fri, Feb 24: Presidents' Week

Sun, Apr 8-Fri, Apr 13: Passover

Tue, May 15: JCC Annual Benefit

Sun, May, 27: Shavuot

Mon, May 28: Memorial Day

SPECIAL EVENTS

Rock-a-Baby Music Concert

Rock-a-Baby brings music to infants and toddlers in new and exciting ways! Enjoy a fun filled concert featuring the musicians you know from our weekly classes, and expect rhythm, melody and harmony to make an appearance too. Bring the whole family for original music, rock 'n roll, dancing, fun and games!

Sun, Feb 5, 10-11 am, \$12/\$14 in advance; \$14/\$16 at door; under 1 Free FFR0C00W2

Purim Family Carnival

Enjoy our fun Purim Carnival—exotic animals, petting zoo, games, obstacle courses, face painting, live music, and more. *Game and food tickets available for purchase at the door. Children with special needs and their families are welcome to enjoy our Purim Carnival from 1-2 pm, prior to the public opening time. Sponsored by Camp Modin.*

Sun, Mar 4, 2-5 pm, Free, FFNPFC00W2

Joanie Leeds and the Nightlights Concert

Dance like crazy with energetic kindie rock band Joanie Leeds and The Nightlights for the release of their new album *What a Zoo! A Tribute to All things Animals!* Joanie's DVD, *City Kid Live*, was filmed right here at the JCC, winning 3 Telly Awards!

Sun, Mar 25, 10-11 am, \$12/\$14 FFNJ0A00W2

Photo: Nancy Adler

PRE-NURSERY PROGRAMS

Magic Clubhouse

18-36 Months

Interact with your child in his/her first classroom experience while they explore science, places we live, faraway lands, and the wonderful world around us. Children explore through story time, art, games, songs, and dramatic play.

Section 1: 33 Tuesdays & Thursdays, Jan 31-Jun 7, 9:15-10:15 am, \$1089/\$1287 F0BMCB01W2

Section 2: 33 Tuesdays & Thursdays, Jan 31-Jun 7, 9-10 am, \$1089/\$1287 F0BMCB02W2

Section 3: 33 Mondays & Wednesdays, Jan 30-Jun 6, 11:30 am-12:30 pm, \$1089/\$1287 F0BMCB03W2

Not Quite Nursery at the JCC!

24-36 Months (drop-off class)

Not Quite Nursery is a year-long program. Please contact Patty Diaz at pdiaz@jccmanhattan.org for more information or to be entered into a lottery for mid-year spots.

The Music Garden

3-36 Months

new! What happens when *The Itsy Bitsy Spider* meets *The Hungry Caterpillar*? Discover The Music Garden, where your children's favorite stories come to musical life through puppets, live accordion, music, and dancing. *Class includes original compositions and some old favorites from around the world.*

7 Wednesdays, Feb 1-Mar 21, 9:30-10:15 am, \$252/\$280 F0BGAR01W2

7 Wednesdays, Apr 25-Jun 6, 9:30-10:15 am, \$252/\$280 F0BGAR02W2

ART + SCIENCE

Mini-Monets

Introduce your child to the world of paint, paper, glue, story time, water play, and more, in age appropriate ways. Children will enjoy the weekly routine and anticipate each activity in this fast moving class! *Dress for a mess!*

18-24 Months

16 Tuesdays, Jan 31-Jun 5, 9:45-10:30 am, \$576/\$640 F0BMON01W2

2-3 Years

16 Tuesdays, Jan 31-Jun 5, 11-11:45 am, \$576/\$640 F0BMON02W2

Unless otherwise noted, all programs are held at the JCC. The first price listed is for JCC members; the second price is for nonmembers.

Silly Science

2-3 Years

Dig for dinosaurs, soar into the solar system, watch the weather, and more, in this introduction to science. Your child will explore the world around him through games, books, art projects, and field trips to the American Museum of Natural History and Central Park.

17 Thursdays, Sept 15-Jan 26, 10:30-11:15 am, \$612/\$680 FFOSL01W2

COOKING

Studies show that by the age of two or three, children are already establishing their eating patterns. Our cooking class environment supports making healthy choices and allows kids to experiment with food and take part in the preparation. When they're part of the process, they're more likely to try the finished product: "If they cook it, they'll eat it."

Kookin' Kids

2-3 Years

Children and adults share quality time in the kitchen preparing delicious dishes together—at least two recipes per week. Children learn to peel, whisk, grate, and slice while experiencing a variety of healthful, fresh ingredients. *All recipes are nut-free; dietary laws observed. No unregistered siblings allowed. If your child has any allergies, please call Jennifer Goren at 646.505.5713 before the first class.*

Section 1: 16 Mondays, Jan 30-Jun 4, 10-11:15 am, \$525/\$570 ESUKID01W2

Section 2: 17 Thursdays, Feb 2-Jun 7, 10-11:15 am, \$595/\$650 ESUKID02W2

Challah Bakin'

6 Years + Under

Share the experience of baking challah for Shabbat with your child! Little hands have fun as they mix, knead, and braid. Enjoy the aroma and simple pleasure of fresh homemade challah with family and friends!

Section 1: Fri, Jan 13, 10-11:15 am, \$15/\$20 ESUCHA01W2

Section 2: Fri, Feb 3, 10-11:15 am, \$15/\$20 ESUCHA02W2

Brunch with Grandma + Grandpa

6 Years and Under
Danielle Benzaken

Grandparents come join the fun! Participate in a delicious cooking experience with your grandchildren. Enjoy cinnamon buns, baked eggs in a mashed potato basket, and hot chocolate with maple flavored whipped cream. *All recipes are nut-free; dietary laws observed.*

Sun, Jan 22, 10-11:15 am, \$20/\$25 member child/grandparent; \$30/\$35 nonmember child/grandparent ESUBGR00W2

MUSIC + DANCE

Rock-a-Baby

In this interactive, educational music experience for you and your toddler, join three energetic musicians and explore rock, pop, blues, and classical music by singing songs, playing games, and dancing. Each week a different theme will be explored through rhythm, melody, and harmony.

10-18 Months

9 Thursdays, Feb 2-Apr 5,
10:30-11:15 am, \$324/\$360 FMUROC02W2

2-3 Years

9 Thursdays, Feb 2-Apr 5,
9:30-10:15 am, \$324/\$360 FMUROC01W2

2-4 Years

9 Thursdays, Feb 2-Apr 5,
5-5:45 pm, \$324/\$360 FMUROC04W2

Mixed Ages

9 Thursdays, Feb 2-Apr 5,
4-4:45 pm, \$324/\$360 FMUROC03W2

Ballet at the J!

In this unique ballet class for girls and boys, Miss Maria introduces ballet positions, songs, and techniques that develop self confidence and locomotor skills. Leotards, tutus, and ballet slippers welcome!

18-24 Months (with parent/caregiver)

17 Tuesdays, Jan 31-Jun 5,
9:30-10:05 am, \$576/\$640 FCSBAL01F2

18-24 Months (with parent/caregiver)

16 Thursdays, Feb 2-Jun 7,
9:30-10:05 am, \$612/\$680 FCSBAL02W2

2-3 Years (with parent/caregiver)

16 Tuesdays, Jan 31-Jun 5,
10:30-11:15 am, \$576/\$640 FCSBAL03W2

2-3 Years (with parent/caregiver)

17 Thursdays, Feb 2-Jun 7,
10:30-11:15 am, \$612/\$680 FCSBAL04W2

2-3 Years (with parent/caregiver)

17 Thursdays, Feb 2-Jun 7,
11:30 am-12:15 pm, \$612/\$680 FCSBAL05W2

2-3 Years (with parent/caregiver)

17 Wednesdays, Feb 1-Jun 6, 3:15-4 pm,
\$612/\$680 FCSBAL06W2

3-4 Years (drop-off)

16 Tuesdays, Jan 31-Jun 5, 2:30-3:15 pm,
\$576/\$640 FCSBAL07W2

3-4 Years (drop-off)

16 Tuesdays, Jan 31-Jun 5, 4:30-5:15 pm,
\$576/\$640 FCSBAL08W2

3-4 Years (drop-off)

17 Wednesdays, Feb 1-Jun 6, 4:15-5 pm,
\$612/\$680 FCSBAL09W2

3-4 Years (drop-off)

17 Thursdays, Feb 2-Jun 7,
3:30-4:15 pm, \$612/\$680 FCSBAL10W2



Little Maestros is HERE!

Now exclusively on the UWS at The JCC in Manhattan

Little Maestros takes children on a fantastic musical journey each week.

You and your child will love their catchy original music, language development segments, educational puppet shows, and "bubble music."

For ages birth-4

Special Registration opens Dec 1st!



Visit jccmanhattan.org/littlemaestros for class schedules



Photo: Nancy Adler

YOUNG FAMILIES CLASS MAKE-UP POLICY

Each registrant in Art, Music, or Pre-Nursery classes is entitled to two make-up classes per semester. Make-ups can be taken in any class with availability, including Supervised Sports Free Play. Check www.jccmanhattan.org for a full list of available classes.

Please call Patty at 646.505.5743 to schedule your make-up for Art, Music, or Pre-Nursery classes.

Please call Michelle Moreno at 646.505.4382 to schedule Gymnastics make-ups, and Darren Michel at 646.505.5703 to schedule Sports and Swim make-ups in Supervised Sports Free Play.

Unfortunately, we cannot provide swim class make-ups in the pool. You will not be admitted to a make-up class without prior authorization from a member of the Young Families staff. Make-ups cannot be carried over to the next semester.

JEWISH LIFE

Hunger Project: For Children 2 + Up

Join other JCC families to cook dinner for 10 homeless guests at the B'nai Jeshurun Homeless Shelter. Children will help prepare healthy, fresh meals, decorate place mats, and set the table before the guests arrive. Meet at B'nai Jeshurun, 257 West 88th Street (between Broadway and West End Avenue).

Thu, Feb 9, Mar 1, Apr 19, May 10, Jun 7,
4:30-6 pm, Free FFOHPR01-05W2

Shabbat Club

Greet Shabbat with your child. Enjoy special Shabbat songs, movement, arts & crafts, and blessings over candles, juice, and challah. Taught by Heather Brown, Director of Young Family Programs.

18-24 Months

17 Fridays, Feb 3-Jun 8, 9:30-10:30 am,
\$680/\$765 FSHSCJ01W2

2-3 Years

17 Fridays, Feb 3-Jun 8, 10:45 am-noon,
\$680/\$765 FSHSCJ02W2

Shabbat Shira

Usher in Shabbat each week with songs in English and Hebrew. You and your child will learn ASL signs to accompany this wonderful music class, while interacting with a host of fun musical instruments, puppets, and more. Families will take home a challah each week.

3-12 Months

8 Fridays, Feb 3-Mar 30, 11-11:45 am,
\$296/\$336 FSHSNG01W2

12-36 Months

8 Fridays, Feb 3-Mar 30, 10-10:45 am,
\$296/\$336 FSHSNG02W2

Infants + Toddlers Shabbat Dinners

Welcome Shabbat with appetizers and cocktails at 5:30 pm, followed by an interactive song session from 5:45-6:15 pm. Blessing and dinner to follow. All levels of observance welcome! Grandparents and extended family members are welcome to attend as well! *Pre-registration is required. Strollers must remain in the lobby. Dietary laws observed.*

4 Fridays, Feb 10, Mar 16, May 4, Jun 8,
5:30-7:30 pm, \$18 per person over
24 months; children under 2 free
FSHFSD01-04W2

BABYSITTING AT THE JCC

Our beautiful babysitting room, located at the end of the hall on L3, provides a clean, safe, and fun space for your child (3 months-4 years) to play while you enjoy some time to yourself in our building! The babysitting room is open Monday-Friday, 8:30 am-2 pm.

Please call 646.505.4467 for more information.

CYMNASTICS + SPORTS

Gymnastics

Jump, tumble, and roll! Children explore exercise, music, and play. Classes focus on body awareness and increasing confidence in mobility.

Tots-a-Lot

10-17 Months

For babies who are crawlers, cruisers, or early walkers.

Section 1: 16 Mondays, Jan 30-Jun 4, 11-11:45 pm, \$528/\$688 CGMTOT01W2

Section 2: 17 Wednesdays, Feb 1-Jun 6, 1-1:45 pm, \$561/\$731 CGMTOT02W2

Section 3: 17 Thursdays, Feb 2 & Jun 7, 10-10:45 am, \$561/\$731 CGMTOT03W2

Section 4: 17 Fridays, Feb 3-Jun 8, 1-1:45 am, \$561/\$731 CGMTOT04W2

Super Tots

18-24 Months

For toddlers who are walking, running, and climbing.

Section 1: 16 Tuesdays, Jan 31-Jun 5, 11-11:45 am, \$528/\$688 CGMSUP01W2

Section 2: 17 Wednesdays, Feb 1-Jun 6, 11-11:45 am, \$561/\$731 CGMSUP02W2

Section 3: 17 Thursdays, Feb 2-Jun 7, 11-11:45 am, \$561/\$731 CGMSUP03W2

Section 4: 17 Friday, Feb 3-Jun 8, 11-11:45 am, \$561/\$731 CGMSUP04W2

Tumbling 2's

24-36 Months

For children who are active climbers, jumpers, and tumblers. Fun "kid's only" activities will foster independence and prepare them for nursery school. *Children must be 2 years old at the start of the session.*

Section 1: 16 Mondays, Jan 30-Jun 4, 10-10:45 pm, \$528/\$688 CGMTUM01W2

Section 2: 16 Tuesdays, Jan 31-Jun 5, 10-10:45 am, \$528/\$688 CGMTUM02W2

Section 3: 17 Wednesdays, Feb 1-Jun 6, 10-10:45 am, \$561/\$731 CGMTUM03W2

Section 4: 17 Fridays, Feb 3-Jun 8, 10-10:45 am, \$561/\$731 CGMTUM04W2

Gymnastics for 3's

new! This class for 3-year-olds who are not ready to separate, fosters independence and encourages children to do activities on their own. *Children must be 3 years old at the start of the session.*

Section 1: 17 Wednesdays, Feb 1-Jun 6, 2-2:45 pm, \$561/\$731 CGMGS01W2



Photo: Nancy Adler

Sports Skills + Learning the Ropes

Sports Skills and Learning the Ropes will introduce little ones to basic baseball, basketball, tennis, soccer, and more! Classes teach skill building and motor development in a warm and caring environment.

Sports Skills 1.0: 18-24 Months

16 Mondays, Jan 30-Jun 4, 10-10:45 am, \$528/\$688 CMGGY01W2

Sports Skills 2: 2.0-2.5 Years

Section 1: 16 Tuesdays, Jan 31-Jun 5, 10-10:45 am, \$528/\$688 CMGGY02W2

Section 2: 17 Wednesdays, Feb 1-Jun 6, 10-10:45 am, \$561/\$731 CMGGY03W2

Sports Skills 3: 2.5-2.11 years

Section 1: 16 Tuesdays, Jan 31-Jun 5, 11-11:45 am, \$528/\$688 CMGGY04W2

Section 2: 17 Thursdays, Feb 2-Jun 7, 10-10:45 am, \$561/\$731 CMGGY05W2

Section 3: 17 Fridays, Feb 3-Jun 8, 10-10:45 am, \$561/\$731 CMGGY06W2

Learning the Ropes 1: 3.0-3.5 Years

Section 1: 16 Mondays, Jan 30-Jun 4, 11-11:45 am, \$528/\$688 CMGGY07W2

Section 2: 17 Wednesdays, Feb 1-Jun 6, 11-11:45 am, \$561/\$731 CMGGY08W2

Section 3: 17 Fridays, Feb 3-Jun 8, 11-11:45 am, \$561/\$731 CMGGY09W2

Learning the Ropes 2: 3.5-3.11 Years

Section 1: 16 Tuesdays, Jan 31-Jun 5, 2-2:45 pm, \$528/\$688 CMGGY10W2

Section 2: 17 Thursdays, Feb 2-Jun 7, 11-11:45 am, \$561/\$731 CMGGY11W2

RUSSIAN LANGUAGE PROGRAMS FOR YOUNG FAMILIES

Russian Tots Sundays Class For Children from Russian-Speaking Families 2-6 Years*

Children from Russian-speaking families will enjoy Generation R's once-a-month Sunday class. Learn about the joys of the Jewish holidays, traditions, and customs through crafts activities, storytelling, songs, and more. Classes are taught in Russian by professional Russian-speaking early childhood educators. Themes will include Tu B'Shevat, Purim, Passover and Shabbat.

4 Sundays, Feb 1-May 6, 10 am-11:30 am, \$160 EGRRHS00W2

**This is a drop-off class intended for children who are comfortable with separation from their parents. Parents are invited to mingle over coffee in an adjacent room.*

Russian Language Toddler Shabbat

For Children from Russian-Speaking Families 2-6 Years*

Have your toddler experience the joys of Shabbat with other Russian-speaking children in a warm, friendly environment with native Russian-speaking early childhood educators. Children will sing, listen to stories, and become acquainted with greeting Shabbat each week.

14 Fridays, Jan 27-May 11, 4:30-5:30 pm, \$490 EGRRTS00W2

Russian Language Shabbat Club

3-5 Years

Now in its fourth year, join this highly acclaimed Shabbat program that explores the major Jewish holidays and concludes each week with candlelighting, challah, and grapejuice in celebration of Shabbat! The class is taught in Russian by experienced teachers and features storytelling, dramatic play, Judaica creation, games, and more!

14 Fridays, Jan 27-May 11, 4:30-5:30 pm, \$490 EGRRLS00W2

The Zshuk Art Initiative at Russian Shabbat Club: Jewish Learning through the Arts

3-6 Years

This exciting program offers a curriculum that connects to beautiful Jewish texts, stories, and concepts through multidisciplinary experiences in drama, the visual arts, and music. Classes are taught in Russian by experienced teaching specialists in the arts. Each week concludes with a celebration of Shabbat. At semester's end, children will participate in a theatrical performance for the entire family! *Visit zshuk.com/about for more information.*

14 Fridays, Jan 27-May 11, 4:30-5:30 pm, \$490 EGRZHU00W2

PurimSpiel Shadow Puppet Theater

Presented in Russian for Children and Families by Leonid Khanin + Luba Proger

Come cheer Queen Esther and drown out Haman with the noise of groggers in this unique children's puppetry production of the Purim story, sung and spoken in Russian by professional musicians. Children will have a chance to participate in parts of the show in a holiday celebration meant also for friends, parents, and grandparents in the JCC's state-of-the-art theater.

Sun, Mar 11, \$10/\$15

Show 1: 11 am

Show 2: noon

EGRPPT00W2



Photo: Anna Rozenblat

Visit jccmanhattan.org/generationR for additional events for Russian-Speaking Young Families.

For more information about Jewish-themed programs for Russian-speaking children, please contact Russian speakers' initiatives director Audrey B. David, at adavid@jccmanhattan.org or 646.505.4443 or see jccmanhattan.org/generationR.



SWIMMING

6 Months-4 Years

Our classes are conducted in our heated, adjustable-depth pool by certified and expert swim instructors. *Swim diapers are required for all swimmers under the age of three and swim caps are required for everyone. Please rinse off completely in one of our facility showers.*

Photo: Nancy Adler

Bubbling Babies 6-12 Months

Enjoy an introduction to the water in a class full of songs and games. Classes will focus on comfort, breath control, and visual and verbal recognition.

Section 1: 16 Sundays, Jan 29-Jun 3, 2-2:30 pm, \$528/\$688 QBVBUB01W2

Section 2: 16 Mondays, Jan 30-Jun 4, 8-8:30 am, \$528/\$688 QBVBUB02W2

Section 3: 16 Mondays, Jan 30-Jun 4, 11-11:30 am, \$528/\$688 QBVBUB03W2

Section 4: 17 Wednesdays, Feb 1-Jun 6, 8-8:30 am, \$561/\$731 QBVBUB04W2

Section 5: 17 Fridays, Feb 3-Jun 8, 9:30-10 am, \$561/\$731 QBVBUB05W2

Section 6: 17 Fridays, Feb 3-Jun 8, 11-11:30 am, \$561/\$731 QBVBUB06W2

Starfish 12-18 Months

Through games, songs, and basic swim movements, children discover how to move themselves in, out, and around the water, with parent and instructor guidance.

Section 1: 16 Sundays, Jan 29-Jun 3, 8:30-9 am, \$528/\$688 QBVSTA01W2

Section 2: 16 Sundays, Jan 29-Jun 3, 11:30 am-noon, \$528/\$688 QBVSTA02W2

Section 3: 16 Mondays, Jan 30-Jun 4, 8:30-9 am, \$528/\$688 QBVSTA03W2

Section 4: 16 Mondays, Jan 30-Jun 4, 11:30 am-noon, \$528/\$688 QBVSTA04W2

Section 5: 16 Tuesdays, Jan 31-Jun 5, 8-8:30 am, \$528/\$688 QBVSTA05W2

Section 6: 17 Wednesdays, Feb 1-Jun 6, 8:30-9 am, \$561/\$731 QBVSTA06W2

Section 7: 17 Fridays, Feb 3-Jun 8, 10-10:30 am, \$561/\$731 QBVSTA07W2

Tadpole Toddlers 18-24 Months

Children connect more with the instructor as they begin to transition away from their parent. Songs involving swim related movements will increase body awareness. Buoyancy, better breath control, and coordinated movements are introduced.

Section 1: 16 Sundays, Jan 29-Jun 3, 9-9:30 am, \$528/\$688 QBTTAD01W2

Section 2: 16 Sundays, Jan 29-Jun 3, noon-12:30 pm, \$528/\$688 QBTTAD02W2

Section 3: 16 Sundays, Jan 29-Jun 3, 2-2:30 pm, \$528/\$688 QBTTAD03W2

Section 4: 16 Mondays, Jan 30-Jun 4, 9-9:30 am, \$528/\$688 QBTTAD04W2

Section 5: 16 Tuesdays, Jan 31-Jun 5, 8:30-9 am, \$528/\$688 QBTTAD05W2

Section 6: 17 Wednesdays, Feb 1-Jun 6, 9-9:30 am, \$561/\$731 QBTTAD06W2

Section 7: 17 Wednesdays, Feb 1-Jun 6, 11-11:30 am, \$561/\$731 QBTTAD07W2

Section 8: 17 Fridays, Feb 3-Jun 8, 10:30-11 am, \$561/\$731 QBTTAD08W2

Section 9: 16 Sundays, Jan 29-Jun 3, 8-8:30 am, \$528/\$688 QBTTAD09W2

Tiny Turtles 24-30 Months

Children will begin to discover their independence in the water through songs and swim related activities, with an introduction to elementary strokes. They will begin to recognize the activities of a structured class, and form a bond with their instructor.

Section 1: 16 Sundays, Jan 29-Jun 3, 9:30-10 am, \$528/\$688 QBTTTL01W2

Section 2: 16 Sundays, Jan 29-Jun 3, 12:30-1 pm, \$528/\$688 QBTTTL02W2

Section 3: 16 Mondays, Jan 30-Jun 4, 9:30-10 am, \$528/\$688 QBTTTL03W2

Section 4: 16 Tuesdays, Jan 31-Jun 5, 3-3:30 pm, \$528/\$688 QBTTTL04W2

Section 5: 17 Wednesdays, Feb 1-Jun 6, 9:30-10 am, \$561/\$731 QBTTTL05W2

Section 6: 17 Thursdays, Feb 2-Jun 7, 8-8:30 am, \$561/\$731 QBTTTL06W2

Section 7: 17 Fridays, Feb 3-Jun 8, 8-8:30 am, \$561/\$731 QBTTTL07W2

Section 8: 16 Sundays, Jan 29-Jun 3, 11-11:30 am, \$528/\$688 QBTTTL08W2

Little Fish 30-36 Months

Students will be engaged in the fundamentals of swimming with songs and activities in a safe and fun social setting.

Section 1: 16 Sundays, Jan 29-Jun 3, 10-10:30 am, \$528/\$688 QBFFSH01W2

Section 2: 16 Sundays, Jan 29-Jun 3, 1-1:30 pm, \$528/\$688 QBFFSH02W2

Section 3: 16 Mondays, Jan 30-Jun 4, 10-10:30 am, \$528/\$688 QBFFSH03W2

Section 4: 17 Wednesdays, Feb 1-Jun 6, 10-10:30 am, \$561/\$731 QBFFSH04W2

Section 5: 17 Wednesdays, Feb 1-Jun 6, 3-3:30 pm, \$561/\$731 QBFFSH05W2

Section 6: 17 Thursdays, Feb 2-Jun 7, 8:30-9 am, \$561/\$731 QBFFSH06W2

Section 7: 17 Fridays, Feb 3-Jun 8, 8:30-9 am, \$561/\$731 QBFFSH07W2

Diving Dolphins

Independent water entry and exit, elementary strokes, and discovery of movement and buoyancy will allow your Diving Dolphin to feel confident and safe in the water.

3 Years (drop-off class)

Section 1: 16 Sundays, Jan 29-Jun 3, 10:30-11 am, \$528/\$688 QBFDOL01W2

Section 2: 16 Mondays, Jan 30-Jun 4, 10:30-11 am, \$528/\$688 QBFDOL02W2

Section 3: 16 Mondays, Jan 30-Jun 4, 3:30-4 pm, \$528/\$688 QBFDOL03W2



The new **Marti Ann Meyerson Center for Health & Wellness at the JCC** is committed to helping the community at large to live healthy lives at every life stage. From prenatal, to toddlers, tweens, seniors, and everyone in between, our comprehensive center features classes and workshops on healthy cooking, fitness, athletics, meditation, and more. To learn more, please visit jccmanhattan.org/healthwellness.

Section 4: 16 Tuesdays, Jan 31-Jun 5, 3:30-4 pm, \$528/\$688 QBFDOL04W2

Section 5: 17 Wednesdays, Feb 1-Jun 6, 10:30-11 am, \$561/\$731 QBFDOL05W2

Section 6: 17 Wednesdays, Feb 1-Jun 6, 3:30-4 pm, \$561/\$731 QBFDOL06W2

Section 7: 17 Thursdays, Feb 2-Jun 7, 3:30-4 pm, \$561/\$731 QBFDOL07W2

4 Years (drop-off class)

Section 1: 16 Sundays, Jan 29-Jun 3, 1:30-2 pm, \$528/\$688 QBFDOL01W2

Section 2: 16 Mondays, Jan 30-Jun 4, 4-4:30 pm, \$528/\$688 QBFDOL02W2

Section 3: 16 Tuesdays, Jan 31-Jun 5, 4-4:30 pm, \$528/\$688 QBFDOL03W2

Section 4: 17 Wednesdays, Feb 1-Jun 6, 4-4:30 pm, \$561/\$731 QBFDOL04W2

Section 5: 17 Thursdays, Feb 2-Jun 7, 4-4:30 pm, \$561/\$731 QBFDOL05W2

Section 6: 17 Fridays, Feb 3-Jun 8, 9-9:30 am, \$561/\$731 QBFDOL06W2

parents + parents-to-be

Caring for Your Newborn Baby

Learn to find humor and joy in the care routines for your new babies. Topics covered include: preparing the home for the baby's arrival; circumcision and umbilical cord care; bathing and dressing; breastfeeding; how to handle a colicky baby; and more! Led by Andrea Syms-Brown, IBCLC, CIMI, experienced newborn care specialist/educator. *For your convenience, this workshop repeats five times. Choose the date that works best for you.*

Thursdays, Feb 9, Mar 8, Apr 19, May 10, Jun 14, 6:30-8:30 pm, \$30/\$40 per session, per person FPACBA01-05W2

Breastfeeding Support Group

Sit and nurse your baby, schmooze with other moms, ask questions, and get some answers. Led by Beverly Solow, board certified lactation consultant who has been assisting nursing mothers for 16 years. *Pregnant women are also welcome. For women only.*

5 Wednesdays, Feb 8, Mar 7, Apr 18, May 9, Jun 13, 11:30 am-1 pm, \$20/\$25 per session FPABRE01-05W2

Coo + Crawl: A Parent and Baby Playspace

Babies will play and explore their surroundings while they interact in a clean, friendly, and informal environment. Group meets weekly and is led by Sara Newman, DONA, and certified lactation consultant. *Attend one or all sessions. Strollers must remain in the lobby. Bring a baby blanket.*

Mondays, Jan 30-May 21, 10-11 am, \$10/\$12 per session FPAC0000W2

CPR, Rescue Breathing, and Heimlich

Learn how to perform CPR, how to help a child/adult who is choking, and how to handle life-threatening emergencies. Ideal for parents, babysitters, nannies, and grandparents. Participants will practice on mannequins. Dress comfortably. You will take home practice materials.

CPR for Newborn-1 Year

4 Tuesdays, Feb 7, Mar 6, Apr 17, May 8, 6:30-8:30 pm, \$80/\$100 FPACPR01-04W2

Child/Adult CPR with AED Certification

4 Tuesdays, Feb 14, Mar 13, Apr 24, May 22, 6:30-8:30 pm, \$95/\$115 FPACPR05-08W2

Parenting Support Group

new! Everyone needs someone to talk to—especially parents. Join two early childhood educators/professionals to discuss important parenting issues, difficulties, and successes. The support group will answer your questions and give you the support you need. *Join us for one session or all!*

Feb 13, Mar 12, Apr 16, 7-8:30 pm, \$20/\$25 per session, per person FPASUP01-03W2

How To Adopt Domestically and Internationally

Learn about domestic and international adoption options, the difference in working with an agency or attorney, what to expect during the homestudy, costs, time-frames, ages and background information available on children, and the availability of education and support before, during, and after adoption. Questions are encouraged. Led by staff of the Ametz Adoption Program of JCCA. *Sessions repeat; please choose one.*

Wednesdays, Feb 29, Mar 21, Apr 25, May 23, Jun 20, 6-7:30 pm, \$15 per session FPAHOW01-05W2

Pre-Adoption Support Group: The Survival Guide

Join other singles and couples to get answers to questions, share concerns, and learn survival tips as you navigate unfamiliar territory. Group meets monthly and is led by Lorayne Losch, LCSW, social worker from the Ametz Adoption Program of the JCCA.

5 Thursdays, Feb 16, Mar 15, Apr 19, May 17, Jun 14, \$70/\$80 for series; \$15/\$20 per session FPAPAG01-05W2

PARENTING LECTURES

Developmentally Appropriate Discipline: Minimizing Power Struggles with Children

How can adults help children become more resilient, gain self control, respect the rights of others, and learn from their mistakes? Explore discipline from a developmental perspective and focus on teaching and learning, rather than on punishing. Jean Schreiber, MS Ed, is an early childhood educational consultant who, for over two decades, has developed and directed early childhood programs and parenting centers, and has provided guidance to parents in both individual and group settings.

Wed, Feb 8, 7-8:30 pm, \$20/\$25 FPADAD00W2

Natural Food Remedies for Children

Marcia Berry, Nutritionist
Learn natural remedies for insect bites, sprains, ear infections, upset stomach, nausea, fever, sore throats, and more. Create a first aid kit for your family using simple ingredients from your kitchen and grocery store.

Mon, Apr 23, 6:30-7:30 pm, \$12/\$15 FPANFR00W2

Working Moms Lecture

Come and listen to some of NYC's most accomplished and well-known working moms discuss the guilt, freedom, juggling, and compromise that come with being a mom with a job. Listen to their success stories and learn from their mistakes.

Thu, Mar 15, 7-8:30 pm, \$15/\$20 FPAMOM00W2

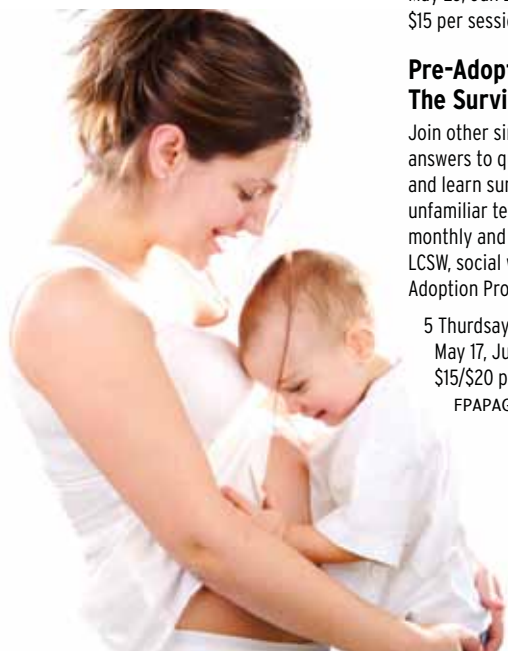


Photo: Diana Berrent

FINANCIAL ASSISTANCE

The JCC is committed to cultivating diversity and supporting its members by providing financial assistance to families in need in the nursery school, day camp, and select programs. *If you're interested in contributing to this special fund, please call Paula Simmonds at 646.505.4436.*

Limited scholarships are available. *Contact Laura Wells at lwells@jccmanhattan.org for an application. All information is confidential.*



PRENATAL + POSTNATAL WORKOUTS

Classes are part of *The Marti Ann Meyerson Center for Health & Wellness*.

Prenatal Water Class

Orit Spanier, Prenatal Expert

Safely keep your abdominals in shape and relieve back pain with soothing water exercise. Maintain your cardiovascular fitness and greatly reduce the physical discomforts of pregnancy. *Held in the main pool.*

Section 1: 8 Mondays, Jan 30-Mar 26 (except Feb 20), 11 am-noon, \$264/\$344 QWANAT01WZ

Section 2: 8 Mondays, Apr 2-Jun 4 (except Apr 9 & May 28), 11 am-noon, \$264/\$344 QWANAT02WZ

Postnatal Water Exercise for Moms and Babies (3-6 months)

Strengthen your core muscles with various yoga stretches, improve muscle tone with a full body sculpt, and get an aqua cardio workout. Bring your baby or work out alone. *Held in our heated training pool.*

Section 1: 7 Mondays, Jan 30-Mar 26 (except Feb 20), noon-1 pm, \$264/\$344 QWAPOS01WZ

Section 2: 8 Mondays, Apr 2-Jun 4 (except Apr 9 & May 28), noon-1 pm, \$264/\$344 QWAPOS02WZ

moms, relax!

The JCC offers prenatal massages using our special table so moms-to-be can lie face down comfortably and safely!

For more info, or to book, visit the 5th Floor Welcome Desk, or call 646.505.5716.

MELT for Pregnancy

Edya Kalev, New Mom + Fitness Expert

Explore how the MELT Method can support you in having a healthy, active pregnancy. Learn simple techniques to alleviate back and hip pain, engage your core safely, and prevent diastases.

Thu, Jan 19, 6:30-8 pm, \$45/\$55 KMABMP00WZ

MELT for New Moms

Hallee Altman, Fitness Expert

Now that you've given birth, it is more important than ever to take care of your body so you can stay injury-free and enjoy your new baby. Learn how MELT can help you strengthen your core and get back the integrity of your body from the inside out.

Regain Abdominal Strength + Sensation: Sun, Mar 4, 1-2 pm, \$22/\$32 KMAMCC01WZ

Carry Your Baby without Neck and Back Pain: Sun, Mar 11, 1-2 pm, \$22/\$32 KMAMCC02WZ

Help! I Pee When I Sneeze! Sun, Mar 18, 1-2 pm, \$22/\$32 KMAMCC03WZ

Take All 3 and SAVE! \$55/\$85 KMAMCC04WZ

Baby and Mommy Boot Camp

Michelle Moreno, Fitness Expert

This safe cardio and sculpt combo class is designed to jumpstart your weight loss and get your abs back in shape! Strengthen your back, hips, and thighs while enjoying the camaraderie and support of other moms. *Baby should be able to hold up his/her head.*

Section 1: 10 Tuesdays & Thursdays, Jan 17-Feb 16, 1:15-2:15 pm, \$180/\$218 KMAMBC01WZ

Section 2: 10 Tuesdays & Thursdays, Feb 28-Mar 29, 1:15-2:15 pm, \$180/\$218 KMAMBC02WZ

Spring Section: 10 Tuesdays & Thursdays, Apr 3-May 10 (except Apr 10 & 12), 1:15-2:15 pm, \$180/\$218 KMAMBC03WZ

Prenatal Yoga: Pregnancy + Childbirth

Mary Barnes, RYT

Learn how to use yoga to relieve discomfort and strengthen your body for natural childbirth or Cesarean section. Safely develop the strength in your core to maintain postural integrity during and after pregnancy. *All levels and stages are welcome.*

Section 1: 6 Sundays, Jan 8-Feb 26 (except Jan 15 & Feb 19), 4:15-5:45 pm, \$165/\$190 KMAYOI01WZ

Section 2: 6 Sundays, Mar 4-Apr 15 (except Apr 8), 4:15-5:45 pm, \$165/\$190 KMAYOI02WZ

Mother and Baby Pilates 4 Weeks to Crawling

Randi Stone, Certified in Pre-and Postnatal Pilates

Lose your "mummy tummy," regain the integrity of your pelvic floor, and strengthen your back while enhancing the natural mother-baby bond. *Bring a mat/blanket and a baby blanket.*

Section 1: 6 Fridays, Jan 13-Feb 17, 12:15-1 pm, \$174/\$220 KMAMPB01WZ

Section 2: 6 Fridays, Mar 2-Apr 18 (except Mar 21), 12:15-1 pm, \$174/\$220 KMAMPB02WZ

Outdoors in Central Park:

Meet at the top of the Bethesda Fountain stairs at 72nd Street. Rainy days meet on L1 at the JCC.

5 Fridays, Apr 27-Jun 1, (except May 25), 12:15-1 pm, \$145/\$183 KMAMPB01S2

Movin' Mamas Pilates

Randi Stone, Co-Founder, Movin' Mamas

Move, sweat, and have fun along with other moms. This Pilates based boot camp combines the best of Pilates with safe cardio and strength training. *On the first day of class, please be prepared to pay instructor a \$25 materials' fee for balls and bands which are yours to keep.*

Section 1: 6 Wednesdays, Jan 11-Feb 15, 11 am-noon, \$174/\$220 KMAMOP01WZ

Section 2: 6 Fridays, Jan 13-Feb 17, 11 am-noon, \$174/\$220 KMAMOP02WZ

Take both and SAVE! \$300/\$400 KMAMOP03WZ

Section 3: 6 Wednesdays, Apr 18 (except Mar 21), 11 am-noon, \$174/\$220 KMAMOP03WZ

Section 4: 6 Fridays, Mar 2-Apr 20 (except Mar 23 & Apr 13), 11 am-noon, \$174/\$220 KMAMOP04WZ

Take both and SAVE! \$300/\$400 KMAMOP05WZ

Outdoors in Central Park:

Meet at the top of the Bethesda Fountain stairs at 72nd Street. Rainy days meet on L1 at the JCC.

Section 1: 5 Wednesdays, May 2-30, 11 am-noon, \$145/\$183 KMAMOP01S2

Section 2: 5 Fridays, Apr 27-Jun 1, (except May 25), 11 am-noon \$145/\$183 KMAMOP02S2

Cardio Stroller Yoga Workout in Central Park

Michelle Hill, Postnatal Expert

Class starts with a 1.5 mile fast-paced walk followed by postnatal yoga under the trees. *Bring your baby, blanket, and wheels. First session meets in the JCC lobby at 8:45 am. Following sessions meet at 72nd Street & CPW, northeast side, by the hot dog stand. Class is cancelled only in extreme weather conditions and will be announced by 8 am at 646.505.5716.*

8 Mondays & Thursdays, Apr 16-May 10, 9-10 am, \$120/\$140 KMAMOW00S2

Having a Baby or Know Someone Who Is?



Call the JCC Young Families Department at 646.505.5743 for your "Welcome to the World" gift bag, which includes a baby present and a discount certificate for your first JCC class with your new baby.



school-age programs

(4-10 years)



Photo: Nancy Adler

Please Note

There will be NO After School classes on the following dates:

Sun, Feb 19-Fri, Feb 24:
Presidents' Week

Friday, Apr 6: Erev Passover

Sun, Apr 8-Fri, Apr 13: Passover

Tue, May 15: JCC Annual Benefit

Sun, May, 27: Shavuot

Mon, May 28: Memorial Day

AFTER SCHOOL AT THE JCC

After School Pick-Up Service

The JCC offers a pick-up service from many schools on the Upper West Side, including PS 87, PS 199, PS 9, PS 163, Manhattan Day School, Solomon Schechter, Heschel, Calhoun, Rodeph Sholom Upper & Lower Schools, and Parkside. Children are accompanied by a JCC staff member, either on foot or via public transportation. At the JCC, a counselor will help children change for class and escort them to the Clubhouse or their After School classes. *Children escorted to the JCC more than 15 minutes before a scheduled After School class must enroll in the After School Clubhouse. To register your child for After School Pick-Up, please call Caroline at 646.505.4372.*

Section 1: 16 Mondays, Jan 30-Jun 4, 2:30-3:30 pm, \$240/\$288 HAOWAL01W2

Section 2: 16 Tuesdays, Jan 31-Jun 5, 2:30-3:30 pm, \$240/\$288 HAOWAL02W2

Section 3: 17 Wednesdays, Feb 1-Jun 6, 2:30-3:30 pm, \$255/\$306 HAOWAL03W2

Section 4: 17 Thursdays, Feb 2-Jun 7, 2:30-3:30 pm, \$255/\$306 HAOWAL04W2

Nursery Pick-Up Service

This service is offered to students at The Saul and Carole Zabar Nursery School at the JCC who get dismissed at 2:45 pm and are participating in After School programs or Clubhouse. *To register for Nursery Pick-Up, please call Caroline at 646.505.4372.*

Mondays, Jan 30-Jun 4, \$75 HAONUR01W2

Tuesdays, Jan 31-Jun 5, \$75 HAONUR02W2

Wednesdays, Feb 1-Jun 6, \$75 HAONUR03W2

Thursdays, Feb 2-Jun 7, \$75 HAONUR04W2

After School Clubhouse

Afternoon Extended Care for Children in the After School Program

Spend quality time before or after scheduled classes. Clubhouse has two locations, allowing kids to play and develop with their age group. Clubhouse Juniors (ages 4-7) focuses on creative activities, while Clubhouse Seniors (ages 8-10) emphasizes homework help and structured, creative play. *Children escorted to the JCC more than 15 minutes before a scheduled After School class must enroll in the After School Clubhouse. Call 646.505.4372 for more information.*

Section 1: 16 Mondays, Jan 30-Jun 4, 3-6 pm, \$256/\$304 HAOCLEU01W2

Section 2: 16 Tuesdays, Jan 31-Jun 5, 3-6 pm, \$256/\$304 HAOCLEU02W2

Section 3: 17 Wednesdays, Feb 1-Jun 6, 3-6 pm, \$272/\$323 HAOCLEU03W2

Section 4: 17 Thursdays, Feb 2-Jun 7, 3-6 pm, \$272/\$323 HAOCLEU04W2

STUDIO ART

Master of Fun Arts

5-6 Years

Budding artists will receive their Master's of Fine Arts upon completion of this exciting studio sampler course! Children will spend half the term exploring clay sculpture with Ms. Lee, a noted South Korean clay artist. For the second half of the course, Swiss artist Sylvie will do a variety of projects in painting, collage, printmaking, sculpture, and more.

17 Wednesdays, Feb 1-Jun 6, 3:30-5 pm, \$555/\$730 ESCART00W2

Clay Sculpture + Pottery

7-10 Years

Endless possibilities for this after school clay class include creating a set of handmade dishes you can use at home, fantasy sculptures, beads for necklaces, and more. Working with the amazing Ms. Lee will be a blast and you can get your hands dirty in a good way!

16 Mondays, Jan 30-Jun 4, 4:30-6 pm, \$590/\$760 ESCLA00W2



EcoArt for Kids

4-6 Years

This class will build relationships between children and their environment through projects that use organic and recycled materials—kites, wind socks, bird feeders, bark baskets, mobiles, twig furniture, sculptures, feather jewelry, and more. Children will be encouraged to observe and collect stones, twigs, pebbles, and other organic elements for this exciting and original class.

17 Thursdays, Feb 2-Jun 7, 3:45-4:45 pm, \$475/\$570 ESXECO00W2

Fabric Arts Studio

8-10 Years

Design one-of-a-kind accessories, easy drawstring skirts, and simplified amigurumi-style funky stuffed toys (our take on the Japanese animal crochet trend). You'll leave this class with lots of cool projects, fashion savvy, the skills to hand-sew, and an introduction to machine sewing.

16 Mondays, Jan 30-Jun 4, 4:30-6 pm, \$685/\$800 ESXFA00W2

Comic Books for Kids

8-10 Years

Superman, Archie, Spiderman, and more! Students will explore the universes of their heroes with writing, drawing, and animation. Sessions examine the history of comic books and the comic book industry today. Kids will design and make a set of their own trading cards!

16 Tuesdays, Jan 31-Jun 5, 4:30-5:30 pm, \$416/\$544 HAOCMC00W2

PHOTOGRAPHY

Next Step Photography

8-10 Years

Jennifer Brommer

Expand your photography skills in this fun, engaging class. Study composition, exposure, depth of field, and capturing movement. Refine your digital printing skills and advance your printing techniques. Benefit from in-class slide lectures, class trips, and discussions with guest artists.

16 Tuesdays, Jan 31-Jun 5, 4:30-6 pm, \$575/\$675 ESPAFT00W2



Photo: Nancy Adler

DANCE

After School Ballet at the J! Miss Maria 4-7 Years

Dancers will develop muscle strength and body awareness while building on classical ballet positions and vocabulary. Dancers will be introduced to the important components of a ballet class such as warm-up, spatial patterns across the floor, and center combinations.

4-5 Years

16 Mondays, Jan 30-Jun 4, 3:30-4:15 pm, \$560/\$624 HAOBAL01W2

16 Tuesdays, Jan 31-Jun 5, 3:30-4:15 pm, \$560/\$624 HAOBAL02W2

17 Thursdays, Feb 2-Jun 7, 4:30-5:15 pm, \$595/\$663 HAOBAL03W2

6-7 Years

16 Mondays, Jan 30-Jun 4, 4:30-5:15 pm, \$560/\$624 HAOBAL04W2

Hip-Hop/Jazz

Intro to Jazz | 5-6 Years

Children will learn dance fundamentals and techniques such as jazz walks, turns, jumps, leaps, and beginner hip hop moves. Each class includes stretches, isolation exercises, core exercises, and short choreographed routines. *No experience necessary. Students should wear comfortable clothing and jazz shoes or sneakers.*

17 Wednesdays, Feb 1-Jun 6, 3:45-4:30 pm, \$493/\$663 HAOHIP01W2

Intro to Hip Hop | 7-8 Years

This class picks up where Jazz class leaves off. Children will incorporate the dance techniques they learned in jazz to the intricate moves of hip hop-and-lock, freestyle, and waving. Each class includes stretching, core exercises, and a choreographed routine to be performed at the end of the session. *One year of some dance experience is recommended. Students should wear comfortable clothing and sneakers.*

17 Wednesdays, Feb 1-Jun 6, 4:35-5:35pm, \$493/\$663 HAOHIP02W2

Hip-Hop Jazz Fusion | 8-10 Years

new! Children will learn to free-style, pop and lock, as well as incorporate jazz dance technique like turns, jumps, and leaps into their routines! This high energy class includes stretches and core exercises. A choreographed routine will be performed at the end of the session. *One-two years of dance experience necessary. Students should wear comfortable clothing and jazz shoes or sneakers.*

16 Tuesdays, Jan 31-Jun 5, 4:30-5:30 pm, \$464/\$624 HAOHIP03W2

COOKING

Little Chefs

4-6 Years

Kids rule the kitchen in this hands-on cooking class that will open a world of new foods to your children who will proudly create their own mini-meals each week with the use of a variety of ingredients. *All recipes are nut free; dietary laws observed.*

16 Tuesdays, 3:30-4:45 pm, \$560/\$615 ESULIC00W2

Chefs-in-Training

7-9 Years

Your kids will become such good cooks you'll start asking them for kitchen tips! Each week they will explore French, Italian, Mexican, Greek, and Asian cuisines as they prepare at least two gourmet kid-friendly dishes made with fresh ingredients. *Recipes are nut free; dietary laws observed.*

17 Wednesdays 3:30-4:45 pm, \$595/\$650 ESUCIT00W2



Photo: Nancy Adler

SCIENCE + MORE!

New projects every term! Taught by Dazzling Discoveries.

Weird Science

4-5 Years

Join Dazzling Discoveries for messy, creative, hands-on explorations of science in our daily lives. Explore rainbows, gravity, sound, senses, nature, weather, motion, magnetism, outer space, and other real life topics. Each week your child will create a take home project so that you can continue to explore at home.

16 Tuesdays, Jan 31-Jun 5, 3:45-4:45 pm, \$480/\$640 HAOSCI00W2

Crazy Constructions

6-7 Years

Design and build towers, bridges, houses, roller coasters, furniture, vehicles, and other super structures. Explore and experiment with plastic bricks, wood, paper, and many other materials and learn about engineering, architecture, and physics while inventing and creating your own toys and projects.

17 Wednesdays, Feb 1-Jun 6, 3:30-4:30 pm, \$561/\$680 HAOCON00W2

Electronics and Robotics

8-10 Years

Explore the wonders of machines, electrical circuits, motors, sensors, gears, levers, electromagnets, and basic mechanics. From making your own battery, to constructing robotics kits, to designing your own projects, you will build and take home a variety of mechanical, electrical, and robotic creations.

17 Wednesdays, Feb 1-Jun 6, 4:35-5:35 pm, \$595/\$714 HAOROB00W2

Children's Theater
Grades K-2
Youth Theater
Grades 3-7

Don't miss this opportunity to act, dance, and sing in one of the most exciting theater programs in New York City. After our sold out performances of *Bye Bye Birdie*, join us this year for our annual full scale musical in June.

For more info, contact director Sasha Nanus at 646.505.4401 or snanus@jccmanhattan.org.

Sundays, Jan 8-Jun 3,
10:30 am-12:30 pm,
\$450/\$500 HAO0THR00F2

Extreme Science

7-9 Years

Dazzling Discoveries' hands-on science program will explore wild weather, magnet magic, amazing mixtures, gems and minerals, fossils, edible science, vehicles in action, flying objects, simple explosions and many other scientific principles of the world around us. Each week children will conduct tests and design and create "make and take" projects that incorporate the science theme of the day.

17 Thursdays, Feb 2-Jun 7, 4-5 pm, \$544/\$697 HAOEXT00W2

CHESS

Chess Club

4-6 Years

Chess develops important skills such as forethought, responsibility, and sportsmanship. Budding chess masters explore the world of chess through puzzles, play, and personal instruction. Learn all the rules and be introduced to new concepts in developing moves and coordinating pieces.

17 Wednesdays, Feb 1-Jun 6, 3:30-4:15 pm, \$442/\$578 HAOCHS00F2

YOGA

Glow-in-the-Dark Yoga

4-6 Years

Yoga poses combine with songs, puppets, and stories to exercise social and motor skills while increasing flexibility. This class encourages self-expression and relaxation while exploring ideas about compassion, kindness, gratefulness, and love—all while glowing in the dark! Be sure to wear white for extra “glow-ability”! Taught by Karma Kids Yoga®.

17 Wednesdays, Feb 1-Jun 6,
3:45-4:30 pm \$493/\$663 HAOGLO00WZ

MARTIAL ARTS

Karate

4.5-12 Years

Focus the young mind, exercise the body, and develop practical skills in a supportive environment that builds confidence and a positive outlook. Taught by educator and published author in the martial arts, Cary Nemeroff, 10th Degree Black Belt. *If you are unsure what class is right for your child, please contact Cary Nemeroff at sokel@optonline.net. Uniform purchased through class instructor; price of uniform not included in price of class.*

Beginner: 4.5-6 Years

16 Mondays, Jan 30-Jun 4,
3:30-4:30 pm, \$464/\$624 HAOKAR01WZ

Beginner: 4.5-6 Years

16 Tuesdays, Jan 31-Jun 5,
3:30-4:30 pm, \$464/\$624 HAOKAR02WZ

Beginner: 4.5-6 Years

17 Thursdays, Feb 2-Jun 7,
3:30-4:30 pm, \$493/\$663 HAOKAR03WZ

Beginner: 7-12 Years

16 Mondays, Jan 30-Jun 4,
5:30-6:30 pm, \$464/\$624 HAOKAR04WZ

Beginner: 7-12 Years

16 Tuesdays, Jan 31-Jun 5,
4:30-5:30 pm,
\$464/\$624
HAOKAR05WZ

Intermediate Toide: 7-12 Years

16 Mondays, Jan 30-Jun 4,
4:30-5:30 pm, \$464/\$624 HAOKAR06WZ

Intermediate Karate: 7-12 Years

17 Thursdays, Feb 2-Jun 7, 4:30-5:30 pm,
\$493/\$663 HAOKAR07WZ

Advanced Toide: 7-12 Years

16 Tuesdays, Jan 31-Jun 5, 5:30-6:30 pm,
\$464/\$624 HAOKAR08WZ

CYMNASTICS 3-12 YEARS

Pre-School Gymnastics

3-4 Years

These classes are designed for pre-school children who are new to gymnastics. Focus is on independence, safety, and body awareness. *This is a drop-off class with scheduled observation classes for parents twice during the session.*

16 Mondays, Jan 30-Jun 4, 3-3:55 pm,
\$528/\$688 CGMPRE01WZ

17 Thursdays, Feb 2-Jun 7, 3-3:55 pm,
\$561/\$731 CGMPRE02WZ

Junior Level Gymnastics

5-7 Years

Beginner level gymnastics classes with focus on basic gymnastics technique such as forward rolls, cartwheels, and hand stands. *Recommended for children who have never taken gymnastics or have a little experience.*

5 Years

16 Mondays, Jan 30-Jun 4, 4-4:55 pm,
\$528/\$688 CGNFIV01WZ

17 Thursdays, Feb 2-Jun 7, 4-4:55 pm,
\$561/\$731 CGNFIV02WZ

16 Fridays, Feb 3-Jun 8, 3:30-4:25 pm,
\$528/\$688 CGMFIV03WZ

6-7 Years

16 Mondays, Jan 30-Jun 4, 4-4:55 pm,
\$528/\$688 CGMJNR01WZ

17 Thursdays, Feb 2-Jun 7, 4-4:55 pm,
\$561/\$731 CGMJNR02WZ

16 Fridays, Feb 3-Jun 8, 3:30-4:25 pm,
\$528/\$688 CGMJNR03WZ

Senior Level Gymnastics

8-10 Years

A continuation of Junior Level Gymnastics, our Senior Level Gymnastics focuses on strength building and technique. Children who have never taken gymnastics will feel comfortable in this class, as well as those who have experience with gymnastics.

16 Mondays, Jan 30-Jun 4, 4-4:55 pm,
\$528/\$688 CGMSNR01WZ

17 Thursdays, Feb 2-Jun 7, 4-4:55 pm,
\$561/\$731 CGMSNR02WZ

16 Fridays, Feb 3-Jun 8, 3:30-4:25 pm,
\$528/\$688 CGMSNR03WZ

Advanced Gymnastics

6-12 Years

Intermediate/advanced gymnastics classes for children with at least 2 years of gymnastics experience. *Due to the challenging material, our gymnastics director must approve any child wishing to attend this class. Please call Michelle at 646.505.4382 to arrange a try out.*

16 Mondays, Jan 30-Jun 4, 5-5:55 pm,
\$528/\$688 CGMASG01WZ

17 Thursdays, Feb 2-Jun 7, 5-5:55 pm,
\$561/\$731 CGMASG02WZ

SPORTS 4-12 YEARS

Getting in the Game

4 Years

Play basketball, hockey, soccer, and more. Children are introduced to team play while focusing on skill development.

16 Tuesdays, Jan 31-Jun 5,
3:45-4:30 pm, \$528/\$688 CLTLIL01WZ

17 Thursdays, Feb 2-Jun 7, 3-3:45 pm,
\$561/\$731 CLTLIL02WZ

Playing the Game

5.0-5.11 Years

Playing the Game concentrates on team play while continuing to build skills. Football, soccer, hockey and team handball are among the sports played.

16 Tuesdays, Jan 31-Jun 5,
3:45-4:45 pm, \$528/\$688 CJGJUN01WZ

Pee Wee Tennis

4-7.11 Years

new! Children will learn all aspects of tennis in a fun nurturing way, mastering ground strokes, volleys, and overheads in a non-competitive manner. *Classes will maintain a 4:1 student to coach ratio. Maximum of 12 students per class.*

4.0-4.11

16 Mondays, Jan 30-Jun 4, 3-3:45 pm,
\$528/\$688 CJGTEN01WZ

17 Wednesdays, Feb 1-Jun 6,
3-3:45 pm, \$561/\$731 CJGTEN02WZ

5.0-5.11

16 Mondays, Jan 30-Jun 4,
3:45-4:40 pm, \$528/\$688 CJGTEN03WZ

6.0-7.11

16 Fridays, Feb 3-Jun 8, 3:30-4:25 pm,
\$528/\$688 CJGTEN04WZ

Advanced Game Play

6.0-10.11 Years

Advanced Game Play emphasizes team play while introducing strategies of the game. Teamwork and sportsmanship play a major role in class. Among the sports played are basketball, soccer, hockey, and football.

Advanced Game Play

6.0-7.11 Years

17 Wednesdays, Feb 1-Jun 6,
3:45-4:45 pm, \$561/\$731 CMSMUL01WZ

Advanced Game Play

7.0-8.11 Years

16 Tuesdays, Jan 31-Jun 5,
4:30-5:30 pm, \$528/\$688 CMSMUL02WZ

Advanced Game Play

8.0-10.11 Years

16 Tuesdays, Jan 31-Jun 5,
4:45-5:45 pm, \$528/\$688 CMSMUL03WZ

Slam Dunk

6-12.11 Years

Master offensive and defensive techniques. Learn basketball drills, scrimmage, and play games. Emphasis is on teamwork, coordination and skill building.

Beginner Dribbler

6-6.11 Years

17 Wednesdays, Feb 1-Jun 6,
3:45-4:45 pm, \$561/\$731 CSDSLA01WZ

Advanced Beginner Dribbler

7.0-7.11 Years

17 Wednesdays, Feb 1-Jun 6,
4:45-5:45 pm, \$561/\$731 CSDSLA02WZ

8.0-8.11 Years

16 Mondays, Jan 30-Jun 4,
4:45-5:45 pm, \$528/\$688 CSDSLA03WZ

9.0-10.11 Years

17 Thursdays, Feb 2-Jun 7,
4:45-5:45 pm, \$561/\$731 CSDSLA04WZ

10-12.11 Years

17 Wednesdays, Feb 1-Jun 6,
4:45-5:45 pm, \$561/\$731 CSDSLA05WZ





SWIMMING 4-14 YEARS

Our Learn To Swim program, led by expert swim instructors, fosters the social, emotional, cognitive, and physical aspects of a child's swim development. Children learn to swim with their peers and are grouped by swim level. *Classes are held in the main pool. Swim caps are required; goggles are optional. Please rinse off completely in one of our facility showers.*

4-5 Years

Section 1: 16 Sundays, Jan 29-Jun 3, 12:45-1:30 pm, \$528/\$688 QASFFV01WZ

Section 2: 16 Mondays, Jan 30-Jun 4, 3:30-4:15 pm, \$528/\$688 QASFFV02WZ

Section 3: 16 Mondays, Jan 30-Jun 4, 4:15-5 pm, \$528/\$688 QASFFV03WZ

Section 4: 16 Tuesdays, Jan 31-Jun 5, 3:30-4:15 pm, \$528/\$688 QASFFV04WZ

Section 5: 17 Wednesdays, Feb 1-Jun 6, 3:30-4:15 pm, \$561/\$731 QASFFV05WZ

Section 6: 17 Thursdays, Feb 2-Jun 7, 3:30-4:15 pm, \$561/\$731 QASFFV06WZ

Section 7: 17 Thursdays, Feb 2-Jun 7, 4:15-5 pm, \$561/\$731 QASFFV07WZ

6-7 Years

Section 1: 16 Sundays, Jan 29-Jun 3, 12:45-1:30 pm, \$528/\$688 QASSIX01WZ

Section 2: 16 Mondays, Jan 30-Jun 4, 4:15-5 pm, \$528/\$688 QASSIX02WZ

Section 3: 17 Thursdays, Feb 2-Jun 7, 4:15-5 pm, \$528/\$688 QASSIX03WZ

Private + Semi-Private Swim Lessons

Specialized and intensive one-on-one swim instruction or small groups of 2-3 students, 3 years and up, are available with our dedicated and expert instructors! *By appointment only. For more info, visit jccmanhattan.org/private-swim-lessons.*

8-10 Years

Section 1: 16 Sundays, Jan 29-Jun 3, 12:45-1:30 pm, \$528/\$688 QASEGT01WZ

Section 2: 16 Tuesdays, Jan 31-Jun 5, 4:15-5 pm, \$528/\$688 QASEGT02WZ

Section 3: 17 Wednesdays, Feb 1-Jun 6, 4:15-5 pm, \$561/\$731 QASEGT03WZ

Swim Team Development

This 45-minute swim intensive class is designed to hone the skills of our most advanced Learn To Swim students. Absolute knowledge and capability to swim freestyle, backstroke, breaststroke, and butterfly, as well as open turns are prerequisites; flip turn knowledge is recommended. A two-day class commitment (Sunday + Tuesday or Sunday + Wednesday) is also required to ensure proper technique and improvement, increased stamina, and swim team readiness. *To register, contact head swim instructor Raquela Sheeran at 646.505.4484 or rsheeran@jccmanhattan.org or head swim coach Alyse Marion at 646.505.5712 or amarion@jccmanhattan.org.*

8-14 Years

Section 1: 16 Sundays, Jan 29-Jun 3, 12:45-1:30 pm, \$528/\$688 QASTWV01WZ

8-14 Years

Section 1: 17 Tuesdays, Jan 31-Jun 5, 4:15-5 pm, \$561/\$731 QASTWX01WZ

Section 2: 17 Wednesdays, Feb 1-Jun 6, 4:15-5 pm, \$561/\$731 QASTWX02WZ



KIDS night out



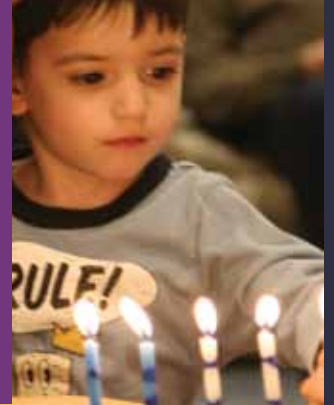
A fun way for your child to enjoy a night out while you enjoy a night off! These action-packed theme nights are a great way for kids to meet new friends, catch up with old ones, and take over the JCC after hours! *Be sure to check jccmanhattan.org/schoolage for upcoming Kids' Night Out events!*

Passport to Israel 5-10 Years

Go to Israel and back before bedtime! The night will include Israeli treats, art projects, games, and more! *Dinner will be served.*

Jan 28, 6:30-9 pm,
\$25/\$35 HAOPAS00WZ

havurah hands-on jewish education



Strengthen Jewish Ties with Havurah

Havurah is an excellent way to nurture the early years of your child's Jewish education in a fun, interactive, and meaningful environment that allows children to learn, play, and grow. At Havurah, we help children make even stronger connections with old friends and generate new relationships as they continue to develop their Jewish identity through a wide array of social learning experiences. The Havurah staff is a team of talented, dynamic educators with experience working in both formal and informal teaching environments. The Havurah program meets weekly on Shabbat afternoons from 3-5 pm for children in kindergarten through third grade. *If you have any questions, or would like to register, please contact Jacqueline Marks at jmarks@jccmanhattan.org.*

jcc in manhattan winter camp

Winter Camp 3-5 Years

When school's out, let the JCC fill your child's day with fun! Sports, games, crafts, swimming, science, cooking, and a whole lot more. Our staff of talented counselors will help make your child's winter break a blast!

3 Years: 9 am-1 pm

Tue, Feb 21	\$75/\$95	DWCTHC01W2
Wed, Feb 22	\$75/\$95	DWCTHC02W2
Thu, Feb 23	\$75/\$95	DWCTHC03W2
Fri, Feb 24	\$75/\$95	DWCTHC04W2

4 Years: 9 am-2 pm

Tue, Feb 21	\$85/\$105	DWCFRC01W2
Wed, Feb 22	\$85/\$105	DWCFRC02W2
Thu, Feb 23	\$85/\$105	DWCFRC03W2
Fri, Feb 24	\$85/\$105	DWCFRC04W2

5 Years: 9 am-3 pm

Tue, Feb 21	\$95/\$110	DWCFVC01W2
Wed, Feb 22	\$95/\$110	DWCFVC02W2
Thu, Feb 23	\$95/\$110	DWCFVC03W2
Fri, Feb 24	\$95/\$110	DWCFVC04W2

Art Studios Intensive

6+ Years

new! Experiment with your creative side in the JCC's professional Art Studios where you will work with a variety of materials and techniques you don't normally have access to in school. You will select two electives which will give you a complete experience working with artist instructors who are experts in their craft.

Tuesday/Wednesday electives:

Ceramic Sculpture or Wood & Mixed Media Constructions

Thursday/Friday electives:

Jewelry & Metalworking or Monotype Printmaking & Block Printing

E-mail your elective choices to sorr@jccmanhattan.org. Space is limited; first come, first served.

Feb 21-24, 9 am-noon,
\$390/\$470 ESCCMP00W2

new! Mini-Camp Intensives

Sports Camp Intensive

4-day sports intensives in tennis or basketball. Sign-up for both and save!

Tennis Mini-Camp Intensive 6-9 Years

Learn and practice all aspects of tennis in a fun nurturing way. Children will work on groundstrokes, volleys, and overheads in a non-competitive manner.

Feb 21-24, 9 am-noon,
\$420/\$520 CSDMIN01W2

Mini-Camp Aftercare Clubhouse

Join us for games, snack, and activities after mini-camp! We will pick up your child from their selected mini-camp program and bring them to our exciting clubhouse program for an afternoon of fun.

Feb 21-24, noon-4 pm,
\$320/\$400 HAOMIN00W2

Basketball Mini-Camp Intensive 6-9 Years

Daily drills will focus on the fundamentals of basketball, shooting, passing, dribbling, defense, and game play.

Feb 21-24, 1-4 pm,
\$420/\$520 CSDMIN02W2

Tennis + Basketball Mini-Camp Intensives 6-9 Years

The day will include tennis intensive in the morning and basketball in the afternoon with an hour lunch break. *Please send lunch and a water bottle.*

Feb 21-24, 9 am-4 pm,
\$790/\$890 CSDMIN03W2



Photo: Tzipora Cohen

jcc in manhattan summer camps

There are limited spaces available in each of our camps for the summer of 2012. Please check our website at jccmanhattan.org/daycamps or contact the camp office at 646.505.4430 for applications and more information.



the jack and shirley silver center for special needs

SPECIAL EVENT



4th Annual ReelAbilities: NY Disabilities Film Festival February 9-14

ReelAbilities is dedicated to promoting awareness and appreciation of the lives, stories, and artistic expressions of people with different abilities. Award-winning films will be presented in various locations throughout the NY metropolitan area. Discussions and other engaging programs bring together the community to explore, discuss, and celebrate the diversity of our shared human experience.

ReelAbilities is made possible by support from the J.E. and Z.B. Butler Foundation, the Saul Schottenstein Foundation, F.Y. Eye, the Harry S. Black & Allon Fuller Fund, the Rita J. and Stanley H. Kaplan Fund of UJA Federation, and the New York City Department of Cultural Affairs. Additional support is provided by an award from the National Endowment for the Arts.



SPECIAL NEEDS SUPPORT

Support Groups

The JCC in Manhattan offers support groups designed to help individuals and families deal constructively with the range of challenges they face. The combined expertise of the facilitators and the personal experiences of the participants provide resources, networking, strategies, therapy options, emotional support, and community.

- Parents of Young Children
- Parents of School-Age Children
- Parents of Teens
- Parents of Adult Children
- Parents of Twins
- Couples
- Fathers Talk
- Adult Siblings
- Grandparents

Registration is ongoing. Limited scholarships available. For additional information and a brief intake, please contact Hannah Cohen at hcohen@jccmanhattan.org or 646.505.4460.

Lectures

A rich and informative series of lectures is scheduled for the winter/spring with renowned attorneys, authors, doctors, and therapists. *Topics TBD.*

Please visit jccmanhattan.org/specialneeds for a complete listing of lectures with dates and fees. Call Hannah Cohen at 646.505.4460 for additional information.

Parent 2 Parent Resource Center

The Parent 2 Parent Resource Center provides guidance to families dealing with the challenges of special needs children. The network is staffed by parent volunteers who will be available to answer questions, share their personal experiences, and provide referrals and resources from our network of families. *Please call 646.505.4391 to leave a message and one of our volunteers will call you back. If you are interested in becoming a parent volunteer for the resource center or have any questions, please call Hannah Cohen at 646.505.4460.*



SPECIAL NEEDS SUNDAY CLASSES

Kulam: Together— children, family + community

Kulam offers Sunday family programming during the academic year for children with a variety of special needs and their families. Classes are offered in music, socialization, cooking, photography, ceramics, theater, fitness, art, and Jewish culture with Matan. In addition to children's classes, Kulam offers parent workshops and seminars, sibling opportunities, and family gatherings. *The JCC in Manhattan is working collaboratively with the Jewish Board of Family and Children's Services.*

Funding for Kulam is provided by grants from The EGL Charitable Foundation and UJA-Federation of New York.

Weekly Family Art

All Ages

Children will have an opportunity to enjoy various projects in each class including painting, drawing, making collages, and more. Take this opportunity to create art together as a family. Come to one class or to all. Stay as long as you like. Art projects will vary by week. *To register, please contact Melissa Lader, director of Children, Tween and Teen Special Needs programs, at 646.505.5729. Pre-registration required.*

Sundays, Feb 5-May 20, 11 am-12:45 pm,
\$20/\$25 per child, per session
HSSART00WZ

Musical Adventures

3-6 Years

Participation in active and aesthetic music making such as playing instruments and moving together elicits the inherent musical potential in all individuals, resulting in deepening primary relationships, self-expression, socialization, and musical fun for everyone! Group led by board certified music therapists.

14 Sundays, Feb 5-May 20, 10-10:45 am,
\$435/\$555 HSSMUS01W1

Sunday Playdate

3-5 Years

This class is designed to engage children in a structured and social environment where they can meet new friends. Activities include art, music, games, and hands-on learning. Parents or caregivers will be present in the classroom at the beginning of each class to interact with their child and ask questions.

14 Sundays, Feb 5-May 20,
11 am-noon or 12:30-1:30 pm,
\$320/\$420 HSSPLA00WZ

Build-a-Friendship: Social Skills and More

5-10 Years

This class teaches social and nonverbal communication skills using creative movement, interactive games, and group role-plays. The curriculum is tailored to the specific needs of the students, and may include social skills such as problem solving, listening, joining in, conflict resolution, and playing games.

5-7 Years

14 Sundays, Feb 5-May 20,
11 am-noon, \$320/\$420 HSSFRI01WZ

8-10 Years

14 Sundays, Feb 5-May 20,
12:30-1:30 pm, \$320/\$420 HSSFRI02WZ

MATAN at the JCC

5-11 Years

A wonderful Jewish educational experience for your child, this fun, meaningful, and informative class will introduce children to Jewish language, culture, and community. Art, cooking, games, and stories will be used as tools for learning. *Class size limited to 8 students. Program runs October-May; mid-semester enrollment possible.*

5-8 Years:

27 Sundays, Oct 16-May 20,
10-11:30 am, \$1225/\$1475 HSSMAT01WZ

9-11 Years:

27 Sundays, Oct 16-May 20,
noon-1:30 pm, \$1255/\$1475 HSSMAT02WZ

Super Soccer Stars

5-9 Years

Super Soccer Stars Special Needs is a unique program created exclusively for children with developmental disabilities, accommodating children with ADD, autism, and other forms of PDD-NOS with a maximum of 2 children per coach. *For more information and registration, please contact Super Soccer Stars at 212.877.7171 or specialneeds@supersoccerstars.com.*

Indoors:

Sundays, Jan 8-Apr 8 (except Feb 19),
2-2:45 pm, \$585 HSSSOC02F1

Outdoors:

Sundays, Apr 15-Jun 24 (except May 27),
2-2:45 pm, \$450 HSSSOC01U1

Gymnastics

4-6 Years

Gymnastics gives children the chance to move their bodies in fun and creative ways. It can allow both boys and girls to learn to control their muscles and gain a sense of body awareness. *No prior experience necessary.*

14 Sundays, Feb 5-May 20, 10-10:45 am,
\$280/\$390 HSSGYM00WZ



Photo: Karen Haberberg

Please Note

There will be no Kulam or Transitions classes on Feb 19 & Apr 8.

Special Needs Swimming 5-10 Years

This focused swim class for children with special needs features small class sizes and dedicated instructors. Children will be placed in groups with swimmers at similar abilities. *For more information, please contact program director Mike Jacoby at 646.505.4456 or mjacoby@jccmanhattan.org.*

16 Sundays, Jan 29-Jun 3, (times vary), \$528/\$688 QCNASW01W2

Story Pirates 6-9 Years

Create stories! Make puppets! This class invites children with special needs, along with their interested siblings, to express their creativity by taking part in various aspects of story making and puppetry.

14 Sundays, Feb 5-May 20, 1:45-2:45 pm, \$490/\$590 HSSSTO00W2



Yoga

7-10 Years

Yoga teaches children increased body awareness and relaxation techniques through various movements and breathing exercises. Children will learn to use yoga in many beneficial ways, both as a form of fitness and as a calming activity.

14 Sundays, Feb 5-May 20, 12:15-1 pm, \$280/\$390 HSSSP000W2

Dance

7-10 Years

Dance and movement give children the chance to express themselves in fun, exciting ways. Children will learn a variety of dance styles set to fun, popular music. Boys and girls learn to control their muscles and gain a sense of body awareness.

14 Sundays, Feb 5-May 20, 11-11:45 am, \$280/\$390 HSSBAL00W2

The 13th Mitzvah 10-12 Years

The JCC, in partnership with Matan, is excited to offer a bar/bat mitzvah preparation program which includes an ongoing class focusing on liturgy and rituals of the Jewish calendar year, as well as referrals to one-on-one tutoring outside of class. The Matan consultant will be available to help navigate the bar/bat mitzvah process with individual families and local synagogues. There will also be opportunities for unaffiliated families to find a welcoming and friendly synagogue that meets their needs.

27 Sundays, Oct 17-May 22, 10-11:30 am, \$1225/\$1475 HSMBAR00W1

Music Therapy + More

7-16 Years

Board certified music therapists guide the group through active music making. Musical styles ranging from contemporary to classical, rap to reggae, will be chosen by the group and used to express feelings, explore personal or group issues, and enhance socialization, group cohesion, and individual self-esteem. *No musical experience necessary.*

7-10 Years

14 Sundays, Feb 5-May 20
11 am-12:45 pm, \$435/\$555 HSSMUS02W2

11-16 Years

noon-12:45 pm, \$435/\$555 HSSMUS03W2

Meet a Mentor

11-16 Years

Children will be paired with mentors who will assist in hands-on studio classes and help build relationships. Students will learn basic kitchen skills and how to cook simple dinner recipes. They will also do ceramics, use a computer to improve digital photos, have class discussions, and more.

Photography

5 Sundays, Feb 5-Mar 11,
10:15-11:45 am, \$95/\$115 HSSMEN01F2

Ceramics

4 Sundays, Mar 18-Apr 15
10:15-11:45 am, \$75/\$95 HSSMEN02F2

Cooking

5 Sundays, Apr 22-May 20,
10:15-11:45 am, \$95/\$115 HSSMEN03F2

Transitions

Transitions is a social program for 16-21-year-olds with a variety of special needs. On Sundays during the academic year, young people meet at the JCC to participate in activities both on- and offsite. Through these fun and social activities, there is an opportunity to build friendships while emphasizing independence and gaining life skills. Participants' interests help to shape the program and the activities that are chosen.

Funding for Transitions is provided by The New York City Council through the Autism Awareness Initiative.

14 Sundays, Feb 5-May 20, 2-3:30 pm or 4-5:30 pm with monthly groups from 2-5 pm, \$295/\$395 HSTTRA00W2

Information Intake

In order to assure that Kulam and Transitions classes are comprised of a group of individuals who will optimally benefit from the program, a brief intake process has been devised. *For more information, or to begin the intake conversation, please contact Leslie Epstein Pearson, LCSW, at the Learning Resource Network at JBFCS at 212.632.4499.*

Tween/Teen Lounge

Are you between 11 and 16 years and looking for a place to hang out and chat with others? Join us for the new tween/teen lounge where you can meet new people, play games, and enjoy a snack. *Pre-registration strongly encouraged.*

5 Sundays, Feb 12, Mar 11, Apr 1, May 13, Jun 10, 5:30-7:30 pm,
\$20/\$25 per session HSSTEN00W2

See page 28 for information on support groups for Parents of Teens.

SIBLING OPPORTUNITIES

Siblings of children with special needs need opportunities to express themselves, share experiences, and meet others in the same family situation. We offer a variety of programs for these children to meet and learn. Classes are available for siblings concurrently with those for children with special needs.

SibFun

6-12 Years

Brothers and sisters of children with disabilities meet other kids whose siblings have similar needs. They'll have an opportunity to address the good and not so good parts of having a sibling with a disability while playing games and making new friends. *A brief intake is conducted prior to registration to ensure optimal group composition. Please contact Melissa Lader at 646.505.5729 or mlader@jccmanhattan.org for more information.*

Girls only: 14 Sundays, Feb 5-May 20, 10:30 am-noon, \$410/\$510 HSSSI01W2

Boys only: 14 Sundays, Feb 5-May 20, 2-3:30 pm, \$410/\$510 HSSSI02W2

Monthly tween/teen group:

5 Sundays, Feb 12, Mar 11, Apr 1, May 13, Jun 10, 10:30 am-noon, \$145/\$180 HSSSI03W2

See page 28 for information on support groups for Adult Siblings.

Classes are available for children with special needs to take with their typically developing sibling(s).

Check Sunday classes for Story Pirates, Weekly Family Art, and Soccer with Super Soccer Stars.

FAMILY EVENTS

Purim Carnival

Join the fun! In addition to the regular carnival hours, families of children with special needs are invited to come from 1-2 pm, prior to the public opening, to enjoy all the carnival has to offer without the over-stimulating crowds. There will also be quiet space available during carnival hours. *Sponsored by Camp Modin.*

Sun, Mar 4, 2-5 pm, Free FFNPFC00W2

Jewish Holiday Celebrations for Children with Special Needs and Their Families

Join us several times throughout the year to participate in fun and educational programs to celebrate the Jewish holidays in a special needs-friendly environment.

Passover Celebration:

Sun, Apr 1, 11:30 am-1 pm,
Free HSSPAS00W1

Year-end Celebration

Join us for an enjoyable afternoon with new friends and classmates. This will be a great opportunity to chat with other KULAM families before the summer begins. *If you are not enrolled in a KULAM class and want to join this party, please call 646.505.7529.*

Sun, May 20, 11 am-1 pm,
Free HSSFAM00W1

Camp Kulam 6-12 Years

Swimming, art, and summer fun at Camp Kulam provide a warm and welcoming camp experience for children with special needs. The camp will run in 2 one-week sessions from August 20-24 and from August 27-31. We offer high adult-to-child ratios, so space is limited. *For enrollment information, contact Melissa Lader at 646.505.5729 or mlader@jccmanhattan.org.*

Please Note

There will be no Sunday classes on Feb 19 & Apr 8.

First Sundays!

Try Something, See Something, Learn Something!

For information on new and exciting one-shot opportunities offered on the first Sunday of each month, check our website, jccmanhattan.org/specialneeds.

SPECIAL NEEDS WEEKDAY CLASSES

Our goal is to provide families with rich and engaging experiences. Programs are designed with a high teacher-to-student ratio in a caring and supportive environment. Although our special needs classes are not separated according to specific needs, we try to group similar abilities together. *Financial aid is available for classes; please contact Melissa Lader at 646.505.5729 for more information.*

An intake is taken before enrollment in any class. In addition, we welcome the opportunity for children with special needs to participate in the variety of children's classes listed throughout the brochure. *If you have a child with special needs and would like to explore these options further, please call Melissa Lader at 646.505.5729.*

For young adult special needs programs, see adaptationsonline.org.

Boost!

5-16 Years

Boost! provides highly structured programming for children with ASD. Typical peers serve as 'buddies,' facilitating participation and serving as same-age models. Class activities and thematic units are designed to be fun and the high level of support ensures success. *Interested families should contact Jenifer Clark at clarkjenif@aol.com.*

The Boost! Program is supported by The Morris and Alma Schapiro Fund, The George and Francis Armour Foundation, The Fein/Remnick Family, and the continued support of The New York Center for Autism.

5-9 Years: 15 Mondays &

17 Wednesdays, Jan 30-Jun 6 (except Feb 20 & 22, Apr 9 & 11, May 7 & 28),
4:45-6:15 pm, \$1250/\$1375 HSBBS01W2

10-16 Years: 16 Tuesdays &

17 Thursdays, Jan 31-Jun 7 (except Feb 21 & 23, Apr 10 & 12, May 15),
4:45-6:15 pm, \$1285/\$1415 HSBBS02W2

Special Needs Swimming

5-10 Years

This focused swim class for children with special needs features small class sizes and dedicated instructors. Children will be placed in groups with swimmers of similar ability. **To swim on Sundays, please call/email Raquela Sheeran (Head Swim Instructor) 646-505-4484 rsheeran@jccmanhattan.org, or Mike Jacoby (Program Director) 646-505-4456 mjacoby@jccmanhattan.org*

Section 1: 16 Sundays, Jan 29-Jun 3, (times vary), \$528/\$688 QCNASW01W2

Section 2: 16 Mondays, Jan 30-Jun 4, 3:30-4:15 pm, \$528/\$688 QCNASW02W2

Section 3: 17 Thursdays, Feb 2-Jun 7, 3:30-4:15 pm, \$561/\$731 QCNASW03W2

Special Needs Karate

6-13 Years

The martial art of karate builds self-esteem and confidence while promoting discipline, control, and physical development. Taught in a small, supportive environment.

17 Wednesdays, Feb 1-Jun 6,
3:30-4:15 pm, \$510/\$610 HSNKAR00W2

ADDITIONAL RESOURCES

Assistive Technology

In collaboration with The Cognitech Café, the JCC is committed to providing solutions to empower children and adults with accessible technologies to foster greater independence, learning, and socialization. We provide hands-on demonstrations, consultations, and opportunities to try new software and hardware. Consultations are available on Sundays, by appointment only. *For more info, or to schedule an appointment, contact Mark Surabian at msurabian@mac.com and indicate that you are interested in scheduling a consultation at the JCC.*

Learning Resource Network (LRN)

A special project of the Jewish Board of Family and Children's Services, LRN can help to address your concerns, alleviate your anxiety, design meaningful and manageable plans of action, and develop strategies to empower you as an advocate for your child. We can also refer you to specialists throughout the Jewish Board's continuum of services and other programs and professionals in the metropolitan area. *If you have any questions, call Leslie Epstein Pearson, LCSW, director of LRN, at 212.632.4499.*

Matan

Matan was created to offer a unique combination of services to enrich the lives of Jewish children with special needs and their families, and is committed to giving the gift of Jewish learning to every child, regardless of ability. Its fundamental educational philosophy is that all children learn differently and some learners need additional resources to succeed in their academic environments. Matan provides support to children, teachers, and families. *For more information, please go to matankids.org or call 866.410.5600.*

Special Needs Babysitter Training

The JCC offers a six-week special needs babysitter training course for teens to learn about child development and strategies for working with children with special needs. The group, led by a social worker, is trained through intense workshops and videos. These wonderful teens, many of whom have completed their CPR and First Aid Certification, are looking for opportunities as babysitters and mentors. *For more info, or a list of available teens, call 646.505.5729.*



tweens

(grades 4-8)

Please Note

There will be no Tween/Teen Classes on the following dates:
Sun-Fri, Feb 19-24: Presidents' Week
Sun-Fri, Apr 8-13: Passover
Tue, May 15: JCC Benefit
Sun & Mon, May 27 & 28: Shavuot

HIGHLIGHTS

Tween Leadership Committee Winter Kickoff Party! Grades 4-8

Bring your friends and have a blast while you learn how to get involved in our awesome programs. Share your ideas, win some prizes, and more!
Pre-registration required.

Tue, Feb 7, 6-7:30 pm, Free TLCKIK00W2

Tween Committee Meetings Grades 4-8

Help create and run our tween special events, community service programs, comedy nights, movie nights, and more! Make new friends, have fun, and plan the events YOU want to see happen at the JCC. Contact 646.505.4413 for details or an application.

3 Tuesdays, Feb 28, Apr 3, & May 1, 5-6 pm, Free TLCLC01-03W2

ARTS + CULTURE

Wheel Fun: Pottery for Tweens 11-13 Years

If you haven't tried throwing a pot on the wheel yet (it's not what you think!), grab a friend and learn how to use the pottery wheel with the amazing Jungwon Lee. You will make simple forms on the wheel as well as lots of other projects off the wheel through handbuilding. Using the Ceramics Studio puts you in a professional setting that you just don't experience at school. *For all levels; supplies included.*

16 Tuesdays, Jan 31-Jun 5, 4:30-6 pm, \$590/\$750 ECTWL00W2

Next Step Photography: 11-13 Years Katie Humphries

Explore composition, exposure, depth of field, and capturing movement to enhance your photos. Spend time in the digital lab refining your retouching skills—adjusting contrast, tone, color, sharpening, and more. Develop a personal photo project, and benefit from in-class slide lectures, class trips, and discussions with guest artists. *A camera with manual settings is recommended.*

17 Wednesdays, Feb 1-Jun 6, 4:30-6 pm, \$550/\$575 ESPTW00W2

Youth Theater Grades 3-7

Don't miss this opportunity to act, dance, and sing in one of the most exciting theater programs in New York City. After our sold out performances of *Bye Bye Birdie*, join us this year for our annual full scale musical in June. *For more info, contact director Sasha Nanus at 646.505.4401 or snanus@jccmanhattan.org.*

Sundays, Jan 8-Jun 3, 10:30 am-12:30 pm, \$450/\$500 HAOTHR00F2

Photos: Nancy Adler

Songwriting + Recording Workshop

10-14 Years

new! Learn the art of songwriting and digital recording. Explore the fundamentals of melody, rhythm, and lyrics. Write and record music and then create a finished recording. *For all levels; no experience necessary.*

12 Tuesdays, Feb 14-May 22, 5:30-6:45 pm, \$384/\$504 FTOSRW00W2

Tween Cycling Grades 4-8

Back by popular demand! Get in shape to the hottest tracks while learning to master hand positions and sit in the saddle and ride.

17 Thursdays, Feb 2-Jun 7, 5-5:45 pm, \$374/\$544 FTOTCS00W2



SPORTS + FITNESS

Tween and Teen Fitness classes are part of The Marti Ann Meyerson Center for Health + Wellness.

Hip Hop Cardio JAM Grades 4-8

new! Calling all aspiring dance tweens! Learn hip hop moves and awesome choreography that will keep you moving to the most popular beats.

16 Mondays, Jan 30-Jun 4, 5:15-6:15 pm, \$352/\$512 FTOHHC00W2

Tween Boxercise Grades 4-8

A rigorous, fun, aerobic workout for all levels. Use punching bags, hurdles, jump ropes, and more, to release tension, get fit, and have fun!

16 Tuesdays, Jan 31-Jun 5, 5-5:45 pm, \$352/\$512 FTBOX00W2

tweens + teens

For a list of our special events and weekend programs for tweens and teens, please check our website at jccmanhattan.org/teens or jccmanhattan.org/tweens.

Our programs are frequently updated, and new initiatives continue to be created. LIKE us at fb.com/TeensJCC to get weekly updates or follow us on twitter.com/JCCTeens to get the latest info.

If you have any ideas for classes or events, or just want to meet for coffee or ice cream (on me!), be in touch. Call 646.505.4413.



Tween Yogilates Grades 4-8

Blend the core stability and strengthening of Pilates with Vinyasa Yoga through this fun, rhythm-based class. This practice centers around breathing, stretching, and strengthening, and is sure to leave you feeling calm, fit, and wanting more.

17 Wednesdays, Feb 1-Jun 6, 5:30-6:30 pm, \$374/\$544 FTOYOG00W2

After Hours Fitness

Can't make any of the early classes? Let us know. There are other opportunities to get in shape! E-mail ygavronsky@jccmanhattan.org with the subject line: 'After Hours Fitness' to find out more.





HIGHLIGHTS

Tweens + Teens Cook the World Emily Klein

Immerse yourself hands-on preparing global culinary delights. With a focus on practicing knife skills and exploring various cooking methods, you'll dice, slice, and sauté your way through the exciting flavors of India, Morocco, Italy, Japan, France, and Mexico. Practice using a chef's knife as you sauté, grill, roast, and bake your way through delicious international cuisine.

Mon, Feb 20-Fri, Feb 24, noon-4 pm,
\$545/\$590 ESUTCW00W2

Painting + Digital Photography Intensive 11-13 Years

new! Develop a theme based project using both photography and painting. You will visit a gallery/museum to research techniques and artists. Use your camera to learn about composition and the artistry of photography, then shoot, retouch, and print in the lab. Carry your theme into the next five weeks to explore painting in a way you won't learn in school. End with a class exhibition and reception to show off your portfolio!

14 Mondays, Feb 13-Jun 4, 4:30-6 pm,
\$450/\$540 ESPPAP00W2

Getting into Art School: Portfolio Prep 13-18 Years

Preparing an art portfolio for high school or college requires time, quality instruction, and a commitment from the teen artist. This course will provide the support needed to begin fulfilling portfolio requirements in conjunction with what students are already doing in school. Individual discussions as to the needs of each student will occur prior to the first class. *Some supplies not included, to be discussed on an individual basis.*

12 Thursdays, Feb 2-May 3, 4:30-6 pm,
\$420/\$540 ESDPPR00W2

New York Teen Theater

Now is your chance to join the hottest acting group in town. Building on this year's amazingly successful production of *Bye Bye Birdie*, teens, ages 13-19, are eligible to audition for our new season's musical theater production. Rehearsals are on Sundays with production in April. *To get involved in this professional and dynamic acting group, contact director Sasha Nanus at 646.505.4401 or snanus@jccmanhattan.org.*

COMMUNITY SERVICE FOR TWEENS + TEENS

Operation Chicken Soup

Get together with other tweens and teens from all over NYC to prepare hot meals for those in need throughout our community. Join us to make exciting recipes with a professional chef, prepare and deliver food, and explore issues of hunger and tzedakah. *Groups of 8 or more must call 2 weeks in advance to reserve space. Operation Chicken Soup is generously funded by a grant from the Marlene Nathan Meyerson Family Foundation.*

Tweens:

3 Tuesdays, Mar 6, Apr 17, May 8,
5:15-7:15 pm, Free TCSTWN01-03W2

Teens:

3 Wednesdays, Feb 15, Mar 14, May 9,
5:15-7:15 pm, Free TCSTEE01-03W2

Partners for Literacy 12+ Years

Volunteer in our tutoring program and receive community service credit. Volunteer tutors will be supervised by JCC reading specialist Judy Gross. *Completed registration forms are required to participate in this program. For information, contact Judy Gross at 646.505.4450 or jgross@jccmanhattan.org.*

Free VGLPAR00W2

Special Needs Mentors and Buddies

The JCC Special Needs department is looking for tweens and teens who are interested in volunteering in our various Sunday classes such as cooking, photography, yoga, and more. Volunteers will act as assistants and mentors for the children in the classes. *For more information, contact Melissa Lader at 646.505.5729.*

COMMUNITY SERVICE FOR TEENS

Special Needs Babysitter Training

Become a more marketable babysitter and have an opportunity to change a young child's life. Receive ongoing support to help others and gain important skills that can be used in community service programs, as well as summer and after school jobs. Participants will receive a JCC Certificate of Completion and will be encouraged to volunteer in the JCC Special Needs program. CPR and first aid training are included. *For dates call 646.505.4413.*

\$45/\$55 TSABAB00W2

JCC After School Interns Program

Be a part of the JCC Community! Combine your interest in working with kids with your interest in arts or athletics, cooking or computers by interning at the JCC's After School. *For more information, please call 646.505.4413.*

Free TLCINT00W2

SPECIAL EVENTS FOR TEENS

Make sure to check out our special events for teens online and on our facebook page, [fb.com/TeensJCC](https://www.facebook.com/TeensJCC).



Rock Café: Jamming Nights, Musicians, Singers + More

Play an instrument or sing? Come jam at the JCC and make new friends! Don't play an instrument? That's fine! Come listen and support the performers. Bring your guitars, basses, ukuleles, drums, and more. *Snacks and drinks will be provided. If you play an instrument and want to jam/perform, please contact Yael Gavronsky at ygavronsky@jccmanhattan.org or call 646.505.4413 for more information about dates and times.*

Free TLCJMN00W2

teens

(grades 9-12)

LEADERSHIP OPPORTUNITIES, FELLOWSHIPS AND SEMINARS



Photo: Nancy Adler

Teen Kick-Off Event!

Don't miss the T-CAB Winter Kickoff Event. Learn more about teen programs at the JCC, and find out how you can be more involved. *Food and drinks will be provided. Pre-registration is required.*

Thu, Feb 9, 6-7:30 pm,
Free TLCKIC00W2

Teen Community Advisory Board (T-CAB)

Help plan teen programs and strengthen the teen community by participating in this ongoing program. Teen committees include Special Events, Community Service Events, Social Events, Fitness and Sports, Music, Art, and more! Become experts in planning, make new friends, and build your resume.

Meetings are bi-monthly. Please contact Yael at 646.505.4413 for details or an application.

TLCCAB00W2

Have ideas for classes or special events, or just want to meet for ice cream? Be in touch! To get the latest updates on programs and more, just add Yael JCC Manhattan as a friend on facebook or call 646.505.4413. Don't forget to like us at [fb.com/TeensJCC](https://www.facebook.com/TeensJCC).



ARTS + CULTURE

new!

Calling all musicians, singers and performers!

Looking for opportunities to perform and meet other musicians? Want to share your love of music with the NYC community? *If this sounds like you, e-mail ygavronsky@jccmanhattan.org with the subject line 'music = my life' to find out more.*

For dates call 646.505.4413.

Want more music? We want your feedback!

- Songwriting
- Music Lessons
- Acapella Group
- Show Choir (Broadway)
- Music Theory/Music Composition
- Jam Sessions
- Audio Recording
- College Audition Preparation
- Performance Opportunities
- Drum Circle
- Rock Workshop

Fill out the music survey online at jcc teens.org and tell us what kinds of programs you would like to see at the JCC.

Guitar Club 13-18 Years

new!

Whether you are a complete beginner or have been playing for years, we'll customize a program based on your musical dreams. Play your favorite songs or compose your own. Learn melody and harmony, how to solo and

improvise, how to play rhythm guitar, and how to think like a professional guitarist. *Visit our website for class dates and details.*

Ignite: The Leadership Council for Teens @ The Laurie M. Tisch Gallery

new!

Teens and the Gallery at the JCC are joining forces to give high school students opportunities in arts education, docent training, public programming, and arts marketing. *Visit jccmanhattan.org/teens for application information.*

Shoemaking for Teens 14-18 Years

new!

Crewcuts slide over! Our ever-popular adult class in Shoemaking is now custom tailored for teens. You will design and create a pair of chic ballet flats by hand. *Some materials and tools will be included, others to be discussed during class. You must be at least 14 years old to enroll in this course.*

16 Tuesdays, Jan 31-Jun 5,
4:30-6:30 pm, \$430/\$560 ESXTS000WZ

Next Step Photography 14-17 Years

Katie Humphries

Cultivate a critical eye and develop your own photographic style through lighting strategies, composition, retouching, and manipulating your digital photos. Develop and print a personal project and gain from critiques. View the work of well-known photographers during in-class slide lectures and class trips. *A camera with manual settings is recommended.*

17 Thursdays, Feb 2-Jun 7,
4:30-6:30 pm (except Feb 23 & Apr 12),
\$550/\$575 ESPT000WZ

SUMMER AT THE JCC!

Are you thinking about a GREAT summer job working with kids? If you are interested in working in the JCC Summer Camps, please check jccmanhattan.org/summer-employment and download the appropriate application. Come hear more at our orientation on Thu, Mar 1, 5 pm.

Counselor-In-Training Program For Students Entering Grades 9 & 10

Are you looking for a fun summer experience working with children? Then this is the job for you! The Counselor-in-Training Program is a 6-week program that teaches you how to be an effective camp counselor and provides you with the unique opportunity to develop your leadership skills, attend social programs, and of course, have a great time! *Full commitment is required. Call Yael Gavronsky at 646.505.4413 for more information, and check out jccmanhattan.org/daycamps for an application.* \$250/\$350

Junior Counselor Program For Students Entering Grades 11 & 12

The Junior Counselor Program is an exciting opportunity for you to work with children and develop leadership skills. Junior counselors are integral to the success of our camp program, helping counselors supervise campers and assisting in the planning of daily activities. Full 8-week commitment is required. *Paid positions are available. Please visit jccmanhattan.org/daycamps for more information and the application.*



Photo: Nancy Adler

HEALTH + FITNESS FOR TEENS

Grades 9-12*

Every season, the JCC offers specialty fitness classes and personal training packages for teens. To purchase a half-hour or one-hour teen personal training package, call 645.505.5716. Become a teen member of The JCC Health Club and save. For information on a teen fitness membership, call 646.505.5700. *Pricing for all teen programs is as follows: Pool and Health Club members/Community members/nonmembers.*

*Attention 8th graders! You can choose fitness classes from either the tween or teen fitness offerings.

Teen Boot Camp JCC Personal Trainers

Push yourself harder with this power packed workout. Increase your strength and endurance with other teens in a fun environment. *Exercises will vary.*

16 Wednesdays, Feb 1-May 30
(except Feb 22, Apr 11), 5-5:45 pm,
\$240/\$352/\$512 KTN0JA00WZ

Circuit Training: Weight Lifting for Teens JCC Personal Trainers

This weight lifting program is tailored specifically for teens. Our trainers will motivate you to get in shape safely and injury-free. *All levels welcome. Only 4 participants per trainer.*

Section 1: New Year Special

8 Sessions: 4 Tuesdays & 4 Thursdays,
Jan 3-26, 5:30-6:30 pm, \$368/\$488
KTN0TS03FZ

Section 2:

16 Sessions: 8 Tuesdays & 8 Thursdays,
Jan 31-Mar 29 (except Feb 21 & 23),
5:30-6:30 pm, \$736/\$976 KTN0TS01WZ

Section 3:

16 Sessions: 8 Tuesdays & 8 Thursdays,
Apr 3-Jun 5 (except Apr 10 & 12, May 15)
5:30-6:30 pm, \$736/\$976 KTN0TS02WZ

Teen Cycle Steve Feinberg

Back by popular demand! Get in shape to hot tracks with this high calorie-burning indoor cycling workout. Learn the proper hand motions and ride to the beat. *Please bring a water bottle.*

16 Tuesdays, Jan 31-May 29
(except Feb 21 & Apr 10), 5-5:45 pm,
\$240/\$352/\$512 KTN0J500WZ

Teen Yogilates Kristin McGee

This class combines the best of yoga with Pilates. *All levels welcome.*

16 Mondays, Jan 30-Jun 4 (except
Feb 20, Apr 9, May 28), 5-5:45 pm,
\$240/\$352/\$512 KTN0IY00WZ

Boxercise Louisa Cheng

Punch it out! Increase your speed and power by integrating punches and kicks into your workout while improving flexibility and coordination.

16 Thursdays, Feb 2-May 31, 5:15-6 pm,
\$240/\$352/\$512 KTN0K100WZ

Teen Karate 'Soke,' Cary Nemeroff, 10th Degree Karate Black Belt

Learn the ancient art of Okinawan karate which integrates posture and breath control with striking and blocking through the practice of 'kata' forms and self-defense techniques.

16 Thursdays, Feb 2-May 31,
5:30-6:30 pm, \$585/\$766 KTN0KAT00WZ

Teen Fitness classes are part of The Marti Ann Meyerson Center for Health & Wellness.

DID YOU KNOW you could earn gym credits for taking a JCC Teen Fitness Class?

E-mail ygavronsky@jccmanhattan.org or call 646.505.4413 for details.

Check out

jccmanhattan.org/teens for more information about new classes and opportunities!