

HEALTH, PHYSICAL EDUCATION & RECREATION

HPER STAFF



Sherri Lamanna

*Director of Gymnastics, Dance
and ECDP Physical Education*

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

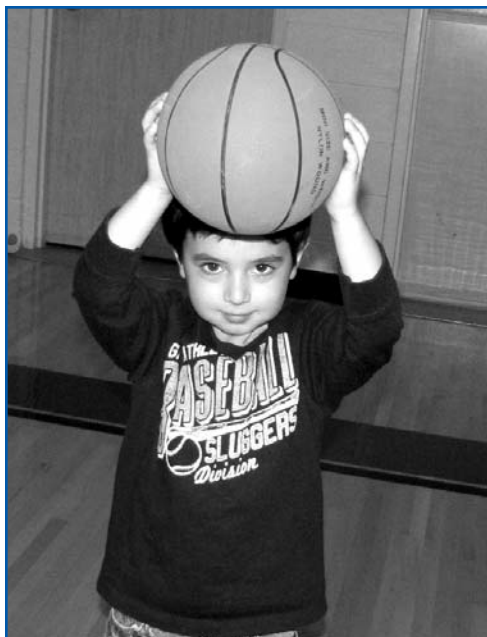
Age: Pre-K
Day: Monday
Time: 3:00 – 3:45 PM
Dates: 12/7 – 3/8 (not 12/28, 1/18, 2/15)
Instructor: Gold's Gym Pro
Fee: M \$120 / NM \$124

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

Tennis II

Age: Grade K – 6
Day: Monday
Time: 4:00 – 5:00 PM
Dates: 12/7 – 3/8 (not 12/28, 1/18, 2/15)
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!



Our Mission

To teach physical education, teamwork, sportsmanship and cooperation to kids from age three to pre-teens.

KARATE

Little Dragon Karate

Ages: 3 year olds – Pre K
(must turn three by 12/1/09)
Day: Friday
Time: 1:00 – 1:30 PM
Dates: 12/11 – 3/12 (not 12/25, 1/1, 2/19)
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: Grade K – 6
Day: Friday
Time: 4:15 – 5:00 PM
Dates: 12/11 – 3/12 (not 12/25, 1/1, 2/19)
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

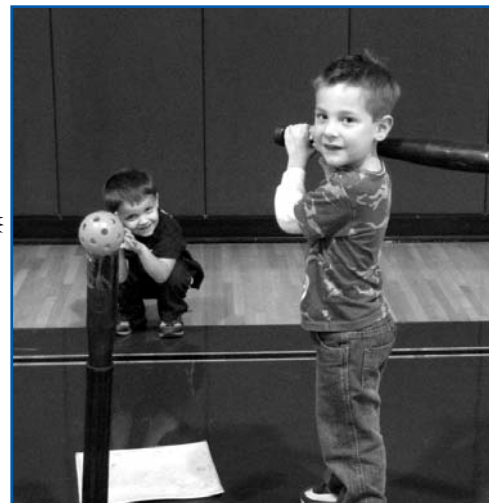
Age: 3 year olds
(must be turning three by 12/01/09)
Day: Monday
Time: 1:00 – 1:30 PM
Dates: 12/11 – 3/12 (not 12/25, 1/1, 2/19)
Fee: M \$100 / NM \$120

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: Thursday
Time: 1:00 – 1:45 PM
Dates: 12/7 – 3/8 (not 12/28, 1/18, 2/15)
Limit: 12
Fee: M \$110 / NM \$130

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



YOGA KIDS

NEW!

Yoga Kids

Ages: Ages 4 and Up
Days: Mondays
Dates: December 14 – January 25
(no class December 28 and January 4)
Times: 1:00 – 1:45 PM
Cost: \$60 for JCC Members
\$75 for Non-Members

YogaKids® activities build concentration, strength, flexibility and balance, blending fun and lively games and exercises with those that call for quiet and stillness. YogaKids® participants begin to learn a new and healthful way of staying fit, gaining perspective and finding contentment.

Mary Hagemann is a Certified YogaKids® Facilitator. She has taught yoga to children in the Syracuse area for six years, developing programs for numerous schools, libraries and other venues.

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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: 12/10 – 3/11 (not 12/24, 12/31, 2/18)
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: 12/10 – 3/11 (not 12/24, 12/31, 2/18)
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 – 3:15 PM
Dates: 12/10 – 3/11 (not 12/24, 12/31, 2/18)
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: 12/10 – 3/11 (not 12/24, 12/31, 2/18)
Limit: 8
Attire: Girls: Leotard and tights
Boys: Shorts and t-shirt
Shoes: Ballet shoes
Fee: M \$120 / NM \$135

School Age Tap and Jazz

Age: K – 4th
Day: Thursday
Time: 4:45 – 5:30 PM
Dates: 12/10 – 3/11 (not 12/24, 12/31, 2/18)
Limit: 8
Attire: Girls: Leotard and tights
Boys: Shorts and t-shirt
Shoes: White canvas sneakers
Fee: M \$120 / NM \$135

SCHOOL-AGE 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: 12/7 – 3/8 (not 12/28, 1/18, 2/15)
Fee: M \$125 / NM \$140

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: 12/7 – 3/8 (not 12/28, 1/18, 2/15)
Fee: M \$125 / NM \$140

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



Boys Gymnastics

Age: K and up
Day: Friday
Time: 3:15 – 4:00 PM
Dates: 12/11 – 3/12 (not 12/25, 1/1, 2/19)
Fee: M \$110 / NM \$120
Minimum: 5 Boys

Beginner and intermediate levels on floor, vault, and bars.

JCC Pre-Team Gymnastics

Day: Wednesday and Friday
Time: 4:00 – 5:30 PM
Dates: 12/11 – 3/12
(not 12/25, 1/1, 2/17, 2/19)
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: 12/9 – 3/11
(not 12/24, 12/31, 2/16, 2/18)
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.



**Sign up as a member of the JCC and get discounts on all classes.
Join as a full fitness member and exercise while your child is in class.
It's a double bonus!**

HEALTH, PHYSICAL EDUCATION & RECREATION

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 12/01/09)
Day: Tuesday
Time: 1:00 – 1:45 PM
Dates: 12/8 – 3/9 (not 12/29, 2/16)
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: 12/8 – 3/9 (not 12/29, 2/16)
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 12/01/09)
Day: Wednesday
Time: 1:00 – 1:45 PM
Dates: 12/9 – 3/10 (not 12/30, 1/1)
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: 12/9 – 3/10 (not 12/30, 1/1)
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!

JOIN US FOR THE ANNUAL JCC

PURIM CARNIVAL



Everyone
Welcome!

Sunday, February 28

12 PM - 4 PM

Esther's Cafe Opens at 11:30 AM for Lunch

Pre-school and school-age games,
inflatable toys to bounce around on, raffles,
prizes, food available at Esther's Café, and more!

Kids who dress in costume
will receive a prize ticket at the door.

Donations of non-perishable food accepted.
Donors receive a prize ticket.

**NYS Police
Car Seat Fittings
& Child Safe
ID Program
12-2pm**

**Free Admission
Open to the Community**

Volunteers Needed! Call 445-2360

The JCC of Syracuse

5655 Thompson Road in DeWitt ■ 315-445-2360 ■ www.jccsyr.org



FUN FOR THE WHOLE FAMILY!!

