



# 2019 Winter Program Guide

AQUATICS   ADULTS	Class	Age	Day	Times	Date(s)	Member	Community
	Water Aerobics	Ages 16+	Mon	9-9:45 am	Ongoing	Free	N/A
	Water Aerobics	Ages 16+	Mon	4:30-5:15 pm	Ongoing	Free	N/A
	Classic Water Aerobics	Ages 16+	Tues	9-9:45 am	Ongoing	Free	N/A
	Combo Shallow/Deep	Ages 16+	Wed	9-9:45 am	Ongoing	Free	N/A
	Combo Shallow/Deep	Ages 16+	Wed	5-5:45 pm	Ongoing	Free	N/A
	Aqua Fitness	Ages 16+	Thurs	6-6:45 am	Ongoing	Free	N/A
	Yoga/Tai Chi & Pilates	Ages 16+	Thurs	9-9:45 am	Ongoing	Free	N/A
	Water Aerobics/Interval Training	Ages 16+	Fri	9-9:45 am	Ongoing	Free	N/A

AQUATICS   YOUTH	Class	Age	Day	Times	Date(s)	Member	Community
	Swim with Me	Ages 6 mo -3½	Sun	11:30 am-12 pm	1/6-3/24	\$132	\$219
	Swim with Me	Ages 6 mo -3½	Tues	11-11:30 am	1/8-3/26	\$144	\$239
	Bubblers	Ages 3-5	Sun	11:30 am-12 pm	1/6-3/24	\$132	\$219
	Bubblers	Ages 3-5	Sun	12-12:30 pm	1/6-3/24	\$132	\$219
	Bubblers	Ages 3-5	Sun	12:30-1 pm	1/6-3/24	\$132	\$219
	Bubblers	Ages 3-5	Tues	4-4:30 pm	1/8-3/26	\$144	\$239
	Bubblers	Ages 3-5	Thurs	3:45-4:15 pm	1/10-3/28	\$144	\$239
	Bubblers	Ages 3-5	Thurs	4:15-4:45 pm	1/10-3/28	\$144	\$239
	Starfish	Ages 3½-6	Sun	12-12:30 pm	1/6-3/24	\$132	\$219
	Starfish	Ages 3½-6	Sun	12:30-1 pm	1/6-3/24	\$132	\$219
	Starfish	Ages 3½-6	Sun	1-1:30 pm	1/6-3/24	\$132	\$219
	Starfish	Ages 3½-6	Tues	4-4:30 pm	1/8-3/26	\$144	\$239
	Starfish	Ages 3½-6	Thurs	4:15-4:45 pm	1/10-3/28	\$144	\$239
	Starfish	Ages 3½-6	Thurs	4:45-5:15 pm	1/10-3/28	\$144	\$239
	Minnows	Ages 5-8	Sun	12-12:30 pm	1/6-3/24	\$132	\$219
	Minnows	Ages 5-8	Sun	12:30-1 pm	1/6-3/24	\$132	\$219
	Minnows	Ages 5-8	Sun	1-1:30 pm	1/6-3/24	\$132	\$219
	Minnows	Ages 5-8	Tues	4:30-5 pm	1/8-3/26	\$144	\$239
	Minnows	Ages 5-8	Thurs	3:45-4:15 pm	1/10-3/28	\$144	\$239
Minnows	Ages 5-8	Thurs	4:15-4:45 pm	1/10-3/28	\$144	\$239	
Minnows	Ages 5-8	Thurs	4:45-5:15 pm	1/10-3/28	\$144	\$239	
Sting Rays	Ages 7-10	Sun	1-1:30 pm	1/6-3/24	\$132	\$219	
Sting Rays	Ages 7-10	Tues	4:30-5 pm	1/8-3/26	\$144	\$239	
Sting Rays	Ages 7-10	Thurs	4:45-5:15 pm	1/10-3/28	\$144	\$239	
JCC Cares	Ages 21+	Tues/Thurs	9:45-10:30 am	Ongoing	Call for pricing		

Class	Age	Day	Times	Date(s)	Member fee	Community fee
Practice Schedule	Ages 6-18	Mon/Tues/Thurs.	5:30-7 pm	Ongoing	\$600	\$700



New participants: contact Amy at Amyk@jccnh.org, (203) 387-2424 x270 for placement.

For detailed descriptions of programs or to register: [jccnh.org/programguide/aquatics](http://jccnh.org/programguide/aquatics)

FITNESS	Title	Day	Times	Date(s)	# of Sessions	Member	Community	
	Triathlon Training	Mon	6:30-7:30 pm	1/7-2/11	6	\$99	\$149	
	Triathlon Training	Wed	6:30-7:30 pm	1/9-2/13	6	\$99	\$149	
	Small Group Coaching Programs:							
	TRX	Vary	Vary	Ongoing	4	\$64	\$104	
	Cross Core	Vary	Vary	Ongoing	4	\$64	\$104	
	Boot Camp	Vary	Vary	Ongoing	4	\$64	\$104	
	Martial Arts Boot Camp	Vary	Vary	Ongoing	4	\$64	\$104	
	Krav Maga	Tues	7:30-8:45 pm	Ongoing		\$20 per	\$20 per	
	Pain-Free Plus	Fri	10-11:30 am	Ongoing	4	\$99	\$139	
	Intro to Pain-Free Plus	Mon	11:15 am-12:30 pm	Ongoing	4	\$99	\$139	
	Melt	Wed	9-10 am	Ongoing	4	\$64	\$104	
	Melt Workshop	Wed	6-7 pm	1/16	1	\$20	\$25	
	Personal Training Try-Pack			Ongoing	3	\$180	\$220	
	Personal Training / Coaching Private Sessions			Ongoing	Packages available from 6-24 sessions			
	Pain-Free Corrective Exercise Private Sessions			Ongoing	4	\$260	\$300	
	Trigger Point & Assisted Flexibility			Ongoing	4	\$260	\$300	
	Ortho Body Work			Ongoing	4	\$260	\$300	
	Posture Alignment Therapy			Ongoing	Private sessions, contact alanf@jccnh.org			
	Pilates Apparatus Personal Training			Ongoing	3	\$230	\$270	
5-Day Detox For Beginners		10 am	1/6-1/11		\$75	\$95		
5-Day Detox For Beginners		10 am	1/13-1/18		\$75	\$95		
30-Day Whole Food Cleanse			1/20-2/18		\$125	\$150		
Dietary & Lifestyle Strategies for Obesity			1/20-3/2		\$149	\$179		

For detailed descriptions of programs contact: [susand@jccnh.org](mailto:susand@jccnh.org) or register at: [jccnh.org/programguide/fitness](http://jccnh.org/programguide/fitness)

SPORTS AND RECREATION	Title	Age	Day	Times	Date(s)	# of Weeks	Member	Community
	Tiny Tots Tennis	Ages 3-1/2-5	Wed	1-1:30 pm	1/9-3/27	12	\$168	\$208
	Pee Wee Sports	Ages 3-1/2-5	Thurs	1-1:45 pm	1/10-3/28	12	\$154	\$194
	High School Basketball Lg	Grades 9-12	Mon	5-9 pm	1/7-Mid March		\$70	\$100
	Iddy Biddy Basketball	Grades K-1	Sun	1-2 pm	12/2-2/24	11	\$70	\$80
	Boys Basketball	Grades 2-4	Sun	2-3:15 pm	12/2-3/10	13	\$80	\$90
	Boys Basketball	Grades 5-6	Sun	3:15-4:30 pm	12/2-3/10	13	\$150	\$175
	Girls' Basketball	Grades 2-4	Sun	2-3:15 pm	12/2-3/10	13	\$80	\$90
	Girls' Basketball	Grades 5-7	Sun	2-3:15 pm	12/2-3/10	13	\$80	\$90
	35+ Adult Basketball	Ages 35+	Wed	6:30-10 pm	Call x237 for info			
	18+ Adult Basketball	Ages 18+	Thurs	6:30-10 pm	Call x252 for info			
	Crosscourt 45+Basketball	Ages 18+	Sun	9:30-11 am	1/6		\$36	\$48
	Pickleball	Ages 21+	Sun/Tues/Thurs	10 am	Ongoing		Free	\$5
	Parent/Child Climbing Fun	Ages 2-4 + parent	Sun	10:30-11 am	1/6-3/24	12	\$120	\$150
	Belay Certification Class	Ages 18+	Wed	7:30-8:30 pm	Call x237 for info	1	\$40	
Belay Certification Class	Ages 18+	Sun	11 am-12 pm	Call x237 for info	1	\$40		
Kids' Climb	Ages 5-7	Wed	4-4:45 pm	1/9-2/13	6	\$90	\$120	
Kids' Climb	Ages 8-12	Wed	5-6 pm	1/9-2/13	6	\$90	\$120	

For detailed descriptions of programs or to register: [jccnh.org/programguide/sports-recreation](http://jccnh.org/programguide/sports-recreation)

**CHILDREN'S CLASSES**

Class	Age	Day	Times	Date(s)	Member Fee	Community Fee
Little Scientists	Ages 3-5	Mon	1:15-2 pm	1/7-3/25	\$275	\$310
Creative Dance	Ages 3-4	Tues	1:15-2:10 pm	1/9-May	Full	Full
Creative Dance	Ages 3-4	Wed	4:10-5:05 pm	1/10-May	\$300	\$380
Ballet/Tap 1	Ages 5-7	Tues	4:10-5:05 pm	1/9-May	Full	Full
Ballet/Tap 2-3	Ages 8-10	Tues	5:10-6:05 pm	1/9-May	\$300	\$380
Hip Hop/Jazz 1	Ages 6-9	Mon	4:10-5:05 pm	1/8-May	\$300	\$380
Hip Hop/Jazz 2	Ages 10-15	Mon	5:10-6:05 pm	1/8-May	\$300	\$380
 Crafternoon Jr.	Grades K-2	Mon	4-5:15 pm	1/7-2/25 Excludes 1/21 & 2/18	\$110	\$125
 Afterschool Woodshop	Grades 2+	Thurs	4-5:15 pm	1/10-2/14	\$125	\$150
 CNC Router Introductory Class	Grades 8-12	Wed	4-5:30 pm	1/23	Free	N/A
 3-D Printer Introductory Class	Grades 8-12	Wed	4-5:30 pm	2/13	Free	N/A
Think Camp: Jewish Camp Fair	All Ages	Sun	1-3 pm	2/10	Free	Free
New Year's Beach Party	All Ages	Sun	1:30-4:30 pm	12/30	\$5	\$10
 Sunday Cozy Crafternoons	Ages 6-12	Sun	2-3:30 pm	12/16, 1/20, 2/17, 3/17	\$5 Per Class	\$10 Per Class
Sticky Fingers	Ages 2-4	Thurs	10-11 am	1/10-3/28 2nd & 4th Thurs	\$5 Per Class \$8 Per Month	\$5 Per Class \$8 Per Month
Flour Power	Grade 2-6	Thurs	4-5:30 pm	1/10-2/28 2nd & 4th Thurs	\$50	\$60
Family Brunch & Munch	Families With Children 0-4	Sun	10:30-11:30 am	1/13 & 2/10	\$5	\$10
Teddy Bear Tea Party	Ages 3-8	Sun	3:30-4:45 pm	2/3	Free	\$5
 Tu B'Shevat Crafternoon	Ages 3-13	Sun	2-3:30 pm	1/20	\$5	\$10
Zumbini Free Demo	Ages 0-4	Tues	5:15-6 pm	12/18	Free	Free
Zumbini Class	Ages 0-4	Tues	5:15-6 pm	1/8-2/26	\$145	\$145
Martin Luther King Jr. Diversity Day	All Ages	Mon	10 am-12 pm	1/21	Suggested Donation	Suggested Donation
 Sparkle And Spice Havdalah Program	Ages 0-6	Sat	5:45 pm	2/2 Snow Date: 2/9/2019	Free	Free
Vacation Program	Grades K-8		9 am-4 pm	12/26, 12/27, 12/28, 12/31	\$57 Per Day*	\$67 Per Day
 MLK Diversity Vacation Program	Grades K-8		9 am-4 pm	1/21	\$60 Per Day*	\$70 Per Day
Summer Camp in February	Grades K-8		9 am- 4 pm	2/18 2/19	\$57 Per Day*	\$67 Per Day

For detailed descriptions of programs or to register:

[jccnh.org/programguide/children](http://jccnh.org/programguide/children)

To find out locations of PJ Library events, please visit [jewishnewhaven/pjlibrary](http://jewishnewhaven/pjlibrary)

\* JCC After School and Kids Klub families receive \$10 off the member rates.



**It's never too early to think about summer camp.  
Sign up now to lock in last year's rates  
and receive extra camp t-shirt and a camp backpack.**

**Register: [jccnh.org/camp](http://jccnh.org/camp). Offer Ends February 15, 2019**

For more information, contact Camp Director Debra Kirschner at  
[summercamp@jccnh.org](mailto:summercamp@jccnh.org), (203) 387-2424 x253

CULTURAL ARTS

Title	Age	Day	Date	Time	Location	Member	Community
Film: Dreaming of a Jewish Christmas	Ages 12+	Sun	12/23	2 pm	JCC Vine Family Auditorium	\$5	\$10
Jewish Author Series: Lynda Cohen Loigman, The Wartime Sisters	Adult	Wed	2/13	7 pm	RJ Julia Booksellers, Madison	Free	Free
Jewish Author Series: Tal Keinan, God is in the Crowd: Twenty-First Century Judaism	Adult	Sun	3/10	12:30 pm	Temple Beth Tikvah, Madison	Free	Free
Jewish Author Series: Dr. Ruth Westheimer, Roller Coaster Grandma	Ages 8+ With Caregiver	Sun	3/31	1 pm	The Towers, New Haven	\$5	\$30 Sponsorship Fee
Jewish Author Series: Jamie Bernstein, Famous Father Girl: A Memoir of Growing Up Bernstein	Ages 12+	Sun	4/14	2 pm	JCC Vine Family Auditorium	\$5	\$10
Jewish Author Series: Chanie Apfelbaum, Millennial Kosher: Recipes reinvented for the modern palate	Adult	Thurs	5/16	7 pm	JCC Vine Family Auditorium	\$12	\$18

Beckerman Film Series begins Thursday April 4th. Stay tuned for the full line-up.

For detailed descriptions of programs or to register:  
[jccnh.org/programguide/cultural-arts](http://jccnh.org/programguide/cultural-arts)

SPA MASSAGE THERAPIES

Title	JCC Spa Member			JCC Member			Community		
	30 min	60 min	90 min	30 min	60 min	90 min	30 min	60 min	90 min
Relaxation/Swedish Massage		\$72	\$103		\$76	\$109		\$80	\$115
Deep Tissue Massage		\$90	\$121		\$95	\$128		\$100	\$135
Cupping		\$90			\$95			\$100	
Thai Massage		\$90	\$121		\$95	\$128		\$100	\$135
Hot Stone		\$90	\$121		\$95	\$128		\$100	\$135
Reflexology		\$72			\$76			\$80	
Hand Massage	\$35			\$35			\$35		
Foot Massage	\$35			\$35			\$35		

Every session is uniquely tailored to you, the client, to promote a healthy body and mind. Massage involves the manipulation of the body's soft tissue for a positive effect. No longer just a luxury, massage therapy is a relevant choice of health care helping to relieve muscular tension, break pain spasms, and promote healing or recovery from injury and even improve performance!



SPA FACIAL THERAPIES

Title	JCC Spa Member			JCC Member			Community		
	45 min	60 min	90 min	45 min	60 min	90 min	45 min	60 min	90 min
Seasonal Facial	\$50			\$50			\$50		
Signature Facial		\$72			\$76			\$80	
Anti-Aging Facial			\$103			\$109			\$115
Body Treatment			\$103			\$109			\$115

Customized to your skin, each treatment includes a skin analysis, neck, hand and shoulder massage, along with a complimentary consultation that will customize the service to your specific needs. Aestheticians are licensed and experienced. Only quality products are used.



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Please contact us if you are looking for a specific treatment or technique not listed. One of our treatment specialists would be happy to assist you with your request or questions.  
**(203) 387-2424 x444 | [massage@jccnh.org](mailto:massage@jccnh.org)**

# BIRTHDAY PARTY

Headquarters

**Book Your Party Today**

To learn more about our birthday party packages, please contact us at (203) 387-2424 x251 (Sandy) or x237 (Nicolle) [sandyh@jccnh.org](mailto:sandyh@jccnh.org) | [nicollec@jccnh.org](mailto:nicollec@jccnh.org)



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\$1 /Day\*



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- The Cube Co-Working Space
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- Swimming Pool, Double-Sized Gym, & Racquetball Courts
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- Birthday Parties
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