



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

5655 Thompson Rd., DeWitt, NY 13214
315-445-2040 x126 | www.jccsyr.org



Sherri Lamanna
Director of Gymnastics,
Dance and
ECDP Physical Education

2021 SPRING CLASSES

ENROLL TODAY!

Most classes start the week of March 22.

School Age Classes

- Masks/cloth face coverings must be worn before and after class inside the building. All CDC and New York State health and safety guidelines are strictly followed.
- If you are registering your child for a class *plus* Before Class Care, please indicate this on the registration form and enter the correct fee amount.
- Questions? Contact Sherri Lamanna at slamanna@jccsyr.org or 315-445-2040 x126.

Gymnastics Beginners and Intermediate

Age: Grades K and up
Day: Wednesday
Time: 3:15–4:15 pm
Dates: 3/24–6/16 (not 3/31)
Limit: 8
Fee: \$165 members, \$175 non-members

Class + Before Class Care:
\$225 members, \$235 non-members

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

Gymnastics Beginners and Intermediate

Age: Grades K and up
Day: Wednesday
Time: 4:30–5:30 pm
Dates: 3/24–6/16 (not 3/31)
Limit: 8
Fee: \$165 members, \$175 non-members

Class + Before Class Care:
\$225 members, \$235 non-members

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

Pre-Team/Team Gymnastics – A

Day: Monday and Tuesday
Time: 3:45–5:30 pm
Dates: 3/22–6/15
(not 3/29, 3/30 5/17, 5/18, 5/31)
Fee: \$340 members, \$365 non-members

Class + Before Class Care:
2 days/wk: \$440 mbr, \$465 non-mbr

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

Pre-Team/Team Gymnastics – B

Day: Thursday and Friday
Time: 3:45–5:30 pm
Dates: 3/25–6/18 (not 4/1, 4/2)
Fee: \$340 members, \$365 non-members

Class + Before Class Care:
2 days/wk: \$440 mbr, \$465 non-mbr

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

Junior Sports

Age: Grades K-5
Day: Monday
Time: 3:15–4:00 pm
Dates: 3/22–6/14 (not 3/29, 5/17, 5/31)
Limit: 8
Fee: \$170 members, \$180 non-members

Class + Before Class Care:
\$230 members, \$240 non-members

Throwing, catching, kicking and running made fun through skills training. We'll be playing floor hockey, baseball, basketball and soccer.

Ninja Warrior – School Age

Age: Grades K-3
Day: Friday
Time: 3:15–3:45 PM
Dates: 3/26–6/18 (not 4/2)
Limit: 8
Attire: Shorts or sweatpants. No shorts or pants with snaps or buttons.
Fee: \$170 members, \$180 non-members

Class + Before Class Care:
\$230 members, \$240 non-members

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

School Age Ballet

Day: Monday
Time: 4:00–4:30 pm
Dates: 4/12–6/14 (not 5/17, 5/31)
Shoes: Ballet slippers
Attire: Leotard and tights. Hair must be pulled back.
Fee: \$120 members, \$145 non-members

Class + Before Class Care:
\$180 members, \$205 non-members

Class is designed to introduce knowledge of classical ballet. Students will learn proper ballet etiquette and technique.

See inside for preschool classes >

Preschool Classes

Open to students enrolled in the JCC's Early Childhood Development Program (ECDP).

- All CDC and New York State health and safety guidelines are strictly followed.
- Registration this year is by classroom in order to keep groups of children separate. Please select the correct class based on your child's classroom.
- Questions? Contact Sherri Lamanna at slamanna@jccsyr.org or 315-445-2040 x126.

Rookie Sports I - Room 7

Age: 3
 Day: Wednesday
 Time: 12:30-1:00 pm
 Dates: 3/24-6/16 (not 3/31)
 Limit: 8
 Fee: \$145

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 - Room 8

Age: 3
 Day: Friday
 Time: 12:45-1:15 pm
 Dates: 3/26-6/18 (not 4/2)
 Limit: 8
 Fee: \$145

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 - Room A

Age: Pre-K
 Day: Wednesday
 Time: 1:30-2:15 pm
 Dates: 3/24-6/16 (not 3/31)
 Limit: 8
 Fee: \$155

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 - Room B

Age: Pre-K
 Day: Wednesday
 Time: 2:30-3:15 pm
 Dates: 3/24-6/16 (not 3/31)
 Limit: 8
 Fee: \$155

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 - Room 2

Age: Pre-K
 Day: Thursday
 Time: 1:00-1:45 pm
 Dates: 3/25-6/17 (not 4/1)
 Limit: 8
 Fee: \$155

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

Ninja Warrior - Room A

Age: Pre-K
 Day: Thursday
 Time: 2:00-2:30 pm
 Dates: 3/25-6/17 (not 4/1)
 Limit: 8
 Attire: Shorts or sweatpants. No shorts or pants with snaps or buttons.
 Fee: \$170

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

Ninja Warrior - Room B

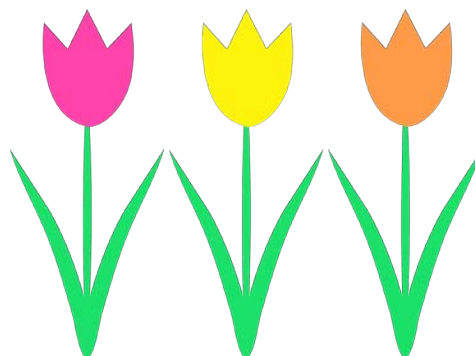
Age: Pre-K
 Day: Thursday
 Time: 2:45-3:15 pm
 Dates: 3/25-6/17 (not 4/1)
 Limit: 8
 Attire: Shorts or sweatpants. No shorts or pants with snaps or buttons.
 Fee: \$170

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

Ninja Warrior - Room 2

Age: Pre-K
 Day: Friday
 Time: 2:30-3 pm
 Dates: 3/26-6/18 (not 4/2)
 Limit: 8
 Attire: Shorts or sweatpants. No shorts or pants with snaps or buttons.
 Fee: \$170

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



Preschool Classes (cont.)

Open to students enrolled in the JCC's Early Childhood Development Program (ECDP).

Pre-Ballet

Our Pre-Ballet class is designed to introduce the integration of music and dance while learning basic ballet vocabulary. Using imagination and creativity as a key classroom element, students will work on coordination, flexibility, strength and the joy of movement!

Pre-Ballet - Room 8

Day: Monday
Time: 1:00-1:30 pm
Dates: 4/12-6/14 (not 5/17, 5/31)
Shoes: Ballet slippers
Attire: Leotard with no tutu or leggings and T-shirt. Hair must be pulled back.
Fee: \$120

Pre-Ballet - Room 2

Day: Monday
Time: 1:45-2:15 pm
Dates: 4/12-6/14 (not 5/17, 5/31)
Shoes: Ballet slippers
Attire: Leotard with no tutu or leggings and T-shirt. Hair must be pulled back.
Fee: \$120

Pre-Ballet - Room B

Day: Monday
Time: 2:30-3:00 pm
Dates: 4/12-6/14 (not 5/17, 5/31)
Shoes: Ballet slippers
Attire: Leotard with no tutu or leggings and T-shirt. Hair must be pulled back.
Fee: \$120

Pre-Ballet - Room 7

Day: Tuesday
Time: 1:00-1:30 pm
Dates: 4/13-6/15 (not 5/18)
Shoes: Ballet slippers
Attire: Leotard with no tutu or leggings and T-shirt. Hair must be pulled back.
Fee: \$150

MEET OUR DANCE INSTRUCTOR:

Ariella Goldberg

Ariella was born and raised in Syracuse, NY. Her first introduction to ballet was with Marianne Gray at the JCC. After many years of extensive classical ballet training, Ariella began her teaching career in NYC at Ballet Academy East. She has also taught at the Eglevsky Ballet on Long Island and was a ballet mistress to Dances Patrelle's Nutcracker.

Pre-Ballet - Room A

Day: Tuesday
Time: 1:45-2:15 pm
Dates: 4/13-6/15 (not 5/18)
Shoes: Ballet slippers
Attire: Leotard with no tutu or leggings and T-shirt. Hair must be pulled back.
Fee: \$150

Tumbling Tots I - Room 7

Age: 3
Day: Monday
Time: 1:00-1:30 pm
Dates: 3/22-6/14 (not 3/29, 5/17, 5/31)
Limit: 8
Attire: Shorts or sweatpants. No shorts or pants with snaps or buttons.
Fee: \$155

Pre-gymnastics skills for 3-year olds! Emphasis on safety using the beam, bars and tumble trac.

Tumbling Tots I - Room 8

Age: 3
Day: Tuesday
Time: 1:00-1:30 pm
Dates: 3/23-6/15 (not 3/30, 5/18)
Limit: 8
Attire: Shorts or sweatpants. No shorts or pants with snaps or buttons.
Fee: \$155

Pre-gymnastics skills for 3-year olds! Emphasis on safety using the beam, bars and tumble trac.

Tumbling Tots II - Room A

Age: Pre-K
Day: Monday
Time: 2:00-2:45 pm
Dates: 3/22-6/14 (not 3/29, 5/17, 5/31)
Limit: 8
Attire: Shorts or sweatpants. No shorts or pants with snaps or buttons.
Fee: \$155

Pre-gymnastics skills. Emphasis on safety using the beam, bars, vault and tumble trac.

Tumbling Tots II - Room 2

Age: Pre-K
Day: Tuesday
Time: 2:00-2:45 pm
Dates: 3/23-6/15 (not 3/30, 5/18)
Limit: 8
Attire: Shorts or sweatpants. No shorts or pants with snaps or buttons.
Fee: \$155

Pre-gymnastics skills. Emphasis on safety using the beam, bars, vault and tumble trac.

Tumbling Tots II - Room B

Age: Pre-K
Day: Friday
Time: 1:30-2:15 pm
Dates: 3/26-6/18 (not 4/2)
Limit: 8
Attire: Shorts or sweatpants. No shorts or pants with snaps or buttons.
Fee: \$155

Pre-gymnastics skills. Emphasis on safety using the beam, bars, vault and tumble trac.



Most classes begin the week of March 22 (Dance starts in April). Please use the registration form on page 4.

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



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, 2021 through August 31, 2021, 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 _____