

HEALTH , PHYSICAL EDUCATION & RECREATION

SCHOOL-AGED GYMNASTICS

The JCC gymnastics school offers a comprehensive regimen of gymnastics instruction. Students develop agility, flexibility, and self-confidence. Classes are taught by Sherri Lamanna. Placement is based on skill, not age.

Gymnastics – Level I, II

Age: K and up
 Day: Monday
 Time: 3:30 – 4:30 PM
 Dates: 3/22-6/14 (not 4/5, 4/9, 5/31)
 Fee: M \$125/NM \$130

Beginning gymnastics foundations taught on floor, beam, bars, and vault in a safe and encouraging environment.

Gymnastics – Level I, II, III

Age: K and up
 Day: Monday
 Time: 4:30 – 5:30 PM
 Dates: 3/22-6/14 (not 4/5, 4/19, 5/31)
 Fee: M \$125/NM \$130

This level progresses the student to an intermediate development in all events.

JCC Pre-Team Gymnastics

Day: Wednesday and Friday
 Time: 4:00 – 5:30 PM
 Dates: 3/24 – 6/18
 (not 3/31, 4/21, 4/23, 5/19)
 Fee: M \$280/NM \$300

Participants will be accepted on the pre-team through tryouts or approval from coach. Gymnasts will work on skills and develop compulsory routines for introductions to competitions.

Team Gymnastics

Day: Tuesday and Thursday
 Time: 3:45 – 5:30 PM
 Dates: 3/23 – 6/17
 (not 3/30, 4/6, 4/20, 4/22, 5/20)
 Fee: M \$280/NM \$300

Participants will be accepted on the team through tryouts or approval from coach. Gymnasts will compete against other gymnastics programs in the area. Some additional fees will be incurred.



PRE-SCHOOL GYMNASTICS

The JCC offers a wonderful program that introduces pre-schoolers to gymnastics at times designed to be convenient for parents.

Tumbling Tots I (Pre-School Gymnastics I)

Age: 3 years old
 (must turn three by 12/01/08)
 Day: Tuesday
 Time: 1:00 – 1:45 PM
 Dates: 3/23 – 6/15 (not 3/30, 4/6, 4/20)
 Limit: 12
 Fee: M \$125/NM \$145
 Attire: Leotard, shorts, or sweatpants.
 No pants with snaps, buttons, or strings.

Pre-gymnastics movement skills will be taught in a safe and fun environment using floor, beam, bars, and vault.

Tumbling Tots II (Pre-School Gymnastics II)

Age: Pre-K
 Day: Tuesday
 Time: 2:00 – 2:45 PM
 Dates: 3/23 – 6/15 (not 3/30, 4/6, 4/20)
 Limit: 12
 Fee: M \$125/NM \$145
 Attire: Leotard, shorts, or sweatpants.
 No pants with snaps, buttons, or strings.

Pre-gymnastics movement skills will be taught in a safe and fun environment using floor, beam, bars, and vault.



Tumbling Tots I (Pre-School Gymnastics I)

Age: 3 years old
 (must turn three by 12/01/08)
 Day: Wednesday
 Time: 1:00 – 1:45 PM
 Dates: 3/24-6/16 (not 3/31, 4/21, 5/19)
 Limit: 12
 Fee: M \$125/NM \$145
 Attire: Leotard, shorts, or sweatpants.
 No pants with snaps, buttons, or strings.

Pre-gymnastics skills for 3-year-olds! Emphasis on safely using equipment such as beam, bars, and vault.

Tumbling Tots II (Pre-School Gymnastics II)

Age: Pre-K
 Day: Wednesday
 Time: 2:00 – 2:45 PM
 Dates: 3/24 – 6/16 (not 3/31, 4/21, 5/19)
 Limit: 12
 Fee: M \$125/NM \$145
 Attire: Leotard, shorts, or sweatpants.
 No pants with snaps, buttons, or strings.

Floor, beam, bars, and vault for Pre-K students!

Sensory Gym Class

The JCC is pleased to announce it will now offer a new Sensory Gym Class. This gym class will cater to the needs of children of all abilities and developmental levels and provide the appropriate sensory input that is most beneficial for your child. Children will thrive through games, movements, jumping and more. Each gym class is run by two instructors. Classes will require a minimum of three children and a maximum of six to ensure all children receive the proper support and attention during class.

3 and 4 Year old Class:

Mondays 10:30 -11:15 AM
 3/22, 4/5, 4/12, 4/19, 4/26, 5/3, 5/10, 5/17, /24,6/7, 6/14, 3/29- Passover no class, 5/31- Memorial Day- no class

School Age Class K – 4th grade:

Fridays 3:15 – 4:00
 3/26, 4/9, 4/16, 4/30, 5/7, 5/14, 5/21, 5/28, 6/4, 6/11, 6/18, 4/2- No class, no school, 4/23- Spring Break- No Class
 Member: \$120, Non-Member: \$135

HEALTH , PHYSICAL EDUCATION & RECREATION

SCHOOL OF DANCE

Ballet, Tap, and Jazz form the curriculum of the JCC Dance Program. Girls and boys are invited to participate in this program and gain flexibility, strength, and coordination while having lots of fun. Dance classes are held in the dance aerobic studio, with mirrors, dance bars, and wood flooring. The program includes a recital in June with additional fees for costumes.

Creative Tots

Age: 3 (must turn three by 12/01/09)
 Day: Thursday
 Time: 1:00 – 1:30 PM
 Dates: 3/25 - 6/17 (not 4/22, 5/20)
 Limit: 8
 Attire: Girls: leotard and tights
 Boys: shorts and t-shirt
 Shoes: Ballet shoes
 Fee: M \$120/NM \$135

For the youngest dancers, this class is an introduction to music and movement, with a focus on fun and creativity.

Pre-Ballet

Age: Pre-K
 Day: Thursday
 Time: 1:45 – 2:15 PM
 Dates: 3/25 – 6/17 (not 4/22, 5/20)
 Limit: 8
 Attire: Girls: leotard and tights
 Boys: shorts and t-shirt
 Shoes: Ballet shoes
 Fee: M \$120/NM \$135

This class, for Pre-K students, is an introduction to ballet technique and terminology.

Fancy Feet

Age: Pre-K
 Day: Thursday
 Time: 2:30-3:00 PM
 Dates: 3/25-6/17 (not 4/22, 5/20)
 Limit: 8
 Attire: Girls: leotard and tights
 Boys: shorts and t-shirt
 Shoes: Black tap shoes and white canvas sneakers
 Fee: M \$120/NM \$135

Tap and jazz class for boys and girls.



Develop rhythm, strength, and flexibility.

School Age Ballet

Age: K and up
 Day: Thursday
 Time: 4:15 – 4:45 PM
 Dates: 3/25-6/17 (not 4/2 5/20)
 Limit: 8
 Attire: Girls: leotard and tights
 Boys: shorts and t-shirt
 Shoes: Black tap shoes and white canvas sneakers
 Fee: M \$120/NM \$135

School Age Jazz and Tap

Age: K – 4th
 Day: Thursday
 Time: 4:45 – 5:30 PM
 Dates: 3/25 – 6/17 (not 4/22, 5/20)
 Limit: 8
 Attire: Girls: leotard and tights
 Boys: shorts and t-shirt
 Shoes: White canvas sneakers, Tap Shoes
 Fee: M \$120/NM \$135

TENNIS

Using an early learning system, students learn and practice the skills needed to play tennis at a level that will keep them challenged and enthusiastic.

Pee-Wee Tennis

Age: Pre-K
 Day: Monday
 Time: 3:00 – 3:45 PM
 Dates: 3/22 – 6/14 (not 4/5, 4/19, 5/31)
 Instructor: Gold's Gym Pro
 Fee: M \$120/NM \$140

Tennis can become a life-long participatory sport. Start at an early age and learn the basics!

Tennis II

Age: Grade K-6th
 Day: Monday
 Time: 3:30-4:30 PM
 Dates: 3/22 - 6/14 (not 4/5, 4/19, 5/31)
 Instructor: Gold's Gym Pro
 Fee: M \$120/NM \$140

KARATE

Little Dragon Karate

Ages: 3 year olds–Pre K (three by 12/1/09)
 Day: Friday
 Time: 1:00 – 1:30 PM
 Dates: 3/26 - 6/18 (not 4/23)
 Fee: M \$102/NM \$128

CNY Karate School at the JCC! This pre-school karate class provides a fun and appropriate way to introduce your youngest to this popular and healthy sport. Additional fees may be incurred (for uniform and sparring equipment).

Kids Karate

Ages: K- 6
 Day: Friday
 Time: 4:15 – 5:00 PM
 Dates: 3/20 – 6/12 (not 4/23)
 Fee: M \$114/NM \$140

Students in this course will progress through the beginning ranks of CNY Karate Gojoryu style. Karate enhances motor skill progression and self discipline. Additional fees may be incurred (uniform and sparring equipment.)

SPORTS

Rookie Sports I

Age: 3 year olds
 (must be turning three by 12/01/09)
 Day: Fridays
 Time: 1:00 – 1:30 PM
 Dates: 3/26 – 6/18 (not 4/23)
 Instructor: Gold's Gym Pro
 Fee: M \$100/NM \$125

Throwing, catching, kicking, and running made fun through pre-sports skills training. Miniature equipment is used with an emphasis on fun and good sportsmanship.

Rookie Sports II

Age: Pre-K
 Day: Monday
 Time: 1:00 – 1:45 PM
 Dates: 3/22 – 6/14 (not 4/5, 4/19, 5/31)
 Limit: 12
 Fee: M \$110/NM \$135

Throwing, catching, kicking, and running made fun through pre-sports skills training. Miniature equipment is used with an emphasis on fun and good sportsmanship.

