



Shaw JCC
Akron

Fall 2026

Program Guide

Schedule of Programs, Childcare & Events



Jcc

What's Inside...

Youth Chess
Page 3

Pickleball Open Play
Page 5

**Stingrays
Swim Team**
Page 9



Program List

At-A-Glance



Early Childhood Education	1
Youth/School-Age Childcare	2
Youth Sports & Activities	3-4
Adult Sports & Recreation	5
Fitness & Wellness	6-7
Aquatics	8-9
Senior Adult	10
Get Connected at The J	11
Jewish Holidays	12
Staff Directory	13



Key:

M = Member Price

G = Guest Price

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

Early Childhood

FALL ENRICHMENT CLASSES

Class Details

- Taught by credentialed teachers; Fun Guaranteed!
- Children will be picked up from their ECE classrooms and returned at the end of class. Guests will be dropped-off/picked-up at the front door.
- Class size limited to 15 children per class on a first come, first served basis.

Price: \$80M / \$95G

Register Now:

Register through the "My Akron J" app or contact Lyndsey at lheffern@shawjcc.org or 330-835-0064.

Fall Sports with Ms. Janice

September 14 - November 9

(no class on Sept. 21)

Mondays, 1 - 1:45 p.m.



Join Ms. Janice for an action-packed class celebrating all things fall sports!

Children will learn the fundamentals of T-ball, kickball, football, soccer, and other exciting outdoor games through fun, age-appropriate activities. Each week, little athletes will build coordination, balance, throwing, catching, kicking, and teamwork skills while gaining confidence in a supportive and encouraging environment.

Fall into Fun!

September 15 - November 10

(No class on Sept. 22)

Tuesdays, 1 - 1:45 p.m.



Children will join Ms. Karly and Ms. Kim and discover the beauty of fall through nature walks, scavenger hunts, sensory play, art activities, and seasonal stories. Each class will encourage curiosity, creativity, and a love for the outdoors. At the end of the 8-week session, students will receive a Junior Fall Explorer Certificate to celebrate everything they discovered throughout the season.

BE the Builder!

September 16 - November 11

(no class on Sept. 23)

Wednesdays, 1 - 1:45 p.m.



Back by popular demand! Join Mrs. Galizio and Ms. Kennedy for an exciting afternoon of building, designing, and creating. From Lego bricks and Magna-tiles to recycled materials, wood, and other unique building supplies, children will explore a variety of tools and materials as they bring their imaginations to life. Each session encourages problem-solving, teamwork, and creative thinking while children take on the roles of engineers, architects, and construction workers.

Tiny Dancer

September 17 - November 12

(no class on Oct. 1)

Thursdays, 1 - 1:45 p.m.



Dance with Ms. Tong, a certified cardio dance instructor with a background in ballet, hip-hop, jazz, and musical theater, for a 45-minute lesson that builds rhythm, coordination, and body awareness while exploring different dance styles. Activities include learning basic dance skills, practicing full routines, playing movement games, and enjoying music, all designed to boost confidence and movement mindfulness.

Squeaky Sneakers

September 18 - November 13 *(no class on Oct. 2)*

Fridays, 1 - 1:45 p.m.



Children will strengthen their gross motor skills while moving and playing, with opportunities to get those sneakers squeaking. Skipping, galloping, running, jumping, and hopping will all be part of the fun in this energetic and active class.



SCHOOL-AGE CHILD CARE

Before and After School Care at The J August 24, 2026 - May 28, 2027



Drop off begins at 7:30am for before-care. Pick up ends at 5:30pm for after-care.

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

We strongly believe in providing children with the opportunity to participate in a well-balanced and safe afternoon of recreational, social, cultural and educational activities. Our goal is for every child to have meaningful experiences while they are here. Healthy snacks provided (nut-free, Kosher)!



School's Out Days



A day off school means a day at The J! The School's Out program offers fun and exciting experiences for children ages 5-12. We're open for snow days too, with the purchase of Snow Day Insurance! Programs include special activities such as sports, art, indoor swimming and more. Children should bring a kosher nut-free lunch and swim gear. Open to members and guests. Limited space available.

School's Out **MUST** be purchased in advanced, **NO DROP-INS**. For more information, a list of School's Out days, and to register, please visit shawjcc.org/schools-out. School's Out programming subject to cancellation without minimum enrollment.

Cost: \$65M / \$80G

Time: 7:30 a.m.- 5:30 p.m. • Ages: 5-12

The ultimate winter break experience **WINTER CAMP**

Spend your winter break with us!
Join us at the end of December for
Winter Camp at The Shaw JCC! Go to
shawjcc.org/schools-out for more
details and to register.

AGES
5-10
YEARS

Go to
shawjcc.org/after-school
for more information and
to register!

For more info, contact Lyndsey at lheffern@shawjcc.org / 330-835-0064.

Youth Sports & Activities

YOUTH SOCCER

Soccer Shots is the most trusted and engaging children's soccer program for ages 1.5 to 8. Join the best coaches in the business on Soccer Island for age-appropriate soccer skills, character-building, and FUN!

August 30 - November 15

Sundays:

Mini: 10-10:30a (ages 1.5-3)

Classic: 10:40-11:10a (ages 3-5)

Premier: 11:10-11:50a (ages 5.5-8)

Discount code for JCC Members:
SHAW15

**Register on
Soccer Shots
website:**



YOUTH CHESS

The Knight School's Chess Party is here at the Shaw JCC!

Join our high-energy chess program as we laugh, learn, and play our way to becoming devastatingly good at chess in party-style, super-fun classes taught right here after school! The Knight School is Shaw JCC's official chess team and chess party. The Knight School's approach has had amazing success because the unique and unprecedented educational philosophy, "the chess party," is the perfect way to transform a complete beginner into a chess machine!

Add multiple sessions for maximum fun!

Mondays 3:45-5:00pm

Session 1: Sept 14 - Oct 19

Session 2: Oct 26 - Nov 23

Ages: 5-13

Cost: \$100M/\$115G



CYCLING FRIENDS

The Cycling FRIENDS! core program helps kids grow in friendship, feelings, and fun on two wheels! This 8-week program blends social/emotional learning, bike riding and safety skills, and fun activities that build confidence, teamwork, and independence. Each one hour session will focus on one aspect of being a good friend, along with a specific cycling skill.

Bring your own bike!

Sept 9 - Oct 28

Wednesdays 4-5pm

Ages 6-11

Cost: \$115M/\$125G



Youth Sports & Activities

YOUTH DANCE

YOUTH CHEER

WITH THE UNIVERSITY OF AKRON

Athletes will enjoy a high-energy, creative experience led by members of the University of Akron Spirit and Dance Teams. Through engaging workshops and interactive sessions, participants will learn about dance fundamentals and explore performance techniques used by collegiate-level athletes.

Athletes will experience a high-energy cheer and dance program led by members of the University of Akron Spirit and Dance Teams. Participants will build and refine skills in stunts, tumbling, pom routines, and sideline chants while learning teamwork, confidence, and leadership.

September 8 - 29

Tuesdays 4:15-5:15pm

Ages 6-10

\$90M/\$110G

September 3 - 24

Thursdays 4:15-5:15pm

Ages 6-10

\$90M/\$110G



Register for all programs on the My Akron J app or by visiting shawjcc.org/youth

**For more information,
contact Lyndsey Heffern at
lheffern@shawjcc.org / 330-835-0064.**



Adult Sports & Recreation

MEN'S BASKETBALL

We are continuing the tradition of our Adult Men's Basketball League (must be 18+) this Winter! Teams are formed after individual sign-ups.

10 Weeks of Games / 2 Weeks of Playoffs

September 20 - December 6

Every Sunday | First game at 8:30am

Price: \$130M / \$170G



PICKLEBALL: OPEN PLAY

Join a group of dedicated adult Pickleball players every week in Pickleball open play. All skill levels are welcome. Pickleball free play is held outside on the Tennis Courts in the fall, as weather permits.

Pickleball Open Play Times

Tuesday/Thursday: 6 – 9 am

Wednesday 5 – 8 pm

Sunday: 2 – 4 pm

Location: Outdoor Pickleball Courts

Shaw JCC members play for FREE. Non-Members may purchase a monthly pass for \$30 for unlimited play. All participants must have a member or guest profile created and scan in at the pickleball courts using the QR code posted. Nets will remain outside as long as the season permits.



GROUP PROGRAMS AND WORKSHOPS

Tai Chi Private Lessons

Mondays/Wednesdays: 12:00PM

Instructor: Rita Bowling

Price: \$20 / 20 minute session

Take your practice to the next level with personalized Tai Chi instruction from Rita Bowling. These one-on-one sessions, offered Mondays and Wednesdays at 12 PM immediately following Tai Chi class, provide individualized guidance to help improve balance, technique, and overall wellness. Perfect for beginners or those looking to deepen their practice. Inquire with Anthony at 330-835-0058 | aange@shawjcc.org.

Fitness Center Childcare

Life is uncertain - childcare shouldn't be. Health and Wellness is important and we know that means regular workouts for a lot of busy parents. The J provides childcare services for members' children ages six-weeks through twelve years old while you workout. Walk-in only.

Details

\$4 / 55 Minutes for first child

\$2 / \$55 Minutes for second child

Ages: 6 Weeks Through 12 Years of Age

Hours

Monday:

8:00 am – 11:00 am

Tuesday/Thursday:

8:00 am – 11:00 am / 4:30 pm – 7:30 pm

Friday/Saturday:

8:00 am – 11:00 am

6

**Hours are subject to change at any time. Visit our website for the most up-to-date hours.*

InBody570: Body Composition and Health Scan

The InBody 570 delivers in-depth analysis of your overall health and wellness in just 45 seconds. In addition to analyzing muscle mass, fat mass and total body water, this equipment will draw from additional metrics like Visceral Fat Level and Segmental Fat Analysis, and even bone density! Easily track your health and wellness and see how you progress!

Price:

\$35/one scan

\$50/two scans



Fitness Orientations

Price: Free!

By appointment only

Fitness Orientations are intended to help new members and youth become familiar with Fitness Center rules, safety, etiquette, and adjusting equipment. If you have been hesitant to visit the Fitness Center, or if you are just getting started, reserve your time with Fitness Director, Anthony Ange, today! *(This is required for youth ages 11-13 to use the Fitness Center. An adult must be present at orientation.)*

Contact Anthony Ange at aange@shawjcc.org or 330-835-0058 to schedule your orientation!



Fitness & Wellness

FIND YOUR PATH TO WELLNESS!

Massage

Massage helps to reduce stress and promote relaxation by calming the nervous system, lowering heart rate and blood pressure, and creating a sense of overall well-being. It is often effective in alleviating chronic pain conditions. Massage can also help active people improve flexibility, release tension in tight muscles, and increase circulation to improve recovery. Regular massage therapy can improve sleep patterns by promoting relaxation and reducing anxiety. Whether you simply need to relax, or if you are an athlete in need of recovery, our JCC Massage Therapists are ready to help you with your needs!

Massage Therapy PRICING

	1/2 HOUR	1 HOUR	1½ HOUR
 Single (relaxation)	\$40 M / \$53 G	\$66 M / \$83 G	\$83 M / \$100 G
 Single Deep Tissue	\$60 M / \$72 G	\$83 M / \$100 G	\$105 M / \$127 G
 3 Sessions (relaxation)	\$100 M / \$132 G	\$165 M / \$230 G	\$230 M / \$297 G
 3 Sessions (deep tissue)	\$165 M / \$198 G	\$230 M / \$264 G	\$297 M / \$330 G

Personal Training

At the JCC, our Personal Trainers have specialized knowledge in exercise science, allowing them to design personalized workout plans tailored to a person's individual goals, whether it's weight loss, building strength, or improving cardiovascular fitness.

We offer a **FREE Fit Plan** session where our Personal Trainers will learn about your goals, assess your current abilities, and from this information they will show you a few exercises that are immediately helpful to you, and show you how to set up the machines most effectively for your body.

Personal Training is an excellent way to invest in your health and wellness by helping you adhere to your exercise schedule, increase accountability for your goals while keeping workouts fun, safe, and effective. Schedule your JCC Fit Plan today for expert guidance on your fitness journey



Sessions are scheduled individually with all practitioners and trainers.

**DID YOU
KNOW?**

The JCC has
over 60 weekly
fitness CLASSES
included in your membership!



SWIM LESSONS

PRIVATE & SEMI-PRIVATE LESSONS

To schedule lessons, complete our online form. Prices are per participant.
Contact: Amanda Fleming, Swim Lesson Coordinator, at afleming@shawjcc.org

Private Lessons

30-minute lesson for one participant

1 Lesson	\$25 Member / \$35 Guest
5 Lessons	\$120 Member / \$165 Guest
10 Lessons	\$225 Member / \$315 Guest

Semi-Private Lessons

30-minute lesson for two or three participants.
(Price is per swimmer. You must have your own 2-3 person group)

1 Lesson	\$20 Member / \$30 Guest
5 Lessons	\$95 Member / \$143 Guest
10 Lessons	\$180 Member / \$270 Guest

GROUP 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!

Our swim lessons put 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.

4-Week Swim Sessions

September

Special 2-Week Session
\$25 M / \$35 G

Wednesday, September 9 & 16

Baby & Me + Preschool: 5 – 5:30pm
Level 1 + Level 2: 5:45 – 6:15pm
Level 3 + Level 4/5: 6:30-7pm

Thursday, September 10 & 17

Baby & Me + Preschool: 5 – 5:30pm
Level 1 + Level 2: 5:45 – 6:15pm
Level 3 + Level 4/5: 6:30-7pm

October

\$45 M / \$65 G

Monday, October 5 – October 26

Baby & Me + Preschool: 5 – 5:30pm
Level 1 + Level 2: 5:45 – 6:15pm
Level 3 + Level 4/5: 6:30-7pm

Wednesday, October 7 – October 28

Baby & Me + Preschool: 5 – 5:30pm
Level 1 + Level 2: 5:45 – 6:15pm
Level 3 + Level 4/5: 6:30-7pm

November

\$45 M / \$ 65 G

Saturday, November 7 – November 28

Baby & Me + Preschool: 9 – 9:30am
Level 1 + Level 2: 9:45 – 10:15am
Level 3 + Level 4/5: 10:30 – 11:00am



WINTER STINGRAYS SWIM TEAM

Winter Swim Team is here! Ready to make a splash? The Stingrays Swim Team is all about building confidence, having fun, and creating a strong team spirit both in and out of the pool. Our swim team provides training and competitive opportunities for swimmers to reach their individual and team goals. If your child loves swimming and is excited to be part of a team, we'd love to have them join the Stingrays!

Tryouts: If your child is between ages 6–18 and has completed Level 4 of American Red Cross Swim or demonstrates an equivalent skill level, they're ready to join the team and dive into the fun! We'll start with a quick tryout to ensure each swimmer is comfortable and ready to be part of the team! If a child was on our Summer Swim Team, they are exempt from trying out.

November 2026 to March 2027 (dates TBD)

Practices: Monday through Thursday

10 & under: 5:00 - 6:00pm

11 & up: 6:00 - 7:30pm

7-8 Meets + Championships

Parent Meeting: October TBD

Tryouts: October TBD

Contact:

Aquatics Director, Anthony Ange
(330) 835-0058 / aange@shawjcc.org

Cost: \$580 M / \$780 G

**All teammates required to abide by safety protocols set by coaching staff.*



ONGOING PROGRAMS

Bridge

**Mondays, 10:30am - 1:30pm AND
Thursdays, 10:00am - 12:30pm**

No matter what level of play, join us for bridge.
No instruction provided. No RSVP needed.

Retired Men's Club

2nd & 4th Tuesday of Every Month, 9:30 - 11:30am

Join the Retired Men's Group for open discussion. No RSVP needed.

Mah-Jongg

Thursdays, 1:00 - 4:00pm

Young and old alike are enjoying the comeback of the game of Mah-Jongg. No instruction provided. No RSVP needed.

Book Club

Last Thursday of Every Month, 11:15am

Meet up with fellow book-lovers to discuss a selected book within the group. If interested in joining, please email Alisa at areinbolt@shawjcc.org.



Stay active, strong, and connected! We offer five weekly SilverSneakers/Active Agers classes, plus a wide variety of additional fitness options designed with seniors in mind. Explore the full schedule and find your fit at shawjcc.org.

10



Senior Programs

Members can enjoy our Senior Adult programs at no cost. Non-members are welcome to participate with a \$2.50 per visit fee, payable at the front desk. Program participants are welcome to bring their own meat-free, nut-free snacks and beverages. *Fee only applies to the programs listed above, NOT Silver Sneakers classes.*



What's Happening at The J?

We welcome you to explore what The JCC has to offer.

Keep up-to-date with programs and happenings at the JCC.

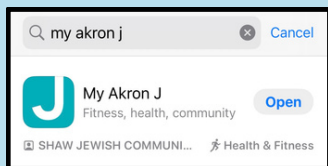
Follow us on social media:

@shawjcc



Subscribe to our e-newsletter:
shawjcc.org/member-newsletter

Do you have the **My Akron J** app? This app will allow you to sign up for Group Ex classes and paid programs, purchase Personal Training and Massage packages, view your statements and check-in history, and more!



*To learn more, go to
shawjcc.org/my-akron-j*



UPCOMING

JEWISH

HOLIDAYS



Rosh Hashanah

Evening of September 11 - September 13

Building Closes at 3PM on Sept 11

Building Closed Sept 12 & 13

Rosh Hashanah is commonly known as the Jewish New Year and is considered a Jewish High Holiday. It is celebrated with candle lighting in the evenings, festive meals with sweet delicacies during the night and day, prayer services that include the sounding of the ram's horn (shofar) on both mornings, and desisting from creative work.

Yom Kippur

Evening of September 20 - September 21

Building Open Normal Hours on Sept 20

Building Closed September 21

Yom Kippur is also a Jewish Holiday. The name "Yom Kippur" means "Day of Atonement" and it is a day set aside to "afflict the soul" by abstaining from: food and drink, washing or applying lotions, wearing leather footwear, and marital relations. Instead, the day is spent in the synagogue, praying for forgiveness.



Sukkot

Evening of September 25 - October 2

Sukkot is a weeklong Jewish holiday that celebrates the gathering of the harvest and commemorates the miraculous protection God provided for the children of Israel when they left Egypt. We celebrate Sukkot by dwelling in a foliage-covered booth (known as a sukkah) and by taking the "Four Kinds" (arba minim), which are four special species of vegetation: an etrog (citrus fruit), a palm branch (lulav), two willow branches (arava) and three myrtle branches (hadass).



Meet Our Staff



JCC Leadership Team

Sam Chestnut schestnut@jewishakron.org
Chief of Staff 330-835-0071

Anthony Ange aange@shawjcc.org
Director of Fitness & Aquatics 330-835-0058

Danielle Bunner dbunner@shawjcc.org
Camp Director 330-835-0065

Kim Garra kgarra@jewishakron.org
Mandel ECE Director 330-835-0044

Lyndsey Heffern lheffern@shawjcc.org
Sr. Director of Programs 330-835-0064

Kevin Konet kevin_konet@shawjcc.org
Campus Operations Director 330-835-0038

Shannon Piggott spiggott@shawjcc.org
Sr. Marketing & Communications Director 330-835-0002

Alisa Reinbolt areinbolt@shawjcc.org
Adult Program & Event Coordinator 330-835-0027

Annie Rubes arubes@shawjcc.org
Office Manager – Member Relations 330-835-0040



We are Hiring!
Apply Today at
shawjcc.org/careers





Powered by



Jewish **AKRON** 

To learn more about The Shaw JCC of Akron or to register for a program, go to ShawJCC.org, download the "My Akron J" app, or call 330-867-7850.