

HEALTHY BODIES

Walking club for 5th and 6th graders

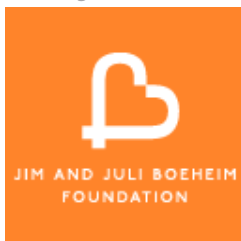


FREE enrollment*

- Sign-up anytime, even after the program begins (based on available openings)

*Limited class size, 30 students maximum.

Program funded by a grant from



January – May, 2015

- Meets Tuesdays 3:15–4:15 pm at the JCC of Syracuse
- Busing provided from J-D Middle School
- After-class care and activities included; children must be picked up by 6 pm

Walk/run on our indoor track

One special focus class held each month

- Fitness (Zumba, yoga, weight training, etc.)
- Snacks/food prep (without cooking)
- Nutritionist (from SU)

Weekly/monthly goals tracked

- Incentives for reaching goals and class attendance

Questions? To enroll contact Erin Hart at 315-445-2360, ext. 133, or ehart@jccsy.org.



SAM POMERANZ
JEWISH COMMUNITY CENTER
OF SYRACUSE

5655 Thompson Rd. • DeWitt • 315.445.2360

www.jccsy.org    