



Shaw JCC
Akron

Fall 2021

Program Guide

Schedule of Programs, Childcare & Events

JCC



Program List

At-A-Glance



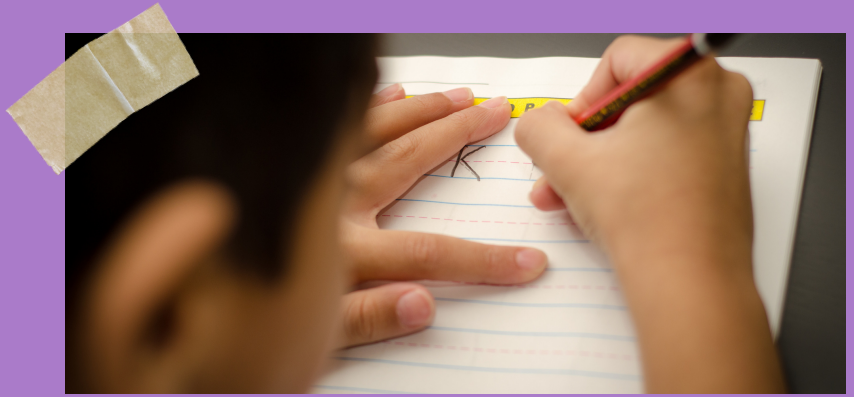
Youth	1
Sports	2
Early Childhood	3-4
Yoga Teacher Training	5
Health & Wellness	6-7
Aquatics	8
Senior Adult	9



To find out more information on our programs and events go to ShawJCC.org or follow us [@ShawJCC](#) on Facebook, Instagram and Twitter.



Youth



BEFORE & AFTER CARE (WITH TRANSPORTATION!)

Your One-Stop Shop for Quality Child Care!

Sept 9, 2021 - May 27, 2022

Child Care Program Hours:
M-F | 7:30-8:30am & 3-6pm

The Shaw JCC provides school-aged child care programming to children ages 5-10 from Akron Public, Revere Local, Copley-Fairlawn City School Districts, The Lippman School and other surrounding school districts. Families of school-aged children must be members of The Shaw JCC. Limited spaces available.

Afternoon Transportation is available for students attending: King, Case, Fort Island, Arrowhead and Resnik.

What will my child do in before/after care?

- Crafts & Games
- Physical Activity & Outdoor Time
- Homework Time
- Healthy Snacks
- *NEW* Tutoring Available (*additional fee*)

School's Out/Snow Day Insurance

A day off school means a day at The J! The School's Out program offers fun and exciting experiences for children ages 5-10. We're open for snow days too, with the purchase of Snow Day Insurance!

For more information:

Lyndsey Heffern, Youth Program Director
330-835-0064
lheffern@shawjcc.org



Kim Garra, Mandel Early Childhood Center Director
330-835-0044
kgarra@jewishakron.org



LEARN MORE AND
APPLY TODAY AT

SHAWJCC.ORG/AFTER-SCHOOL

Sports



MEN'S BASKETBALL LEAGUE

We are continuing the tradition of our Adult Men's Basketball League (must be 18+) this Fall! Sign up as an individual and be placed on a team OR sign-up with a pre-assembled group of 2-5 players.

10 Weeks of Games:

September 12 - November 28

Every Sunday | First game at 8:30am

2 Weeks of Playoffs

Find more info at:

shawjcc.org/mens-basketball

Cost:

Individual: \$100 Member / \$135 Guest

ADULT VOLLEYBALL

BRAND NEW: We are hosting an Adult Volleyball League this Fall, in partnership with Akronym Brewing Company! After each game, head down to Akronym Brewing Company for a League Happy Hour, featuring discounted beverages. 🍷

6-Week Session

October 6 - November 10

Every Wednesday at 6pm

Find out more info at:

shawjcc.org/adult-volleyball



Cost:

Individual: \$55/pp Member/Guest
 Group (Team of 6): \$300 per Team
 Group (Team of 4): \$200 per Team

YOUTH SOCCER

Kick-start the school year with Youth Soccer at The J! T-Shirts included. Open to ages 4-10.

Age groups are 4/5, 6/7, 8-10.



Schedule:

Every Saturday

September 25 & October 2: Meet the Coaches & Skills Clinics

Games: October 9 - October 30

Find more information at shawjcc.org/youth-soccer



All age groups practice in the morning, in shifts from 9am-12pm. The 8-10 age group will have an ADDITIONAL evening practice on Monday nights from 5-6pm.

Cost:

\$60 Member /
\$80 Guests

Deadline to register is Sept. 13. Late fee charged after that date.



Early Childhood

LITERACY ENRICHMENT PROGRAM

This 8-week program will provide children and families with a weekly "lesson in a bag" that they can work on together at home at their own pace.

Each lesson includes a book and activities for learning in content areas such as language and literacy, math, science, and small and large motor skill development. Developed for children ages 3-5.

Starts October 8, 2021

Bags will go home every other Friday, and can be picked up at the main entrance of the Shaw JCC or, if enrolled, in an ECE classroom.

Cost: \$55 Member / \$70 Guest
Contact Kim at kgarra@jewishakron.org or 330-835-0044.

PARENTS' NIGHT OUT!

Parents, take a break and send your children for a Saturday night out at the JCC. Children will look forward to fun crafts, projects, cooking, sports, special programming and games. After a yummy pizza and veggie dinner, we will watch a kids' movie on our big screen. Don't forget to wear your favorite PJ's!

Subject to change/cancellation without minimum enrollment.

Saturday, October 16 & Saturday, December 18
5:30 – 9:30 p.m.
Ages: 18 mo. – 5 years

Cost: \$25 Member / \$35 Guest; additional siblings \$18
Must be preregistered to attend. To register, please call 330-867-7850.

ENRICHMENT CLASSES

Class Details

- Class size limited to 12 kids per session
- Face masks required when indoors
- Classes taught by certified teachers
- Fun Guaranteed!

Price: \$75 M / \$90 G
Register Now:
Contact the JCC Front Desk at 330-867-7850 or Call Kim at 330-835-0044

Class Descriptions on Next Page 

Early Childhood



ENRICHMENT CLASSES

Fall Sports with Ms. Janice

Mondays: October 4 – November 22

1:00-1:45 p.m.

Ages: 2 ½ – 5 years



Children can participate to learn skills for soccer, football and t-ball. There will be a variety of lead-up games played for learning skills, and some game time play for soccer and t-ball.



I SPY

Wednesdays: October 6 – November 24

1:00-1:45 p.m.

Ages: 2 ½ – 5 years

Can you spy colors, letters, numbers, and animals? Join Ms. Lori for an I Spy class filled with hunting, counting and sorting activities for hands-on learning and FUN! Children will also enjoy a snack after we “spy” the ingredients and enjoy all the themed I Spy books.

Wacky Games with Ms. Karly

Thursdays: October 7 – December 2

1:00-1:45 p.m.

(No class on November 25)

Ages: 2 ½ – 5 years



Join Ms. Karly for wacky preschool games and music & movement activities that are perfect for indoors and keep active preschoolers moving as they create fun and wacky memories.



Art Club

Fridays: October 8 – December 10

1:00-1:45 p.m.

(No class on October 22 & November 26)

Ages: 2 ½ – 5 years

Each week Ms. Andrea will meet with the children to create and build original masterpieces using paint, crayons, clay and other mediums. Language and literacy activities will also be a part of this “art-tastic” experience.

**Children will be picked up from their ECE classrooms and returned at the end of class. Guests will be drop-off/pick-up at the front door.*



Yoga Teacher Training

YOGA TEACHER TRAINING

200-HOUR HOLISTIC LEADERS YOGA TEACHER TRAINING
LED BY KEVIN KARAS
ACCREDITED BY YOGA ALLIANCE

SEPTEMBER 30 - JUNE 23

CLASS MEETS:

- EVERY THURSDAY, 6-8:30PM
- FIRST WEEKEND OF EACH MONTH (ONE DAY), 10AM-4PM

The main objective of this empowering training is to create a small and supportive group experience to live the teachings of yoga and enrich the quality of life for participants. These teachings aim to inspire participants to become yoga teachers. Successful completion of this program results in certification at the 200-hour level by the Yoga Alliance standards.

This school is a 10-month program, starting in late September, with 4 semesters. Class will meet once a week on Thursday evenings for 2.5 hours plus weekend sessions once a month. (A few special events/retreats may occur. Dates will be decided at a later date.)

For more information, please visit shawjcc.org/yoga-teacher-training

Please contact Kevin Karas at kevinjameskaras@gmail.com or call 330-592-0530 to find out more about this program. To sign up directly, please call the JCC at 330-867-7850.





Health & Wellness



Tiger Kids Kung Fu

September 14 - December 7

Tuesdays, 4:30 - 5:15pm

Includes Belt Test

The Tiger Kids Kung Fu Class is for students 7-12 years old of any experience level. Each class is 45 minutes long and is taught by one of our head instructors. In the class, students will learn Kung Fu, Bully Prevention, Stranger Awareness and monthly character development topics. This curriculum is taught through different and fun skills of: teamwork, focus, balance, memory, fitness, agility, coordination and timing. This session will include a belt test.

Members: \$176 Total or 4 monthly payments of \$44/month (Sept.-Dec.)

Non-Members: \$196 Total or 4 monthly payments of \$49/month (Sept.-Dec.)



Wing Chun

September 14 - December 7

Tuesdays, 5:30 - 6:30pm

Wing Chun is relatively easy to learn and continues to give a lifetime of lessons. For students 13 and up with any level of skill. In class, we will: strengthen our bodies, learn different strikes, kicks and forms and work with partners for application. The class culture is fun, safe and fosters personal growth. We continue to pass the proud tradition of Wing Chun into today with the best methods to help our students defend themselves, grow personally and develop a new athletic interest.

Members: \$248 or 4 monthly payments of \$62/month (Sept.-Dec.)

Non-Members: \$276 or 4 monthly payments of \$69/month (Sept.-Dec.)

S.A.F.E. PROGRAM: SELF DEFENSE & AWARENESS

OCTOBER 20 - 30
WED/SAT • TIMES VARY

The SAFE Program is for teens and adults. It is led by experts Karen and Adam Boyer who make the program's mission to spread the valuable information of self-protection and preservation and to empower and prevent you from becoming a victim or remaining in a vulnerable state. It is also their hope that you feel more secure as you learn to defend yourself.

In our lives we have known too many women, friends, family, coworkers, and acquaintances, that have been a statistic. It is our hope that through this program, we can change lives and prevent crimes against victims.

- 13 years and older allowed
- \$79 for single person | Join with a Friend: \$109 for 2 people.

4-Session Program Schedule

- Wednesday, October 20 & 27, 6:30pm-8pm (unless speaker at 6)
- Saturday, October 23 & 30, 10:30am-noon



Karen & Adam Boyer

With backgrounds in Tai Chi and Kung Fu (Wing Chun) the Boyers have been pursuing their dream of teaching Kung Fu and Self-Defense to people of all ages since 2007.



Health & Wellness



FITNESS

Tai Chi

Mondays: 6-7pm

This ancient form of martial art is thousands of years old. While it is a form of martial arts and is used for such, it is also described as 'meditation in motion' as one learns to flow through the form with focus and by following the breath. Gain strength, balance, flexibility and range of motion as you progress through a series of movements. First Class FREE.

\$45/month Member / \$55/month Guest

TRX

Tuesdays/Thursdays: 5-6pm

Build and challenge your core strength by incorporating TRX into your routine. Any movement performed on a TRX Suspension Trainer requires that you brace and stabilize with your abs, obliques and lower back so you can leverage your own bodyweight as resistance. Other equipment and methods may be used. (All Levels) First Class FREE.

\$38/month Member / \$48/month Guest

2 LEFT FEET DANCE LESSONS

Join local award-winning duo, Ed and Jennifer!

**2021 Sessions: September 13 - October 18 /
November 1 - December 13**

Mondays 6 - 7:00 pm:

Intermediate-to-Advanced | For the couple who has completed beginner sessions and is fairly versed in the various ballroom dances. This class is challenging and fast paced.

Mondays 7 - 8:00 pm:

Beginner-to-Intermediate | For the couple with little to no dance instruction.

Cost: \$85 per couple per session.

First time Special: \$50 per couple (Members Only)



Urban Zen Workshops

Your choice of sessions:

Sunday October 24th | 2-3:30pm or Sunday November 14th | 2-3:30pm

Urban Zen is an integrative therapy program dedicated to integrating eastern healing techniques with western medicine to treat clients, their loved ones and caregivers. Most sessions incorporate five healing modalities: Yoga Therapy (restorative poses, breath awareness, in-bed movement, and guided meditation), Reiki, Essential Oil Therapy, Contemplative Care, and Nutrition.

The Fall Session will focus on: Anxiety, Insomnia & Exhaustion

\$25 Member / \$35 Guest



Aquatics



Please find more information on any of the below programs at shawjcc.org/aquatics

GROUP SWIM LESSONS

Our experienced and dedicated instructors lead small classes that will teach you aquatics skills in a fun, safe and nurturing environment. Our goal is for you to succeed and to love swimming as much as we do!

The American Red Cross Learn to Swim™ program puts water safety first. Each level includes training in basic water safety and stroke development. Swimmers progress through the levels at their own pace, mastering the skills in one level before advancing to the next.

Lessons run during various weeks from September 13 - December 8

Baby & Me • Preschool • Levels 1-5 • Adult

Check out the full schedule at shawjcc.org/swimlessons.

STROKE CLINICS

These clinics provide swimmers the chance to work on their freestyle technique, backstroke technique, breaststroke technique, butterfly technique, underwaters, starts off the blocks, flipturns and more. These are great programs for kids new to swim team, kids trying out for a swim team, and experienced competitive swimmers looking to refine their swimming technique and additional skills that help win the race!

All Clinics: October 5 - 28

Beginner | Tues/Thurs: 5:30-6:15pm
Advanced | Tues/Thurs: 6:15-7:30pm

Beginner Cost: \$60 M / \$80 G
Advanced Cost: \$75 M / \$95 G

PRIVATE & SEMI-PRIVATE LESSONS

To schedule lessons, email Ryan Miller at rmiller@shawjcc.org or call 330-835-0055. Prices are per participant.

Private Lessons

30-minute lesson for one participant

5 Lessons \$85 Member / \$135 Guest
10 Lessons \$160 Member / \$250 Guest

Semi-Private Lessons

30-minute lesson for two or more participants.

5 Lessons \$50 Member / \$85 Guest
10 Lessons \$90 Member / \$150 Guest

SWIM TEAM

Our year-round swim team provides training and competitive opportunities for swimmers of all abilities to reach their individual and team goals. Kids must be ages 6 to 18 and have mastered Level 4 of the American Red Cross swim lessons or to be evaluated by a coach during the first practice.

Swim Season: November 8th - March 4th

Practice Times:

8 Years & Under: Mon/Tues/Thurs | 5:15-6:15pm

9-10 Years: Tues/Wed/Thurs | 5:15-6:15pm

11+ Years: Mon-Thurs | 6:15-7:45pm

*Fridays and Saturdays are TBD for all groups

10 & Under Cost: \$225 M/\$265 G

11+ Cost: \$270 M / \$310 G



Senior Adults



PROGRAMMING

Bridge

Mondays: 11am - 2pm

Join us every Monday for an exciting game of Bridge and socializing! Donations are appreciated.

Retired Men's Group

**2nd & 4th Wednesday of Every Month
9:30 - 11:30am**

Join the Retired Men's Group for open discussion. Bagels and coffee will be served.

An RSVP is required so we can prepare the right amount of food and secure enough space for the group. Please call Julie LeFever at 330-835-0027 with your reservation by Monday of the meeting week. Donations are appreciated.

Mah-Jongg

Thursdays: 1-4pm

Keep calm and play Mah-Jongg! Join us every Thursday for Mah-Jongg, socializing, and more. Donations are appreciated.

Location for each of these programs may vary over the next few months as we undergo some construction in the building. Please park and enter from the back of the building until further notice!

EVENTS

Junk in The Trunk

**Sunday, September 12
9am - 1pm**

It's like a giant garage sale without the hassle! Load up your car, truck, or van and haul your garage-sale type stuff on down to The JCC's parking lot. Or load up your friends and family to come buy cool stuff!



Coming Soon.... Pots & Pans Cooking Class

Don't forget - We have 10 Silver Sneakers classes weekly, plus we are bringing back SuperStar Rewards! If any SilverSneakers or Renew Active member swipes in to the JCC at least 11 times/month, they are automatically entered to win gift cards **EVERY MONTH!**



Shaw JCC
Akron

JCC

**To learn more about The Shaw JCC of Akron, go to ShawJCC.org
To register for a program, call 330-867-7850.**