

SEE WHAT  
WE HAVE  
PLANNED



**JCC**  
OF GREATER NEW HAVEN

# 2026

## Summer Program Guide



# enJOY

All your community has to offer

**REGISTRATION BEGINS AT 9 AM, MAY 18 FOR JCC MEMBERS,  
AND 9 AM, MAY 20 FOR THE COMMUNITY.**

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## Murray Lender 5K BAGEL RUN FIT WALK & KIDS FUN RUN

USATF Certified Course

**SUNDAY, SEPT. 20, 2026**

[jccnh.org/bagel-run](http://jccnh.org/bagel-run)

JCC of Greater New Haven  
360 Amity Road, Woodbridge, CT 06525

**8:45 am Kids Fun Run**  
**9:30 am Race & Walk Start**  
**10:30 am Bagel Reception & Awards**

For more information  
contact Pam Olszyk

**(203) 387-2424 x266 | [pamelao@jccnh.org](mailto:pamelao@jccnh.org)**

Presented By:

**GREEN &  
SKLARZ LLC**

**xfinity**

*\*The event will conclude well before Erev Yom Kippur, allowing participants to enjoy the race and still prepare for the holiday.*

**Sunday, June 7**  
**10 am - 2:30 pm**

Beckerman Lender  
 Jewish Community Building  
 360 Amity Road, Woodbridge

**QUIET HOUR:**  
**10-11 am**

### HANDS-ON EXPLORATION FOR KIDS OF ALL AGES

- Trucks, School Bus, EMS Vehicles, & more!
- Food trucks and vendors • Music
- A bounce-house • Crafts and games

#### TOUCH-A-TRUCK AT THE JCC

is a **FREE COMMUNITY EVENT** (with food available for purchase) that attracts children and families for an interactive, hands-on-event that allows kids to climb on, explore and discover their favorite trucks and vehicles, including fire engines, police cars and construction trucks.

**This special event includes over 20 different vehicles, food, arts & crafts, bounce house and more!**

**contact [kellyd@jccnh.org](mailto:kellyd@jccnh.org) for more information.**



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**J BEVERLY LEVY**  
 Early Learning Center  
 JCC OF GREATER NEW HAVEN



**NOW ENROLLING**

**REGISTER NOW!**  
[jccnh.org/beverly](http://jccnh.org/beverly)

or call us for more info  
 at 203-387-2424 x278

Class	Age	Day	Times	Date(s)	Member	Community
Swim with Me	6 mo-3	Sun	10-10:30 am	6/21-8/9	\$184	\$224
Swim with Me	6 mo-3	Sun	10:30-11 am	6/21-8/9	\$184	\$224
Bubble with Me	2-3 1/2	Sun	11-11:30 am	6/21-8/9	\$230	\$224
Bubble with Me	2-3 1/2	Sun	11:30 am -12 pm	6/21-8/9	\$184	\$224
Bubble with Me	2-3 1/2	Sun	12-12:30 pm	6/21-8/9	\$184	\$224
Bubble with Me	2-3 1/2	Sun	12:30-1 pm	6/21-8/9	\$184	\$224
Bubblers	3-6	Sun	11-11:30 am	6/21-8/9	\$184	\$224
Bubblers	3-6	Sun	11:30 am-12 pm	6/21-8/9	\$184	\$224
Bubblers	3-6	Sun	12-12:30 pm	6/21-8/9	\$184	\$224
Bubblers	3-6	Sun	12:30-1 pm	6/21-8/9	\$184	\$224
Bubblers	3-6	Sun	1-1:30 pm	6/21-8/9	\$184	\$224
Starfish	4-7	Sun	11-11:30 am	6/21-8/9	\$184	\$224
Starfish	4-7	Sun	11:30 am-12 pm	6/21-8/9	\$184	\$224
Starfish	4-7	Sun	12-12:30 pm	6/21-8/9	\$184	\$224
Starfish	4-7	Sun	12:30-1 pm	6/21-8/9	\$184	\$224
Starfish	4-7	Sun	1-1:30 pm	6/21-8/9	\$184	\$224
Minnows	5-8	Sun	11:30 am-12 pm	6/21-8/9	\$184	\$224
Minnows	5-8	Sun	12-12:30 pm	6/21-8/9	\$184	\$224
Minnows	5-8	Sun	12:30-1 pm	6/21-8/9	\$184	\$224
Minnows	5-8	Sun	1-1:30 pm	6/21-8/9	\$184	\$224
Dolphins	7-10	Sun	12:30-1 pm	6/21-8/9	\$184	\$224
Dolphins	7-10	Sun	1-1:30 p.m.	6/21-8/9	\$184	\$224
Bubblers	3-6	Tues	4-4:30 p.m.	6/23-8/11	\$184	\$224
Bubblers	3-6	Tues	4:30-5 pm	6/23-8/11	\$184	\$224
Bubblers	3-6	Tues	5-5:30 pm	6/23-8/11	\$184	\$224
Starfish	4-7	Tues	4-4:30 pm	6/23-8/11	\$184	\$224
Starfish	4-7	Tues	4:30-5 pm	6/23-8/11	\$184	\$224
Starfish	4-7	Tues	5-5:30 pm	6/23-8/11	\$184	\$224
Minnows	5-8	Tues	4-4:30 pm	6/23-8/11	\$184	\$224
Minnows	5-8	Tues	4:30-5 pm	6/23-8/11	\$184	\$224
Minnows	5-8	Tues	5-5:30 pm	6/23-8/11	\$184	\$224
Dolphins	7-10	Tues	4:30-5 pm	6/23-8/11	\$184	\$224
Dolphins	7-10	Tues	5-5:30 pm	6/23-8/11	\$184	\$224
Bubblers	3-6	Thurs	4-4:30 pm	6/25-8/13	\$184	\$224
Bubblers	3-6	Thurs	4:30-5 pm	6/25-8/13	\$184	\$224
Bubblers	3-6	Thurs	5-5:30 pm	6/25-8/13	\$184	\$224
Starfish	4-7	Thurs	4-4:30 pm	6/25-8/13	\$184	\$224
Starfish	4-7	Thurs	4:30-5 pm	6/25-8/13	\$184	\$224
Starfish	4-7	Thurs	5-5:30 pm	6/25-8/13	\$184	\$224
Minnows	5-8	Thurs	4:30-5 pm	6/25-8/13	\$184	\$224
Minnows	5-8	Thurs	4-4:30 pm	6/25-8/13	\$184	\$224
Minnows	5-8	Thurs	5-5:30 pm	6/25-8/13	\$184	\$224
Dolphins	7-10	Thurs	4:30-5 pm	6/25-8/13	\$184	\$224
Dolphins	7-10	Thurs	5-5:30 pm	6/25-8/13	\$184	\$224
<b>ADULT AQUATICS</b>						
Water Aerobics	21+	M-Th	9:15-10 am	Ongoing	FREE	NA
Deep Water Aerobics	21+	Wed	10:15-11 am	Ongoing	FREE	NA
Aqua Fitness	21+	Fri	11:15 am-12 pm	Ongoing	FREE	NA
Beginner's Adult Group	15+	Mon	6:30-7 pm	6/22-8/10	\$192	\$232
Beginner's Adult Group	15+	Mon	7:30-8 pm	6/22-8/10	\$192	\$232
Intermediate Adult Group	15+	Mon	7-7:30 pm	6/22-8/10	\$192	\$232
Intermediate Adult Group	15+	Mon	8-8:30 pm	6/22-8/10	\$192	\$232
Master Swim	18+	Wed	6:30-7:30 pm	6/10-7/29	\$192	\$232
Master Swim	18+	Wed	6:30-7:30 pm	5/27-7/15	\$192	\$232

\*\*\*All children Swim Lesson will take place outside.\*\*\*

Class	Age	Day	Times	Date(s)	Member	Community
Juniors	6-12	Sun	3:45-4:30 pm			
Juniors	6-12	Tues, Thurs	5:30-6:15 pm	7/5-8/23	\$85	\$100
Porpoise club	6-12	Mon, Wed	4:15-5:15 pm	7/5-8/23	\$73	\$86
Porpoise club	6-12	Sun	2:30-3:30 pm	7/5-8/23	\$73	\$86
Juniors+	8-15	Sun	4:30-5:30 pm			
Juniors+	8-15	Mon	5:30-6:30 pm	7/5-8/23	\$105	\$120
Juniors+	8-15	Tues, Thurs	6:15-7:15 pm			
Junior Select	8-15	Sun	4:30-5:30 pm			
Junior Select	8-15	Mon	5:30-6:30 pm	7/5-8/23	\$125	\$140
Junior Select	8-15	Tues, Thurs	6:15-7:15 pm			
Junior Select	8-15	Friday	5:15-6:45 pm			
Seniors	10-18	Sun	3:45-5:30 pm			
Seniors	10-18	Mon	5:30-7 pm	7/5-8/23	\$145	\$160
Seniors	10-18	Tues, Thurs	6:15-7:30 pm			
Seniors	10-18	Fri	5:15-6:45 pm			
Seniors Select	13-18	Sun	3:45-5:30 pm			
Seniors Select	13-18	Mon	5:30-7:30 pm	7/5-8/23	\$160	\$185
Seniors Select	13-18	Tues, Thurs	6-7:30 pm			
Seniors Select	13-18	Fri	5:15-6:45 pm			



**Description:** Our swim team is designed for swimmers who are ready to elevate their skills to the next level. Participants will learn all four strokes, perfect their flip turns and dives, and boost their endurance along the way. Our coaching aims to refine technique, speed, and mental readiness for competition, building a foundation for success in and out of the pool.

*\*Fee prorated based on join date.*

## ABOUT AQUATICS

**SWIM WITH ME:** Designed to meet the needs of infants and toddlers 6-36 months. Explore water, body awareness, coordination and safety through games, songs and repetition. Instructors will train parents on how to teach their children how to swim so participants can practice outside of class! Children must wear swim diapers. **Parent/Adult accompaniment required.**

**BUBBLE WITH ME:** Designed for younger swimmers trying to go from Swim With Me to Bubblers. Parents will be in the water initially, but the goal is to promote independence. The class helps children gain confidence in the water and prepares them for a smooth transition to the Bubblers program. **Parent/Adult accompaniment required at first.**

**BUBBLERS:** For first-time swimmers who are ready to work independently. Swim-readiness activities such as blowing bubbles, putting face in water, floating, kicking and proper arm motion. Swimmers under the age of 3 require an evaluation. **No parent participation.**

**STARFISH:** For children comfortable putting their face in and exploring the water. Participants will learn freestyle and backstroke to become independent. Must be able to swim for at least ten feet to move into Minnows.

**MINNOWS:** Independent swimmers who can swim 10'. Students learn how to rotary breathe in freestyle and swim longer distances. We teach swimmers how to be more confident in backstroke and breaststroke. Diving is also introduced in this class. **New to our program: must email swim@jccnh.org for an evaluation.**

**DOLPHINS:** Swimmers practice previously learned skills for 25 yards at a time to build endurance. Fine tuning technique and efficiency is the main focus of this level. Graduates of Dolphins can join our Blue Marlins Swim Team! **New to our program: must email swim@jccnh.org for an evaluation.**

**BEGINNER ADULT GROUP:** This class is designed to build on basic skills to help participants feel more comfortable in the water. Students will work on how to swim independently in freestyle, breaststroke, and backstroke. Ages 15+.

**INTERMEDIATE ADULT GROUP:** Intermediate group swim lessons is designed for an individual that would like to work on breathing and stroke technique. Ages 15+.

**INTERMEDIATE ADULT GROUP:** Intermediate group swim lessons is designed for an individual that would like to work on breathing and stroke technique. Ages 15+.

**POROPOISE CLUB:** An introduction to swim team. Start to learn the routines and drills to be successful for the swim team season.

**NOTE: Each group fee is for ALL the days that group swims. Junior Select is Junior +, just with an additional day of practice.**

For more detailed descriptions of programs or to register:

[jccnh.org/programguide/aquatics](http://jccnh.org/programguide/aquatics) or email [haleyd@jccnh.org](mailto:haleyd@jccnh.org)

Must be JCC member for duration of session to qualify for JCC member price.

Title	Age	Day	Times	Date(s)	Sessions	Member	Community
<b>WELLNESS</b>							
Yoga For Strong Bones & Healthy Aging	50+	Tues/Thurs	11:15 am-12:30 pm	Last Class for Summer 6/18	6/12/20	\$99/\$192/\$300	\$25*
Melt Method	16+	Wed	10-11 am	Ongoing	6/12/20	\$99/\$192/\$300	\$25*
GREY MATTERS: Dementia Prevention	55+	Wed	12:15-1:15 pm	6/3-7/8	6	\$120	\$150
<b>ROCKSTEADY BOXING FOR PARKINSON'S</b>							
Rock Steady Class Pd 3 & 4		Tues/Thurs	11-12:15 pm	Ongoing	8	\$200	\$240
Rock Steady Class Pd 1 & 2		Tues/Thurs	1:30-2:45 pm	Ongoing	8	\$200	\$240
Parkinson's Pickleball		Wed	3:30-5 PM	Ongoing		Free	Free
Parkinson's Support Group		Tues	4:30-6 pm	6/16, 7/21, 8/18		Free	Free
<b>SMALL GROUP COACHING</b>							
MetCon Training with Gene	13+	Sun	9-10 am	Ongoing	6/12/20	\$99/\$192/\$300	\$25*
TRX Circuit	13+	Tues/Thurs	9 am/8 am	Ongoing	6/12/20	\$99/\$192/\$300	\$25*
TRX	13+	Wed	9-10 am	Ongoing	6/12/20	\$99/\$192/\$300	\$25*
DEKA Fit	13+	Mon	6 pm	Ongoing	6/12/20	\$99/\$192/\$300	\$25*
Preschool Fun & Fit	2-8	Wed	1:15-2 pm	6/24/26-8/12/26		\$220	\$270
Move Better 2 Week Workshop	21+	Thurs	11:30-12:30	6/18 & 6/25		\$40	\$50

\*Per Class

## PRIVATE TRAINING

**CUSTOMIZE YOUR EXPERIENCE! OUR DIVERSE TRAINING OPTIONS ALLOW YOU TO TAILOR YOUR FITNESS JOURNEY TO MEET YOUR SPECIFIC NEEDS AND GOALS.**



The Greater New Haven JCC Personal Training Team takes a unique approach to personal training, focusing on more than just the workout itself. Our goal is to support overall wellness, movement quality, and long-term success for individuals of all ages and fitness levels. With a diverse team of experienced trainers, we create personalized programs tailored to your specific goals and needs; whether you're just getting started or looking to elevate your routine. Training sessions are available in both 50-minute and 25-minute options, making it easy to fit into your schedule.

Contact Pam for more info at [pamelao@jccnh.org](mailto:pamelao@jccnh.org)

- Strength & cardio training
- Pilates reformer & mat pilates
- TRX/cross core suspension training
- Metcon training
- Aquatic therapy
- Teen-specific training
- Corrective exercise
- Pre & post natal training
- In home & virtual training
- Martial arts & boxing
- Parkinson's specific programs
- Injury prevention
- Sport-specific training
- Mobility coaching

## ABOUT FITNESS

### YOGA FOR STRONG BONES & HEALTHY AGING:

Essential yoga postures that develop flexibility, strength, balance and agility to support bone health with breathing techniques to improve respiratory function.

**MELT METHOD:** A science-backed self-care technique using foam roller & small balls to rehydrate connective tissue and erase common aches & pains enhancing performance and restoring balance to the body.

**GRAY MATTERS: DEMENTIA PREVENTION:** Small group sessions for interactive learning using current research. Learn strategies to support memory, attention, and problem solving with tools to enhance brain health.

**ROCK STEADY BOXING:** Designed for people with Parkinson's disease, this non-contact fitness program aims to enhance quality of life by improving physical capabilities such as agility, balance, and speed, through boxing inspired exercises.

**ROCK STEADY CLASS PD 3 & 4:** Designed for those with multiple symptoms, generalized dysfunction, and cognitive impairment. Must be accompanied with an aide.

**ROCK STEADY CLASS PD 1 & 2:** Designed for those with mild symptoms where very little assistance is needed.

**PARKINSON'S SUPPORT GROUP:** Where Strength Meets Support: Patients and caregivers meet monthly for informational and emotional support.

**METCON TRAINING WITH GENE:** This high-energy class will fire up your metabolic conditioning, torching fat and boosting endurance. Led by Gene, you'll push your limits and transform your fitness.

**TRX CIRCUIT:** Feel your core like never before with TRX training! Improve your balance, strength, coordination and core stability. Can be done by both new and advanced exercisers. Led by Pam Hutchinson, MS Exercise Science

**TRX:** This weekly class blends TRX, balance work, and mobility exercises to help you move better, feel stronger, and reduce pain or stiffness. Led by Pam Hutchinson, MS Exercise Science

**DEKA FIT:** Join Danny and get your heart pumping as she leads you through 10 functional fitness zones that combine strength, cardio, mobility, and foundational movements to build endurance, burn fat, and boost confidence.

**RISE & RUMBLE:** A high-energy boxing class designed to build unshakable confidence and help you rise to any challenge. This session focuses on improving strength, stamina, coordination, and reaction time through boxing-inspired training in a supportive, motivating environment.

**FUN AND FIT:** In Fun and Fit, kids will jump, stretch, run, and play their way to a healthy, active lifestyle – led by a certified trainer! This high-energy class combines movement, games, and activities designed to boost strength, coordination, and confidence—all while having tons of fun.

**MOVE BETTER 2 WEEK WORKSHOP :** Pinpoint imbalances and learn simple corrective exercises to improve mobility, stability, and walking efficiency.

For questions on **personal training** or small group coaching contact Pam Olszyk:

[pamelao@jccnh.org](mailto:pamelao@jccnh.org)

For detailed descriptions of **wellness programs** or group exercise contact Susan Donovan:

[susand@jccnh.org](mailto:susand@jccnh.org) or visit: [jccnh.org/fitness](http://jccnh.org/fitness)

### CLASSES OFFERED FREE FOR MEMBERS:

A variety of classes taught by certified, experienced Instructors including:  
**GROUP EXERCISE:** Body Conditioning, Strength, Cardio, Zumba, Yoga, Pilates Mat, Barre, Core, Tai Chi, Active Aging Silver Sneakers, ToughAgers and Indoor Cycling (Spinning)



**ROCK STEADY BOXING**  
 JCC of GREATER NEW HAVEN

Rock Steady Boxing is a non-contact boxing-based fitness program specifically designed for people with Parkinson's disease. It aims to improve quality of life by improving physical capabilities, such as agility, balance, and speed, through boxing-inspired exercises. The program is not just about physical exercise; it also provides a supportive community and fosters a sense of empowerment in the fight against Parkinson's.

Email [Terrikt@jccnh.org](mailto:Terrikt@jccnh.org) or call **203 387-2424x202** to learn more!

# New Exciting Offering: PILATES REFORMER CLASSES



**We are thrilled to announce the addition of multiple Reformers to offer small group classes in a new, larger dedicated space!**

This Reformer class focuses on introducing foundational Pilates principles while providing a safe, full-body workout. The class emphasizes proper alignment, breath control, and core engagement while guiding students through basic Reformer exercises such as footwork, bridging, arm work, and gentle abdominal series. Movements are performed slowly and with control to help build strength, flexibility, and body awareness. This class is designed to teach fundamental techniques and movement patterns that create a strong base, allowing students to safely progress into more advanced exercises over time.

Class	Age	Day	Times	Date(s)	Member	Community
Reformer Basics (Beginner)	13+	Fri	2 PM	Ongoing	\$99/\$192/\$300	\$25 class
Reformer Basics (Beginner)	13+	Wed	12 PM	Ongoing	\$99/\$192/\$300	\$25 class
Reformer Basics (Beginner)	13+	Mon	6 PM	Ongoing	\$99/\$192/\$300	\$25 class
Reformer Workout (intermediate)	13+	Sun/ Mon	9 am-Sun/ 7 am-Mon	Ongoing	\$99/\$192/\$300	\$25 class
Reformer Workout (intermediate)	13+	Tues/ Wed/ Thur	4:30 pm 9:30 am 9 am	Ongoing	\$99/\$192/\$300	\$25 class
Reformer Workout (intermediate)	13+	Sat	1 pm	Ongoing	\$99/\$192/\$300	\$25 class

# Parkinson's Support Group

Where strength meets support.



Join our Parkinson's Support Group for a welcoming space to connect, share experiences, and find support. Whether you're living with Parkinson's, a caregiver, or a loved one, our sessions provide valuable resources, expert guidance, and a sense of community.

Contact Terri for more info at  
**terrikt@jccnh.org**  
Or Scan the QR Code.



## Visit our Jess Ciola Functional Training Suite

The Jess Ciola Functional Training Suite is your go-to space for Private Personal Training and energizing Small Group Coaching. It's designed to help you move better, feel stronger, and support your overall well-being.

**Whether you're starting fresh or looking to level up, we're here to walk alongside you on your journey to better health.**

Ready to take that next step? Let's do it together! contact Pam Olszyk at [pamelao@jccnh.org](mailto:pamelao@jccnh.org) to get started!

Class	Age	Day	Times	Date(s)	Member	Community
Rockin Tots	1-3	Sun	9:15-10 am	6/21-8/9	\$140	\$165
Traversing Toddlers	3.5-5	Sun	10:15-11 am	6/21-8/9	\$140	\$165
Fencing	Ages 5-10	Sun	1:30-2:30 pm	6/21/-8/9	\$240	\$275
Origami	All Ages	Mon	12:30-1:30 am	6/22-8/10	FREE	FREE
Natures Classroom	5-8	Mon	2-3 pm	6/22-8/10	\$140	\$165
Dribble Drive Half-Day Basketball Camp	Grades k-8	Mon-Fri	9 am -12 pm	8/17-8/21	\$295	\$320
ADULT PICKLEBALL CLINICS						
Pickleball Clinic Beginner	18+	Mon	9:30-10:45 am	7/6-7/27	\$80	\$120
Pickleball Clinic Beginner	18+	Tues	9-10:15 am	7/7-7/28	\$80	\$120
Pickleball Clinic Intermediate	18+	Mon	11 am-12:15 pm	7/6-7/27	\$80	\$120
Pickleball Clinic Intermediate	18+	Tues	10:15-11:30 am	7/7-7/28	\$80	\$120
Pickleball Clinic Beginner Session 2	18+	Mon	9:30-10:45 am	8/3-8/24	\$80	\$120
Pickleball Clinic Beginner Session 2	18+	Tues	9-10:15 am	8/4-8/25	\$80	\$120
Pickleball Clinic Intermediate Session 2	18+	Mon	11 am-12:15 pm	8/3-8/24	\$80	\$120
Pickleball Clinic Intermediate Session 2	18+	Tues	10:15-11:30 am	8/4-8/25	\$80	\$120
Pickleball Clinic Beginner Session 3	18+	Mon	9:30-10:45 am	TBD	\$80	\$120
Pickleball Clinic Beginner Session 3	18+	Tues	9-10:15 am	TBD	\$80	\$120
Pickleball Clinic Intermediate Session 3	18+	Mon	11 am-12:15 pm	TBD	\$80	\$120
Pickleball Clinic Intermediate Session 3	18+	Tues	10:15-11:30 am	TBD	\$80	\$120

## ABOUT SPORTS & RECREATION

**ROCKIN TOTS:** Designed for climbers aged 1 to 3 years old, this 45 minute program will allow toddlers to try out climbing on our bouldering wall and participate in other climbing-related activities. Rock wall staff will be available to explain activities for parents/guardians to help their toddlers climb, explore, crawl, and play with others! The accompanying adults must supervise the toddlers.

**TRAVERSING TODDLERS:** Designed for climbers aged 3.5-5 years old, this 45 minute program will teach about the basics of climbing. We will focus on gaining confidence in ourselves, body awareness and mastering the JCC rockwall. Rock wall staff will be available to explain activities for parents/guardians to help their toddlers climb, explore, crawl, and play with others! The accompanying adults must supervise the toddlers.

**FENCING:** Our Youth Fencing Class is an exciting and engaging program that introduces young participants to the exhilarating world of fencing. Fencing is not only a physically demanding sport but also a mentally stimulating one that fosters discipline, focus, and sportsmanship.

**ORIGAMI:** Learn about the art of paper folding. Each week we will do accomplish something new. An instructor will walk you through the process step by step.

**NATURES CLASSROOM:** An outdoor learning experience where students explore and connect with the natural world. Through hands-on activities like gardening, observing bugs and plants, and identifying animal tracks, students develop a deeper understanding of ecosystems and the environment.

**DRIBBLE DRIVE HALF-DAY BASKETBALL CAMP:** Join us at the JCC for an exciting and engaging basketball camp in partnership with Dennis Kelly's Dribble Drive! This camp focuses on creating a fun, positive environment while teaching the fundamentals of the game. Players will build skills in dribbling, passing, and shooting through drills, games, and instruction designed for all levels.

**PICKLEBALL CLINICS :** We offer 4-week sessions of pickleball with our pro, Kyle Schermerhorn. Pickleball combines elements of tennis, badminton and ping pong. Learn basic rules, techniques and strategies while improving hand-eye coordination and fitness. Join us for a lively and social pickleball experience - the perfect way to stay active and make new friends on the court. Registration opens one month before each session.

For more detailed descriptions of programs or to register:

[jccnh.org/programguide/sports-recreation](https://jccnh.org/programguide/sports-recreation) or contact Kelly at [kellyd@jccnh.org](mailto:kellyd@jccnh.org)

# ADAPTIVE SUMMER CAMP



Campers will enjoy a variety of activities designed to build self esteem and social skills. Daily activities will include playscape, bounce house, arts and crafts, sensory activities, swim, and more!

**AGES: 5-10, June 15-19, June 22-26 | Monday-Friday, 9 am -12 pm**

**\$350 Members | \$450 Community**

Contact [Kellyd@jccnh.org](mailto:Kellyd@jccnh.org) for more info

## Summer After Camp

### ACTIVITIES INCLUDE:

Free Swim, Gaga, Crafts, Outdoor play, Pre-planned games for all ages

**MONDAY-FRIDAY 4-6 PM**

Registration at [jccnh.org/after-camp](http://jccnh.org/after-camp) | **\$22 a day!**  
Contact Kelly at [kellyd@jccnh.org](mailto:kellyd@jccnh.org) for more info



**Looking for fun activities after camp?** Join us for our after-camp program, where families can register for any days they need!

## BIRTHDAY PARTIES

Contact Rachel at [rachelw@jccnh.org](mailto:rachelw@jccnh.org) or call **203-387-2424 ex. 212** for more information or to **book your party today.**

**BOOK YOUR BIRTHDAY PARTY TODAY!!**

## SPA AT THE J

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. 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!

MESSAGE THERAPY	Spa Member	JCC Member	Spa Member	JCC Member
	60 min	60 min	90 min	90 min
Swedish	\$92	\$96	\$123	\$129
Orthopedic	\$92	\$96	\$123	\$129
Sport	\$92	\$96	\$123	\$129
Gua Sha	\$92	\$96	NA	NA
Moderate	\$101	\$105	\$133	\$139
Deep	\$110	\$115	\$141	\$148
Thai	\$110	\$115	\$141	\$148
Cupping	\$110	\$115	\$141	\$148
<b>NEW</b> CranioSacral	Call Spa for Pricing			
<b>SHORT SESSIONS</b>	<b>30 min</b>	<b>30 min</b>		
<b>NEW</b> Biomat®	\$40	\$40	Package pricing available	
Focus	\$50	\$50		
Hand	\$50	\$50		
Foot	\$50	\$50		
Chair (15 min session)	\$20	\$20		

## MASSAGE & SKIN CARE AT THE J

Every Face is welcome! Each facial session is customized to your skin type, each treatment includes a skin analysis consultation to match the needs of your skin. Our service specialist is certified and internationally experienced. **ILIKE Organic Skin Care Products** are used in all our sessions. *Ask about our packages for massages, facials and recovery. Get Great additional discounts.*

FACIAL & SKIN THERAPY	Spa Member	JCC Member	Spa Member	JCC Member
	60 min	60 min	90 min	90 min
Signature Facial	\$92	\$96	NA	NA
Signature Plus Facial	NA	NA	\$123	\$129
Anti-Aging Facial	NA	NA	\$123	\$129
<b>NEW</b> BioLight Brightening	\$75	Single	6 for \$360	Package
<b>TINTING</b>	<b>Tinting/Waxing session times dependent on service</b>			
Brow Tint	\$35	\$35		
Brow Shape & Tint	\$40	\$40		
Lash Tint	\$35	\$35		
Lash/Brow/Tint	\$60	\$60		
Lash/Brow/Wax	\$70	\$70		
Lash Lift	\$60	\$60		
Lash Lift & Tint	\$80	\$80		
Brow Lamination	\$60	\$60		
Brow Lamination/Tint	\$75	\$75		
Brow Lamination/Shape	\$55	\$55		
Brow Lami/Wax/Tint	\$95	\$95		
Brow & Lash Tint/Lift/Lami	\$150	\$150		
<b>WAXING</b> (Full service waxing for Men & Women)	<b>Facial Package Pricing</b>			
<i>Additional waxing options upon request</i>				
Brow Shape (non wax)	\$15	\$15	4 pack / 60 min	\$344
Brows	\$20	\$20	8 pack / 60 min	\$688
Lip or Chin	\$15	\$15	4 pack / 90 min	\$476
Half Arm (2)	\$40	\$40	8 pack / 90 min	\$952
Full Arm (2)	\$55	\$55		
Underarm (2)	\$25	\$25		
Bikini	\$35	\$35		
Lower Leg (2)	\$45	\$45		
Upper Leg (2)	\$45	\$45		
Full Leg (2)	\$85	\$85		
<b>NEW</b> Brazilian	\$65	\$65		
<b>NEW</b> Sugar Waxing	Call Spa for Pricing			

Call today to learn about our package pricing.

SCHEDULE TODAY (203) 387-2424 x444 | [jccspa@jccnh.org](mailto:jccspa@jccnh.org)

Class	Age	Day	Times	Date(s)	Member	Community
<b>PRESCHOOL</b>						
Preschool Little Tumble & Move	2.8-6	Mon	1:15-2 pm	6/22/26-8/10/26	\$200	\$225
Preschool Curiosity Crew / STEM	2.8-6	Mon	2:15-3 pm	6/22/26-8/10/26	\$200	\$225
Preschool Mini Track and Field	2.8-6	Tues	1:15-2 pm	6/23/26-8/11/26	\$220	\$245
Preschool Mini Track and Field	2.8-6	Tues	2:15-3 pm	6/23/26-8/11/26	\$220	\$245
Preschool Fun and Fit	2.8-6	Wed	1:15-2 pm	6/24/26-8/12/26	\$200	\$225
Preschool Number Ninjas	2.8-6	Wed	2:15-3 pm	6/24/26-8/12/26	\$200	\$225
Preschool JCC Rookies	2.8-6	Thurs	1:15-2 pm	6/25/26 - 8/13/26	\$200	\$225
Preschool Hebrew Hooray!	2.8-6	Thurs	2:15-3 pm	6/25/26 - 8/13/26	\$200	\$225
Preschool Yoga, Meditation, and Affirmation Station	2.8-6	Fri	1:15-2 pm	6/26/26 - 8/14/26	\$200	\$225
Preschool Kids in the Kitchen	2.8-6	Fri	2:15-3 pm	6/26/26 - 8/14/26	\$250	\$275
<b>SCHOOL AGE</b>						
School Age Curiosity Crew / STEM	5-12	Mon	4-4:45pm	6/22/26-8/10/26	\$200	\$225
School Age Inspiring Artists	5-12	Tues	4-4:45pm	6/23/26-8/11/26	\$220	\$225
School Age Kids in the Kitchen	5-12	Wed	4-4:45pm	6/24/26-8/12/26	\$225	\$250
School Age JCC Rising Stars	5-12	Thurs	4-4:45pm	6/25/26 - 8/13/26	\$200	\$225
School Age Mini Track and Field	5-12	Fri	4-4:45pm	6/26/26 - 8/14/26	\$200	\$225
<b>BABY AND ME</b>						
Baby and Me Musical Monday	6 mos.-2	Mon	10-11 am	6/22/26-8/10/26	\$100	\$125
Baby and Me Sensory Tuesday	6 mos.-2	Tues	10-11 am	6/23/26-8/11/26	\$110	\$135
Baby and Me Language Wednesday	6 mos.-2	Wed	10-11 am	6/24/26-8/12/26	\$100	\$125
Baby and Me Artsy Thursday	6 mos.-2	Thurs	10-11 am	6/25/26 - 8/13/26	\$100	\$250

## ABOUT CHILDREN & YOUTH

**PRESCHOOL LITTLE TUMBLE & MOVE:** This is a joyful movement enrichment class in which preschoolers will explore the magic of movement through tumbling, stretching, dancing, and playful coordination activities. Each session promotes physical confidence, balance, and gross motor development in a fun and nurturing environment.

**PRESCHOOL CURIOSITY CREW:** In Curiosity Crew, preschoolers will dig into the wonders of science, technology, engineering, and math through hands-on, sensory-rich activities that spark curiosity and creativity! Each class is an exciting adventure where little learners mix, build, pour, squish, and explore the world around them—one messy experiment at a time.

**PRESCHOOL MINI TRACK AND FIELD:** In Mini Track and Field, preschoolers will experience the excitement of track and field events in a fun, supportive environment! Each week, children will be introduced to a track and field event, from sprints and long runs to relay races, long jumps, and even discus and javelin throws. Kids will also explore the thrill of hurdles and shot put, with each lesson designed to help them develop coordination, strength, and confidence.

**PRESCHOOL FUN AND FIT:** In Fun and Fit, preschoolers will jump, stretch, run, and play their way to a healthy, active lifestyle – led by a certified trainer! This high-energy class combines movement, games, and activities designed to boost strength, coordination, and confidence—all while having tons of fun.

**PRESCHOOL NUMBER NINJAS:** In Number Ninjas, preschoolers will counter their way through math fun! Little learners will explore counting, patterns, simple problem solving, and much more through hands on activities. Each class builds number confidence, sharpens focus, and encourages team work! This class is perfect for curious little learners so gravitate towards early math concepts!

**PRESCHOOL JCC ROOKIES:** In JCC Rookies, preschoolers will discover the exciting world of sports through a weekly rotation of different activities—perfect for kids who love to move, play, and try things! Each week, we'll introduce a sport, from soccer and basketball to T-ball and relay races, helping kids develop important skills like teamwork, coordination, balance, and basic sportsmanship.

**PRESCHOOL HEBREW HOORAY! :** In Hebrew Hooray, preschoolers will discover the magic of the Hebrew language through a fun and creative learning experience. This playful language enrichment class introduces preschoolers to basic Hebrew words and phrases through music, movement, storytelling, and hands-on fun. Children will explore everyday vocabulary, colors, numbers, greetings, and so much more!

**PRESCHOOL YOGA, MEDITATION, & AFFIRMATION STATION:** In Yoga, Meditation, and Affirmation Station, preschoolers will embark on a peaceful journey of self-discovery through yoga, positive affirmations, and mindful meditation. Each class begins with the fun practice of learning and reciting five affirmations to help build self-confidence and a positive mindset.

**PRESCHOOL KIDS IN THE KITCHEN:** In Kids in the Kitchen, little chefs will explore the joy of cooking while developing important skills like measuring, mixing, and following instructions—all in a safe and fun environment! Each week, kids will roll up their sleeves, get their hands a little messy, and create yummy, no-bake treats—from savory snacks to sweet fruit creations.

**SCHOOL AGE CURIOSITY CREW/STEM:** In Curiosity Crew, school age students will dig into the wonders of science, technology, engineering, and math through hands-on, sensory-rich activities that spark curiosity and creativity! Each class is an exciting adventure where little learners mix, build, pour, squish, and explore the world around them—one messy experiment at a time.

**SCHOOL AGE INSPIRING ARTISTS:** School-age students will explore the exciting world of art history by learning about influential artists such as Van Gogh, Monet, Picasso, Matisse, and more. Each week, artists will study a featured master, examine their unique style and techniques, and create original artwork inspired by what they've learned. Through guided discussions, hands-on projects, and creative challenges, students will strengthen fine motor skills, build artistic confidence, and develop an appreciation for different forms of artistic expression.

**SCHOOL AGE JCC RISING STARS:** In JCC Rising stars, school age children move out of their rookie year and will discover the exciting world of sports through a weekly rotation of different activities—perfect for kids who love to move, play, and try new things! Each week, we'll introduce a new sport, from soccer and basketball to T-ball and relay races, helping kids develop important skills like teamwork, coordination, balance, and basic sportsmanship.

**SCHOOL AGE KIDS IN THE KITCHEN:** In Kids in the Kitchen, school age chefs will explore the joy of cooking while developing important skills like measuring, mixing, and following instructions—all in a safe and fun environment! Each week, kids will roll up their sleeves, get their hands a little messy, and create yummy, no-bake treats—from savory snacks to sweet fruit creations.

**SCHOOL AGE MINI TRACK AND FIELD:** In Mini Track and Field, school age runners will experience the excitement of track and field events in a fun, supportive environment! Each week, children will be introduced to a new track and field event, from sprints and long runs to relay races, long jumps, and even discus and javelin throws. Kids will also explore the thrill of hurdles and shot put, with each lesson designed to help them develop coordination, strength, and confidence!

**BABY AND ME MUSICAL MONDAY:** Musical Monday is a lively, interactive class where little ones and their grownups can explore the magic of music together. Through songs, simple instruments, movement, and playful movement activities, we'll help babies and toddlers build early listening, language, and motor skills.

**BABY AND ME SENSORY TUESDAY:** This playful, hands-on class is specially designed for our littlest learners and their caregivers to engage all five senses through exciting, age-appropriate activities.

**BABY AND ME LANGUAGE WEDNESDAY:** Discover the magic of early communication in this joyful class designed for infants and their caregivers! Together we'll explore language through gentle songs, engaging stories, and baby-friendly American Sign Language (ASL). Each session blends music, movement, and storytelling to help babies make connections between words, signs, and meaning—all while strengthening the special bond between parent and child.

**BABY AND ME ARTSY THURSDAY:** Artsy Thursday invites our littlest artists and their caregivers to dive into a world of color, texture, and imagination. Each week, babies and toddlers will explore a variety of sensory-friendly art activities designed just for their developmental stage — think finger painting, squishy collages, and playful mark-making!

For more detailed descriptions of programs or to register:  
contact Sarah: [sarahs@jccnh.org](mailto:sarahs@jccnh.org)

**BABYSITTING  
EXPANDED HOURS  
NOW FREE**



**Monday through Thursday: 9 am-12 pm  
Saturday and Sunday: 9 am-12 pm**

Space is limited. Available on a first-come first-serve basis.  
Contact [kellyd@jccnh.org](mailto:kellyd@jccnh.org) for more information.



**LEARN. SWIM. THRIVE.**



# SWIM LESSONS

**PRIVATE / SEMI-PRIVATE / GROUP**

For more information contact Haley at [haleyd@jccnh.org](mailto:haleyd@jccnh.org)

## ROOM RENTALS AT THE JCC

**Presentations • Parties • Showers • Conferences  
Meetings • Bar Mitzvahs • Bat Mitzvahs & More**

Email [jaimer@jccnh.org](mailto:jaimer@jccnh.org) for pricing  
or to book your event today.

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OF GREATER NEW HAVEN



Families raising Jewish  
children from birth to 12  
years old can sign up at  
[pjlibrary.org](http://pjlibrary.org)

Find Summer events by liking us on Facebook and visiting us at [jewishnewhaven.org/pj](http://jewishnewhaven.org/pj)

# AFTERSCHOOL

at the J

**MONDAY - FRIDAY**

**3:30 pm - 5:30 pm**

**GRADES K-8**

**2,3,4,5 DAY  
OPTIONS**

**Transportation & Early  
Friday Care for Ezra  
Academy Students**

Daily activities include Arts and Crafts, Sports, Games,  
Outdoor Play, Playground, Friday Swim, and more! In-building  
transportation to JCC enrichment classes!

Contact Kelly with questions at [kellyd@jccnh.org](mailto:kellyd@jccnh.org)

# Ballet & Tap



Develop creativity, coordination, musicality and social/emotional skills through play, song and movement

Thursday, 4:15-5  
6/25-8/13

**Age:** 3.5-6

Thursday, 5-5:45  
6/25-8/13

**Ages:** 7-9

**MEMBER: \$160 | COMMUNITY \$185**

Questions? Contact Kelly Dinapoli at [kellyd@jccnh.org](mailto:kellyd@jccnh.org)



## MUSIC CLASSES with Matt Kampe

**Availability Monday-Thursday**

Lessons available in the following instruments: Piano, saxophone, clarinet, flute, trumpet, acoustic and electric guitar, electric bass, and drums.

**Summer Lesson Costs:** 5 Pack of Lessons: \$300

Reach out to [kellyd@jccnh.org](mailto:kellyd@jccnh.org) with questions and for scheduling.



# JCC DAY CAMPS



**2026 CAMP SEASON:** Session 1, June 22 - July 17 | Session 2, July 20 - August 14  
**HOURS:** Monday - Friday | 8:30 AM-4 PM | 4 Years Through Entering 9th Grade.



JCC Day Camps  
JCC OF GREATER NEW HAVEN

Learn more at [www.jccnh.org/camp](http://www.jccnh.org/camp)  
Have questions? Contact Amy at  
[amyn@jccnh.org](mailto:amyn@jccnh.org) or call at 203-387-2424 Ext 237

## JCC VACATION CAMP

**\$85 Members Per Day**  
**\$95 Community Per Day**

Join us for an incredible time! Whether it's for a day or the entire week, we have a range of activities including arts and crafts, swimming, and much more! Our fantastic program is open to grades K-6. Be sure to bring all the essentials, including sneakers, a bathing suit, a towel, goggles, lunch, snacks, and a water bottle.

**DATES:** August 17-22

JCC of Greater New Haven, 360 Amity Road, Woodbridge CT 06525

For questions contact Kelly at [Kellyd@jccnh.org](mailto:Kellyd@jccnh.org)  
To register log in on [jccnh.clubautomation.com](http://jccnh.clubautomation.com)



### LOCATION:

JCC of Greater New Haven, 360 Amity Road, Woodbridge  
**DATES:** April 28, May 5, 12, 19, June 2, 9, 16  
6-7 PM: Beginner Instruction | 6:45-8:45 PM: Open session

Israeli dance has become a worldwide phenomenon, not just in the Jewish community, and not just in Israel. Globally, hundreds of thousands of dancers participate in Israeli dance classes as a recreational outlet.

This is a wonderful way to enjoy exercise/aerobic activities, without feeling like you are exercising. Reap the physical and mental benefits of dance.



**JCC**

OF GREATER NEW HAVEN

360 Amity Road | Woodbridge,  
Connecticut 06525-2548

Visit [jccnh.org](http://jccnh.org) or call (203) 387-2424

**2026 Summer Program Guide**

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pool.

Grab an iced  
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Contact membership today at  
[membership@jccnh.org](mailto:membership@jccnh.org) or call  
**(203) 387-2424 x0**

\*Enjoy 3 months with one easy payment and no recurring charges. For a payment plan contact [lisas@jccnh.org](mailto:lisas@jccnh.org)