



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

2020-2021

WINTER CLASSES ENROLL TODAY!

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 will be 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: 12/9-3/10 (not 12/30, 2/17)  
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: 12/9-3/10 (not 12/30, 2/17)  
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: 12/7-3/9  
(not 12/28, 12/29, 1/18, 2/15, 2/16)  
Fee: \$340 members, \$365 non-members

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

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: 12/10-3/12 (not 12/24, 12/25, 12/31, 1/1, 2/18, 2/19)  
Fee: \$340 members, \$365 non-members

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

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-3  
Day: Monday  
Time: 3:15-4 pm  
Dates: 12/7-3/8 (not 12/28, 1/18, 2/15)  
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.

Junior Sports

Age: Grades K-3  
Day: Monday  
Time: 4:15-5 pm  
Dates: 12/7-3/8 (not 12/28, 1/18, 2/15)  
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: 12/11-3/12 (not 12/25, 1/1, 2/19)  
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!

# 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 will be 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: 12:45-1:15 pm  
 Dates: 12/9-3/10 (not 12/30, 2/17)  
 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: 12/11-3/12 (not 12/25, 1/1, 2/19)  
 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: 12/9-3/10 (not 12/30, 2/17)  
 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: 12/9-3/10 (not 12/30, 2/17)  
 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: 1-1:45 pm  
 Dates: 12/10-3/11 (not 12/24, 12/31, 2/18)  
 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: 2-2:30 pm  
 Dates: 12/10-3/11 (not 12/24, 12/31, 2/18)  
 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

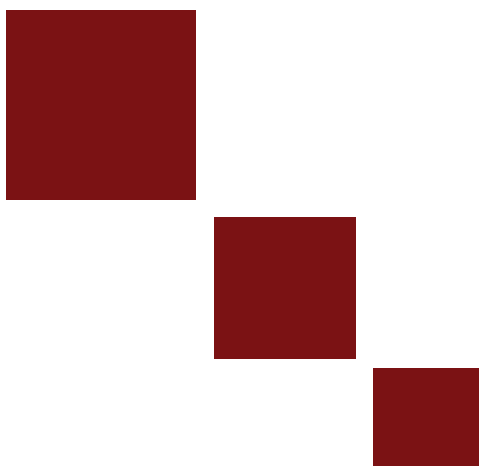
Age: Pre-K  
 Day: Thursday  
 Time: 2:45-3:15 pm  
 Dates: 12/10-3/11 (not 12/24, 12/31, 2/18)  
 Limit: 8  
 Attire: Shorts or sweatpants. No shorts or pants with snaps or buttons.  
 Fee: \$170

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: 12/11-3/12 (not 12/25, 1/1, 2/19)  
 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).*

## Tumbling Tots I - Room 7

Age: 3  
Day: Monday  
Time: 1-1:30 pm  
Dates: 12/7-3/8 (not 12/28, 1/18, 2/15)  
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: 1-1:30 pm  
Dates: 12/8-3/9 (not 12/29, 2/16)  
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: 2-2:45 pm  
Dates: 12/7-3/8 (not 12/28, 1/18, 2/15)  
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: 2-2:45 pm  
Dates: 12/8-3/9 (not 12/29, 2/16)  
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: 12/11-3/12 (not 12/25, 1/1, 2/19)  
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.



*Classes begin the week of December 7. 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 Sept. 1, 2020 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 \_\_\_\_\_