



Sherri Lamanna
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Dance and
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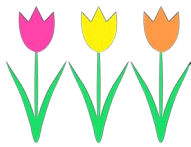
We work with pre-K to pre-teen children to teach physical education, teamwork, sportsmanship and cooperation.

2019 SPRING CLASSES

ENROLL TODAY!

Classes start the week of March 18

- Everyone welcome!
- You don't need to be a member to enroll.
- Enrollment discount for members.
- Become a full fitness member and exercise while your child is in class!
- Busing available from some Syracuse City schools, select private schools, F-M and all public schools within the Jamesville-DeWitt school district.



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KARATE

Little Dragon Karate

Age: Pre-K
(must be three by 12/1/18)
Day: Friday
Time: 1-1:30 pm
Dates: 3/22-6/14 (not 4/19, 4/25)
Fee: \$155 members, \$175 non-members
CNY Karate School at the JCC! Preschoolers get a fun introduction to this popular and healthy sport. Additional fees may be incurred for uniform and sparring equipment.



Kids Karate

Age: Grades K-6
Day: Friday
Time: 4:15-5 pm
Dates: 3/22-6/14 (not 4/19, 4/25)
Fee: \$175 members, \$195 non-members
Move through the beginning ranks of CNY Karate Gojoryu style! Karate enhances motor skills and self discipline. Additional fees may be incurred for uniform and sparring equipment.

SOCCER

Lil' Kickers Soccer - Pre-K

Age: Pre-K
Day: Wednesday
Time: 11-11:30 am
Dates: 3/20-6/12 (not 4/17)
Fee: \$155 members, \$165 non-members

This fun and fast-paced class is focused on boosting balance, coordination and fundamental soccer skills. Creative games help develop listening skills, cooperation and teamwork.



SPORTS

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 I

Age: 3 (must be three by 12/1/18)
Day: Friday
Time: 1-1:30 pm
Dates: 3/22-6/14 (not 4/19, 4/25)
Fee: \$145 members, \$160 non-members

Rookie Sports II

Age: Pre-K
Day: Monday
Time: 1-1:45 pm
Dates: 3/18-6/17 (not 4/15, 5/27, 6/10)
Fee: \$155 members, \$175 non-members

SCHOOL OF DANCE



Creative Tots

Age: 3 (must be three by 12/1/18)
 Day: Thursday
 Time: 12:30-1 pm
 Dates: 3/21-6/13 (not 4/18)
 Attire: Girls – Leotard and tights
 Boys – Shorts and T-shirt
 Shoes: Ballet shoes
 Fee: \$165 members, \$175 non-members

For the youngest dancers, this class is an introduction to music and movement while focusing on fun and creativity.

Pre-Ballet

Age: Pre-K
 Day: Thursday
 Time: 1:45-2:15 pm
 Dates: 3/21-6/13 (not 4/18)
 Attire: Girls – Leotard and tights
 Boys – Shorts and T-shirt
 Shoes: Pink Ballet shoes
 Fee: \$165 members, \$175 non-members

This pre-K class is an introduction to ballet techniques and terminology.

Ballet, Tap and Jazz form the curriculum of the JCC Dance Program. Boys and girls 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.

To sign up for these spring dance classes, you must have been registered in the winter session.

***Dance Recital is
 June 13, 2019 at 6:30 p.m.***

Fancy Feet

Age: Pre-K
 Day: Thursday
 Time: 2:30-3 pm
 Dates: 3/21-6/13 (not 4/18)
 Attire: Girls – Leotard and tights
 Boys – Shorts and T-shirt
 Shoes: Black tap shoes and black jazz shoes or black ballet shoes
 Fee: \$165 members, \$175 non-members

Tap and jazz class for boys and girls works on developing rhythm, strength and flexibility.

School-Age Tap and Jazz

Age: Grades K-6
 Day: Thursday
 Time: 4:30-5 pm
 Dates: 3/21-6/13 (not 4/18)
 Attire: Girls – Leotard and tights
 Boys – Shorts and T-shirt
 Shoes: Black jazz shoes and tap shoes
 Fee: \$165 members, \$175 non-members

School-Age Ballet

Age: Grades K and up
 Day: Thursday
 Time: 5-5:30 pm
 Dates: 3/21-6/13 (not 4/18)
 Attire: Girls – Leotard and tights
 Boys – Shorts and T-shirt
 Shoes: Pink Ballet shoes
 Fee: \$165 members, \$175 non-members



Use the registration form on page 4.

Questions? Contact Sherri Lamanna at 315-445-2040, ext. 126.

PRESCHOOL GYMNASTICS

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

Tumbling Tots I (Preschool Gymnastics I)

Age: 3 (must be three by 12/1/18)
 Day: Tuesday
 Time: 1-1:45 pm
 Dates: 3/19-6/11 (not 4/16)
 Fee: \$165 members, \$170 non-members
 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 (Preschool Gymnastics II)

Age: Pre-K
 Day: Tuesday
 Time: 2-2:45 pm
 Dates: 3/19-6/11 (not 4/16)
 Fee: \$165 members, \$170 non-members
 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.

Ninja Warriors

Age: Pre-K
 Day: Wednesday
 Time: 2-2:45 pm
 Dates: 3/20-6/18 (not 4/17)
 Fee: \$175 members, \$195 non-members
 Attire: Shorts or sweatpants.
 No pants with snaps, buttons or strings.



Build strength and agility by jumping, swinging, climbing, hanging, balancing and leaping through our fun-filled, ninja-style obstacle course!



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, III

Age: Grades K and up
 Day: Monday
 Time: 4:30-5:30 pm
 Dates: 3/18-6/17 (not 4/15, 5/27, 6/10)
 Fee: \$165 members, \$175 non-members

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

Pre-Team Gymnastics

Day: Wednesday and Friday
 Time: 4-5:30 pm
 Dates: 3/20-6/14 (not 4/17, 4/19, 4/25)
 Fee: \$340 members, \$365 non-members

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



Team Gymnastics

Day: Tuesday and Thursday
 Time: 3:45-5:30 pm
 Dates: 3/19-6/11 (not 4/16, 4/18)
 Fee: \$340 members, \$365 non-members

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.

Save the dates!

April 7, 2019 | 1-3 pm
 Gymnastics Demo and Ice Cream Social @ the JCC

June 16, 2019
 Flip and Dip Gymnastics Meet @ the JCC
First compete, then swim in our outdoor heated pool!

SENSORY GYM CLASS

Age: 3-4 (must be three by 12/1/18)
 Day: Thursday
 Dates: 3/21-6/13 (not 4/18)
 Time: 12:30-1:15 pm
 Fee: \$180 members, \$190 non-members

This class is perfect for the child with boundless energy who likes to use all of his or her senses. Children will thrive through games, movement, jumping and more.

Activities cater to the needs of children of all abilities and developmental levels, and provide the appropriate sensory input which is most beneficial for your child. A class minimum of four children and maximum of six ensures that all children receive the proper support and attention.



Class Registration & Emergency Authorization

BILLING INFORMATION (parent/guardian if applicable)

Last Name	First Name		
Address	City	State	Zip
Home Phone	Cell Phone	Email	

PARTICIPANT(S) AND CLASS SELECTION(S)

Name	Class	Day(s)	Time	Fee
1.				
2.				
3.				
4.				

Payment: Cash Check Credit Card (Visa, MC, Discover, Amex) Total Amount Enclosed _____

Card # _____ Exp. Date _____

Cardholder Signature _____ JCC Member? Yes No

EMERGENCY AUTHORIZATION

PLEASE NOTE: The JCC must have a current Emergency Authorization for medical treatment of minors on file for each participant in its programs.
I hereby appoint the appropriate JCC staff members to act on my behalf in authorizing unexpected medical, dental or surgical care and/or hospitalization for the below named minor(s) during the period of March 1, 2019 through August 31, 2019, in the event of my unavailability.

Name	Date of Birth	Allergies/Special Conditions
1.		
2.		
3.		
4.		

Medical/dental/hospitalization coverage for above named minor(s):

Insurance company/government program _____ ID/contact/group # _____

Family physician _____ Phone # _____

PUBLICITY RELEASE

I hereby give do not give permission for my above named child(ren) to be used in any JCC of Syracuse photos, videos, publicity or promotional pieces.

AGREEMENT/RELEASE SIGNATURE

I recognize that participating in athletic/recreation programs have certain inherent risks for which the Jewish Community Center of Syracuse, Inc., is not liable. I hereby, for myself, executors and administrators, waive and release any and all claims for damages I may seek against the JCC or places used by the JCC in conjunction with this athletic/recreation program. I also

recognize that medical expenses I may incur in connection with participation in this athletic/recreation program are my own responsibility. I hereby appoint the appropriate JCC staff to act on my behalf in authorizing unexpected medical, dental, surgical or hospital care should I be unable to do so. I have read the preceding paragraphs as acknowledged by my signature below.

Signature _____ Date _____