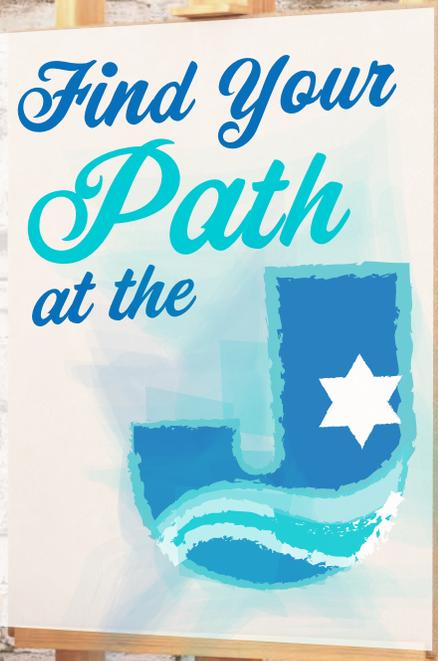


First Autumn  
Renee Shamosh



# SEPTEMBER 2019-JUNE 2020 PROGRAM GUIDE

EARLY CHILDHOOD

CHILDREN

TEENS

ADULTS

FAMILIES

# Renee Shamosh

First Autumn (cover), 2019  
Oil on Canvas



“First Autumn” is an oil on canvas. Artist Renee Shamosh describes it in her own words:

“It is about a child looking out on the world before his or her thoughts are clouded by adult life. A child stares up at the wonder of nature. The trees were green and lush just a few weeks back. Where did they go? Why are they turning brown?”

Adults know why; but in knowing, adults can lose the wonder of nature that the child experiences. In the biblical Genesis, mankind pays for his knowledge by expulsion from the Garden of Eden. Perhaps we are still paying. “First Autumn” is a reminder to all adults that there can be a time to return to the biblical Garden by suspending our world of information and experiencing a child’s sense of wonder.”

## **About the Artist:**

Rivertowns residents Renee and her husband Michael are long-time supporters of the Shames JCC and were honored at the Shames JCC’s 2018 gala dinner. When

she is not creating, Renee, who has a B.A. and M.A. in art education, teaches a variety of popular multi-media classes (for course descriptions of her classes at the J, see pages 63-64).

Renee’s inspiration has always been nature and her natural surroundings. As a child, she would draw or color what she saw in the park, or at the beach, or even the squirrels she could see from her window.

As an adult, Renee sees herself as an active participant in nature. Her garden serves as a natural palette and is often her muse for her expressive art work. Yet, Renee feels most fulfilled when she shares the beauty of art with her students—always encouraging them to express what they see and experience and not to let the burdens of life get in the way. She is honored to have been asked to submit work for publication in this program guide.

# TABLE OF CONTENTS

<b>Policies.....</b>	<b>2</b>
<b>General Information.....</b>	<b>3</b>
<b>Map of Programming Locations.....</b>	<b>3</b>
<b>Introduction.....</b>	<b>4-5</b>
<b>Support the Shames JCC.....</b>	<b>97</b>



## EARLY CHILDHOOD

Art.....	10-11
Aquatics .....	11-16
Sports & Recreation.....	18-32
Summer Camps.....	22

## CHILDREN

Aquatics.....	24-26
Performing Arts.....	26-30
School, Camp, and Childcare	30-31
School of Music .....	31-33
Sports & Recreation.....	33-36
Visual Arts & STEAM.....	36-38

## FAMILIES

Aquatics .....	90-91
Art .....	91
Family Engagement.....	91-93
Jewish Life .....	93
Performing Arts .....	93-95
Sports & Recreation.....	95-96

## TEENS

Aquatics.....	41
Fitness .....	41-45
Jewish Life.....	45-46
Performing Arts.....	46-49
Special Needs Services.....	49-51
School of Music .....	51-52
Sports & Recreation.....	52-54
Teen Engagement.....	55

## ADULTS

Adult Education & Engagement.....	57-59
Aquatics.....	59-63
Art & Craft.....	63-65
Fitness.....	65-69
Jewish Life.....	69-70
Literature & Theater.....	70-72
Lectures.....	72-74
Renard Series.....	74-79
Film.....	79-80
Performing Arts.....	80-83
School of Music .....	83-84
Self Explorations.....	84-85
Special Needs Services.....	86-87
Sports & Recreation.....	87-88

# POLICIES

*The policies below apply to participants in all Shames JCC classes and programs.*

*By registering you agree to abide by these policies and confirm that the participant is both physically and developmentally able to participate.*

## Registration Policy

Please register early. Many programs have limited space and/or depend upon minimum enrollment to ensure the program will run. For these reasons, pre-registration is requested a least one week in advance of each program and will guarantee your place only when accompanied by payment. Unless otherwise noted, online registration closes 3 business days prior to the start date. After this time, please call the Welcome Desk at 914-366-7898 to register. Many of our programs can be pro-rated after they begin as long as space is available.

Payment must accompany registration. Payments by cash, check, credit card, or debit card are accepted. Participant's membership must be current for the duration of a class to be eligible for member rates. Please note that Shames JCC on the Hudson reserves the right to make class reassignments based on skill level and such other factors as the Shames JCC on the Hudson determines in its reasonable discretion.

## Scholarships

The Shames JCC on the Hudson is deeply committed to enabling access to its programs to participants in many different financial circumstances. Need-based scholarship assistance is available. For more information about the Shames JCC scholarships, please contact our Chief Financial Officer, Wendy Antini ([wantini@shamesjcc.org](mailto:wantini@shamesjcc.org) or 914-366-7898, x1119). All financial aid information will kept confidential.

## Refunds and Credits

The Shames JCC does not issue any refunds or credits without express written approval by the JCC's Chief Program Officer and/or Chief Financial Officer. With limited exceptions as noted below, the following withdrawal policies apply.

For any and all programs meeting 3 or fewer instances: Due to costs and booking commitments associated with classes or events that meet 3 or fewer times per programming season, the JCC cannot offer any refunds or credits for a participant's withdrawal.

For any and all programs meeting 4 or more times. When a participant's approved withdrawal request conforms to the timetable below, refunds or credits may be issued. There is a \$25 processing fee for all transfers and cancellations.

When a written request for withdrawal is received at least 7 days before the date of the first class, the person enrolled will receive a full refund of the amount paid, less a \$25 processing fee.

When a written request for withdrawal is received before the 3rd class, the person enrolled will receive JCC credit equal to 50% of the amount paid. After the third class, refunds and/or credits cannot be granted.

The JCC is not responsible for providing make-ups or issuing any refund or credit for programs missed as a result of personal scheduling conflicts, illness, emergencies, or other circumstances beyond our control.

All cancellation requests must be submitted in writing to the applicable program director.

For Westchester Circus Arts classes at the JCC refunds and/or credits cannot be granted.

For policies related to Membership, Early Childhood Programs, River Friends Day Camp, and/or Almost Home, please see your Membership agreement and/or registration documents.

## Make-Ups

Make-ups are scheduled for class-days missed by the instructor or cancelled by the Shames JCC due to inclement weather. The Shames JCC is not responsible for providing make-ups or issuing refunds for class-days that are missed due to participant conflicts, illness, emergencies, or other events beyond our control.

## Cancellations

All Shames JCC on the Hudson programs and events are subject to change or cancellation. We reserve the right to cancel any program that fails to meet minimum enrollment requirements. In the event that a program is cancelled, the person enrolled may choose to receive a full refund of the amount paid or JCC credit equal to the amount paid.

## Other Information

Instructors are subject to change, with or without notice. Age ranges are provided as guidelines to help participants select the most appropriate class for themselves and/or family members; please consult with Shames JCC staff and/or relevant instructor(s) for additional guidance as needed.

# LOCATIONS & HOURS

## Shames JCC on the Hudson

371 S. Broadway, Tarrytown, NY 10591

914.366.7898

info@shamesjcc.org

### Facility Hours\*

MONDAY – THURSDAY

5:15 am – 10:00 pm

FRIDAY

5:15 am – 6:00 pm

SATURDAY

7:00 am – 6:00 pm

SUNDAY

7:00 am – 6:00 pm

### Aquatics Center Hours\*\*

MONDAY – THURSDAY

5:30 am – 9:30 pm

FRIDAY

5:30 am – 5:30 pm

SATURDAY

7:15 am – 5:30 pm

SUNDAY

7:15 am – 5:30 pm

\*These hours are subject to change due to special events.

\*\*Please be aware that the pool will be closed from September 2nd through September 15th for annual maintenance.

## Children's Garden Center

25 Leroy Ave | Tarrytown, NY 10591

914.631.1607



# CONTACTS

### Gifts and Donations

Leslie Meyers

lmeyers@shamesjcc.org

914.366.7898 ext. 1166

### Finance

Wendy Antini

wantini@shamesjcc.org

914.366.7898 ext. 1119

### Membership

Lisa Pincus Hamroff

lpincushamroff@shamesjcc.org

914.366.7898 ext. 1148

### Marketing

Jen Josephs

jjosephs@shamesjcc.org

914.366.7898 ext. 1160

### Programming

Lauren Bergida-Morrison

lmorrison@shamesjcc.org

914.366.7898 ext. 1104

### Social Services

Jennifer Convissor

jconvissor@shamesjcc.org

(914) 366-7898 x1162

### Fitness & Personal Training

Lisa Bruskin

lbruskin@shamesjcc.org

914.366.7898 ext. 1120

### Children's Garden Center

Kathy Meladossi

kmeladossi@shamesjcc.org

914.631.1607

### Early Childhood Program

Ann Zarider

azarider@shamesjcc.org

914.366.7898 ext. 1112

### River Friends Day Camp

Melissa Deierlein

mdeierlein@shamesjcc.org

914.366.7898 ext. 1137

### Almost Home

Hilary Archigian

harchigian@shamesjcc.org

914.366.7898 ext. 1139

### Camp Twelve Trails & Teen Engagement

Kayla Reisman

kreisman@shamesjcc.org

914.366.7898 ext. 1120

### Engage Volunteers

Laura Wexler

lwexler@shamesjcc.org

914.366.7898 ext. 1124

### Sports & Recreation

Mike Pearson

mpearson@shamesjcc.org

914.366.7898 ext. 1142

### Aquatics

Eric Hammermeister

ehammermeister@shamesjcc.org

914.366.7898 ext. 1140

### Senior Adult Programming

Linda Paver

lpaver@shamesjcc.org

914.366.7898 ext. 1126

### Special Needs Services

Amanda Gabel

agabel@shamesjcc.org

914.366.7898 ext. 1108

### Jewish Life

Rabbi Ben Newman

bnewman@shamesjcc.org

914.366.7898 ext. 1173

# MAP OF PROGRAM LOCATIONS 2019-2020



# SEPT – JUNE AT THE JCC

## AQUATICS

There's no other aquatics center like ours in the county. Our two beautiful indoor pools are bathed in window light and thanks to new technology, chlorine smells have been replaced with a fresh and clean scent. (It's goodbye to burning eyes or irritation.) You can take laps in the open lanes, register for private or group swim instruction, take American Red Cross certified lifesaving and babysitting courses and enjoy myriad aquatics exercise classes.



## EARLY CHILDHOOD CENTER & CHILDCARE

With waiting lists year after year, it's no wonder that our Shames JCC early childhood centers are “A Cut Above” what you will find elsewhere. We strive to build confidence and skills and encourage questioning minds. Through play, children learn what it means to be giving and caring as they acquire the physical, intellectual and social skills they will need as they grow up. At two locations, our Early Childhood Program and Children's Garden Center have an emergent curriculum that spurs intellectual curiosity and reflects a continuity of content and skills at each grade level—2's, 3's and 4's. In addition to our core curriculum, we offer a “Turning 2's” program and a “Wondrous Ones” program for one year olds with a caregiver.

Whether you are taking a fitness class, need to drop off your child as you run errands or simply want some down time, Kidspace provides top-notch childcare for up to two hours. Children play and socialize under the nurturing care of a highly-trained, professional staff.



## EDUCATION & ENGAGEMENT

Whether you play Mah Jongg, want to learn Yiddish, hope to meet like-minded people, or are looking for networking opportunities, there's so much to keep you "educated and engaged" at the Shames JCC. Try our new literature classes and theatre programs or volunteer with us. Come make new friends and get together with old ones at these weekly programs and special events.



## FITNESS

Our Fitness Center offers over 70 group exercise classes a week for all abilities and skills. Choose from high intensity interval classes, Zumba, aquatic fitness, or cycling in our designated Cycle Studio. Or, join mat Pilates, senior strength and cardio or one of our varied yoga classes. We also offer a variety of small group training classes.



## JEWISH LIFE

The Shames JCC offers Jewish programming for everyone. Join our Jewish Life Coordinator, Rabbi Ben Newman, for innovative Jewish programming from Jewish meditation and spiritual jam sessions to community holiday celebrations and current events discussions. Teens can participate in BBYO, Moving Traditions, and a variety of social action opportunities. The Shames JCC is also part of the Rivertowns Jewish Consortium (RJC), a group that includes Greenburgh Hebrew Center, Mishkan Ha'am, Rosh Pinah Chavurah of the Rivertowns, Temple Beth Abraham, Temple Beth Shalom, and Woodlands Community Temple. Working together, the RJC strives to enhance Jewish life in the Rivertowns through joint programming, organizational collaborations, and combined efforts during both celebratory and challenging times. Join the RJC for our annual Hanukkah Party on December 15th at the J.



## LECTURES AND FILM

Plan your day with friends at the J! If it's a stimulating lecture you want, we have it. Our popular Renard Series is back with new and interesting featured speakers. Also take an in-depth lecture series. Participate in our film series or documentary screenings all with eclectic titles covering diverse topics. Join us and expand your horizons.



## PERFORMING ARTS

For soon-to-be-stars, this is for you. All abilities—experienced or novice—can take advantage of our wide-ranging performance arts activities. Programs for all ages range from circus arts to acting to Israeli folk dancing. Circus arts lovers learn the tightwire, aerial arts, juggling, hula hooping, and contortions. And, if you want to take all this to heart, we'll give you the basics on how to be a performer and provide you with the opportunity to showcase your talents.



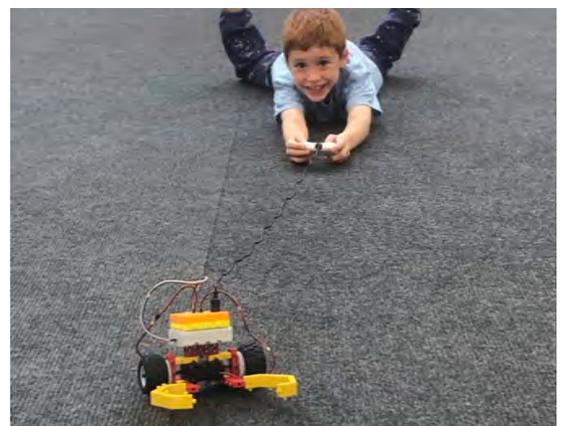
## THE SCHOOL OF MUSIC

The Shames JCC School of music is known for the reputation of its instructors. The Shames has a renowned group of musicians who offer private and group classes for all ages in violin, piano, guitar, flute, saxophone, trumpet, clarinet, cello and voice. The strength of the program lies in the hard work expected of each student, coupled with the individual attention received from each instructor. At the Shames School of Music, music is for everyone!



## VISUAL ARTS & S.T.E.A.M

Pencil or Paint, mixed media or clay, computers or tablets, we offer a rich assortment of visual art and STEAM workshops for children and adults. Kids can explore painting, design their own toys, or even code their own robots! Adults with a passion to create can explore mixed media, make metal jewelry, ceramic coasters, floral arrangements, mosaics and can turn textiles into clothing, accessories and art. Creativity never stops at the Shames JCC.



# SPECIAL NEEDS

The Shames JCC welcomes and supports people of diverse abilities across their lifespans. Broadening our scope of offerings is our brand new Sensory Gym, especially designed for children with sensory issues. Early Intervention, CPSE, and private-paying clients can receive services through our partner, Dynamic Kids. For children, teens, and young adults, we offer revamped social and life skills programs for those on the autism spectrum and with related developmental disabilities. Additionally, we have a family swim on Sundays for special needs families.

# SPORTS & RECREATION

Our full-court, 6,000 sq. ft. gymnasium is home to members and non-members of every age and ability. Whether it's top-notch classes in karate or gymnastics for kids, sports clinics for teens or basketball leagues and drop-in volleyball for adults, or recently launched programs like pickleball, there is always excitement in the gym. Open-gym times are available daily and the whole family can be active with a host of equipment to enjoy.

# SUMMER CAMPS & AFTER SCHOOL

The Shames JCC Summer Camps transform summers into experiences of a lifetime. Children and teens ages 2–16 have various choices to keep them busy all summer long. Our younger set, ages 2–6, can participate in our wonderful onsite River Friends Day Camp, while children in grades K–10 travel only 11 minutes to the expansive Henry Kaufman campgrounds for Camp Twelve Trails, an ACA accredited camp. Teens have myriad options—US tours, international trips, traditional summer camp, or valuable work experience in our CIT program.

During the school year, the JCC offers aftercare through our popular Almost Home program for select local school districts. Buses bring elementary school students to the Shames JCC for a supervised afternoon where youngsters can do homework, socialize, and enjoy a variety of sports, board games, arts and crafts and community service. Extra-curricular activities are available at the Shames JCC during Almost Home hours as well. We also offer Vacation Sensations, a day long program during school breaks—open to all, regardless of school district. Adventure awaits!





## EARLY CHILDHOOD

The Shames JCC provides an outlet for our youngest children and toddlers to be who they are and do the things they love. We strive to build confidence and skills and encourage questioning minds. Through play, children learn what it means to be giving and caring as they acquire the physical, intellectual and social skills they will need as they grow up.

**Unless otherwise noted, online registration closes 3 business days prior to the start date.**

*After this time, please call the Welcome Desk at 914-366-7898 to register.*

*Many of our programs can be pro-rated after they begin as long as space is available.*

## ART

### Parent and Child Mini Scribblers

Ages 18 months – 3 years with a caregiver

#### Session 1

6 Wednesdays, 11:00 AM – 11:45 AM

September 18 – October 30

No class on October 9

*Members: \$160; Non-members: \$180 /*

*Dance Studio*

#### Session 2

7 Wednesdays, 11:00 AM – 11:45 AM

November 13 – January 15

No class on November 27, December 25,  
January 1

*Members: \$190; Non-members: \$210 /*

*Dance Studio*

#### Session 3

8 Wednesdays, 11:00 AM – 11:45 AM

January 29 – March 25

No class on February 19

*Members: \$215; Non-members: \$240 /*

*Dance Studio*

#### Session 4

8 Wednesdays, 11:00 AM – 11:45 AM

April 15 – June 3

*Members: \$215; Non-members: \$240 /*

*Dance Studio*

This 45-minute class is a great opportunity for parents or caregivers to guide their toddlers through the exploration of materials perfectly suited to their innate interests. They'll be drawing with special crayons that glide on the page, using stamps big enough for feet and hands, watercolors that vividly demonstrate color-mixing, glue that's easy to spread, fabric that's soft and bright in color, scissors that are easier to hold, and

the list goes on and on. We make it a priority to seek out the best art materials for our youngest artists! Every material and project is carefully selected to complement the unique characteristics that define "toddlerhood". This class is great for developing socialization, fine and gross motor skills, understanding of cause and effect, language acquisition and an emerging awareness of themselves as artists.

Please note that children must be accompanied by a caregiver during this class.

### Pre-scribblers with Scribble Art Workshop

Ages 3 – 5 years

#### Session 1

14 Wednesdays, 12:30 PM – 1:15 PM

September 18 – January 15

No class on October 9, November 27,  
December 25, January 1

*Members: \$380; Non-members: \$420*

*Dance Studio*

14 Tuesdays, 12:15 PM – 1:00 PM

September 17 – January 14

No class on October 1, October 8, December  
24, December 31

*Members: \$380; Non-members: \$420*

*Children's Garden Center, Temple Beth  
Abraham*

#### Session 2

16 Wednesdays, 12:30 PM – 1:15 PM

January 29 – May 27

No class on February 19, April 8

*Members: \$435; Non-members: \$485*

*Dance Studio*

16 Tuesdays, 12:15 PM – 1:00 PM

January 28 – June 2

No class on February 18, March 17, April 7

*Members: \$435; Non-members: \$485 /*

*Children's Garden Center, Temple Beth Abraham*

This 45 minute class, preschoolers explore collage, painting, drawing, sculpture, and printmaking. Every project is multi-layered and completed over a series of several classes

ending with an art show at the conclusion of the project where we begin to verbalize our process. One of the most important goals we collaborate with other artists in the studio as well as begin to talk about their work and their process with their peers. This class is great for developing an exploration to promote understanding through complex mixed media work and an emerging focus on the product, and social skills.

## AQUATICS

### Parent & Child Aquatics Level 1

Ages 6 - 18 months  
(10 participants)

Parents (or caregivers) and babies or toddlers have fun in the water together! Games and songs are used to help tots become comfortable and learn basic water skills. Skills introduced: Exploring buoyancy, body position, floating and gliding, basic stroke action, and breathing control (blowing bubbles or holding breath underwater). All non-potty trained children will be required to wear a tight fitting swim diaper.

#### Session 1

8 Saturdays, 8:00 AM - 8:30 AM  
September 28 – November 16  
*Members: \$190; Non-members: \$230*

6 Sundays, 8:00 AM - 8:30 AM  
October 6 – November 17  
No class on October 13  
*Members: \$140; Non-members: \$170*

#### Session 2

7 Saturdays, 8:00 AM - 8:30 AM  
November 30 – January 25  
No class on December 28, January 4  
*Members: \$165; Non-members: \$200*

7 Sundays, 8:00 AM - 8:30 AM  
December 1 – January 26  
No class on December 29 – January

*Members: \$165; Non-members: \$200*

#### Session 3

9 Saturdays, 8:00 AM - 8:30 AM  
February 8 – April 4  
*Members: \$210; Non-members: \$255*

9 Sundays, 8:00 AM - 8:30 AM  
February 9 – April 19  
No class on February 23, April 12  
*Members: \$210; Non-members: \$255*

#### Session 4

8 Saturdays, 8:00 AM - 8:30 AM  
May 2 – June 27  
No class on May 23  
*Members: \$190; Non-members: \$230*

8 Sundays, 8:00 AM - 8:30 AM  
May 3 – June 28  
No class on May 24  
*Members: \$190; Non-members: \$230*

### Parent & Child Aquatics Level 2

Ages 19 - 36 months  
(10 participants)

Parents (or caregivers) and babies or toddlers have fun in the water together! Games and songs are used to help tots become comfortable and learn basic water skills. Skills introduced: Exploring buoyancy, body position, floating and gliding, basic stroke action, and breathing control (blowing bubbles or holding breath underwater). All non-potty trained children will be required to wear a tight fitting swim diaper.

#### Session 1

8 Saturdays, 8:40 AM - 9:10 AM  
September 28 – November 16  
*Members: \$190; Non-members: \$230*

6 Sundays, 8:40 AM - 9:10 AM  
October 6 – November 17  
No class on October 13  
*Members: \$140; Non-members: \$170*

#### Session 2

7 Saturdays, 8:40 AM - 9:10 AM  
November 30 – January 25

No class on December 28, January 4  
*Members: \$165; Non-members: \$200*

7 Sundays, 8:40 AM - 9:10 AM  
 December 1 – January 26  
 No class on December 29 – January 5  
*Members: \$165; Non-members: \$200*

### **Session 3**

9 Saturdays, 8:40 AM - 9:10 AM  
 February 8 – April 4  
*Members: \$210; Non-members: \$255*

9 Sundays, 8:40 AM - 9:10 AM  
 February 9 – April 19  
 No class on February 23, April 12  
*Members: \$210; Non-members: \$255*  
 Session 4

8 Saturdays, 8:40 AM - 9:10 AM  
 May 2 – June 27  
 No class on May 23  
*Members: \$190; Non-members: \$230*

8 Sundays, 8:40 AM - 9:10 AM  
 May 3 – June 28  
 No class on May 24  
*Members: \$190; Non-members: \$230*

### **Preschool Aquatics Level 1**

Ages 3-5  
 (5 participants)

Designed for beginners with little or no experience in the pool, and who may be fearful or anxious. Children learn to put his/her face in the water, paddle, float on their back, and jump in without assistance. Children may use 2 - 4 floatation bubbles. *No swim evaluation is required.*

### **Session 1**

5 Mondays, 4:00 PM - 4:30 PM  
 September 23 – November 4  
 No class on September 30; October 14  
*Members: \$120; Non-members: \$140*

6 Tuesdays, 5:20 PM - 5:50 PM  
 September 24 – November 12  
 No class on October 1; October 8  
*Members: \$140; Non-members: \$170*

7 Wednesdays, 4:00 PM - 4:30 PM  
 September 25 – November 13  
 No class on October 9  
*Members: \$165; Non-members: \$200*

8 Saturdays, 9:20 AM - 9:50 AM  
 September 28 – November 16  
*Members: \$190; Non-members: \$230*

6 Sundays, 9:20 AM - 9:50 AM  
 October 6 – November 17  
 No class on October 13  
*Members: \$140; Non-members: \$170*

### **Session 2**

7 Mondays, 4:00 PM - 4:30 PM  
 November 25 – January 20  
 No class on December 23, December 30  
*Members: \$165; Non-members: \$200*

7 Tuesdays, 5:20 PM - 5:50 PM  
 November 26 – January 21  
 No class on December 24, December 31  
*Members: \$165; Non-members: \$200*

6 Wednesdays, 4:00 PM - 4:30 PM  
 December 4 – January 22  
 No class on December 25, January 1  
*Members: \$140; Non-members: \$170*

7 Saturdays, 9:20 AM - 9:50 AM  
 November 30 – January 25  
 No class on December 28, January 4  
*Members: \$165; Non-members: \$200*

7 Sundays, 9:20 AM - 9:50 AM  
 December 1 – January 26  
 No class on December 29, January 5  
*Members: \$165; Non-members: \$200*

### **Session 3**

8 Mondays, 4:00 PM - 4:30 PM  
 February 3 – March 30  
 No class on February 17  
*Members: \$190; Non-members: \$230*

9 Tuesdays, 5:20 PM - 5:50 PM  
 February 4 – April 14  
 No class on February 18, April 7  
*Members: \$210; Non-members: \$255*

9 Wednesdays, 4:00 PM - 4:30 PM  
 February 5 – April 15

No class on February 19, April 8  
*Members: \$210; Non-members: \$255*

9 Saturdays, 9:20 AM - 9:50 AM  
 February 8 – April 4  
 No class on April 11  
*Members: \$210; Non-members: \$255*

9 Sundays, 9:20 AM - 9:50 AM  
 February 9 – April 19  
 No class on February 23, April 12  
*Members: \$210; Non-members: \$255*

#### **Session 4**

8 Mondays, 4:00 PM - 4:30 PM  
 April 27 – June 22  
 No class on May 25  
*Members: \$190; Non-members: \$230*

9 Tuesdays, 5:20 PM - 5:50 PM  
 April 28 – June 23  
*Members: \$210; Non-members: \$255*

9 Wednesdays, 4:00 PM - 4:30 PM  
 April 29 – June 24  
*Members: \$210; Non-members: \$255*

8 Saturdays, 9:20 AM - 9:50 AM  
 May 2 – June 27  
 No class on May 23  
*Members: \$190; Non-members: \$230*

8 Sundays, 9:20 AM - 9:50 AM  
 May 3 – June 28  
 No class on May 24  
*Members: \$190; Non-members: \$230*

February 4 – April 14  
 No class on February 18, April 7  
*Members: \$210; Non-members: \$255*

9 Thursdays, 5:20 PM - 5:50 PM

#### **Session 4**

8 Mondays, 4:00 PM - 4:30 PM  
 April 27 – June 22  
 No class on May 25  
*Members: \$190; Non-members: \$230*

9 Tuesdays, 5:20 PM - 5:50 PM  
 April 28 – June 23  
*Members: \$210; Non-members: \$255*

9 Wednesdays, 4:00 PM - 4:30 PM  
 April 29 – June 24

*Members: \$210; Non-members: \$255*

8 Saturdays, 9:20 AM - 9:50 AM  
 May 2 – June 27  
 No class on May 23  
*Members: \$190; Non-members: \$230*

8 Sundays, 9:20 AM - 9:50 AM  
 May 3 – June 28  
 No class on May 24  
*Members: \$190; Non-members: \$230*

#### **Preschool Aquatics Level 2**

Ages 3-5 (5 participants)  
 Designed for beginner-intermediate swimmers who comfortably put their face in the water, blow bubbles, jump in without assistance, paddle, and float on their backs with ears in the water. Children may use 1 – 3 floatation bubbles.  
*Swim evaluation is required.*

#### **Session 1**

6 Tuesdays, 4:40 PM - 5:10 PM  
 September 24 – November 12  
 No class on October 1, October 8  
*Members: \$140; Non-members: \$170*

7 Thursdays, 5:20 PM - 5:50 PM  
 September 26 – November 14  
*Members: \$165; Non-members: \$200*

8 Saturdays, 10:00 AM - 10:30 AM  
 September 28 – November 16  
*Members: \$190; Non-members: \$230*

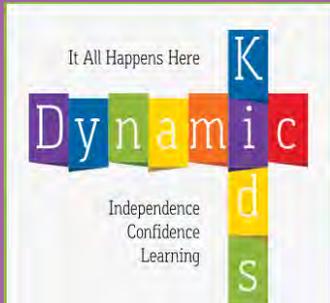
6 Sundays, 10:00 AM - 10:30 AM  
 October 6 – November 17  
 No class on October 13  
*Members: \$140; Non-members: \$170*

#### **Session 2**

7 Tuesdays, 4:40 PM - 5:10 PM  
 November 26 – January 21  
 No class on December 24, December 31  
*Members: \$165; Non-members: \$200*

6 Thursdays, 5:20 PM - 5:50 PM  
 December 5 – January 23  
*Members: \$140; Non-members: \$170*

7 Saturdays, 10:00 AM - 10:30 AM



# State-of-the Art Sensory Gym at the Shames JCC!

Early Intervention | CPSE | Private



## Engage your child in a fun and therapeutic environment

### Physical Therapy

Functional mobility is the goal of pediatric Physical Therapy. Physical Therapists focus on improving developmental tasks, motor planning, balance and safety by focusing on muscle tone, strength, endurance, coordination, body awareness and playground skills.

### Special Services

Special services include:

- Enrichment groups: Handwriting, Sensory-motor, Social skills/Cooking
- Consultations
- Evaluations

### Occupational Therapy

Pediatric Occupational Therapy's goal is to increase a child's functional participation during play, social activities and academics. Occupational Therapists bring specific knowledge and expertise to address sensory processing/ self-regulation, fine motor and gross motor functioning and perceptual and visual motor skills.

### Speech & Language Therapy

Pediatric Speech and Language Therapists work on functional communication. Areas of expertise include expressive or receptive language, articulation, oral motor skills and feeding. This is all done while engaging a child in a fun and therapeutic environment.

**Dynamic kids is excited to open their 2nd location!**



Harold & Elaine  
**Shames  
Jewish  
Community  
Center**  
on the Hudson

**371 S. BROADWAY**  
Tarrytown, NY 10591  
shamesjcc.org  
914.366.7898

*This program was made possible with a generous grant from the Jewish Communal Fund*



## CONTACT:

[admin@dynamickidsny.com](mailto:admin@dynamickidsny.com)  
914.428.5151

Robbie Levy MA, OTR/L  
Founder-Executive Director

[www.dynamickidsny.com](http://www.dynamickidsny.com)

November 30 – January 25  
No class on December 28, January 4  
*Members: \$165; Non-members \$200*

7 Sundays, 10:00 AM - 10:30 AM  
December 1 – January 26  
No class on December 29, January 5  
*Members: \$165; Non-members: \$200*

### **Session 3**

9 Tuesdays, 4:40 PM - 5:10 PM  
February 4 – April 14  
No class on February 18, April 7  
*Members: \$210; Non-members: \$255*

9 Thursdays, 5:20 PM - 5:50 PM  
February 6 – April 16  
*Members: \$210; Non-members: \$255*

9 Saturdays, 10:00 AM - 10:30 AM  
February 8 – April 4  
*Members: \$210; Non-members: \$255*

9 Sundays, 10:00 AM - 10:30 AM  
February 9 – April 19  
No class on February 23, April 12  
*Members: \$210; Non-members: \$255*

### **Session 4**

9 Tuesdays, 4:40 PM - 5:10 PM  
April 28 – June 23

No class May 25  
*Members: \$210; Non-members: \$255*

9 Thursdays, 5:20 PM - 5:50 PM  
April 30 – June 25  
*Members: \$210; Non-members: \$255*

8 Saturdays, 10:00 AM - 10:30 AM  
May 2 – June 27  
No class on May 23  
*Members: \$190; Non-members: \$230*

8 Sundays, 10:00 AM - 10:30 AM  
May 3 – June 28  
No class on May 24  
*Members: \$190; Non-members: \$230*

## **Preschool Aquatics Level 3**

Ages 3-5 (5 participants)  
Designed for intermediate swimmers who jump in without assistance, paddle on his/her front and back across the width of the pool, execute a rudimentary crawl (big arms) with basic rhythmic breathing, elementary backstroke (“monkey-airplane-soldier”), have an understanding of a flutter kick, and bob 15 times. Children may use only 1 floatation bubble. Swim evaluation is required.

### **Session 1**

6 Tuesdays, 4:00 PM - 4:30 PM  
September 24 – November 12  
No class on October 1, October 8  
*Members: \$140; Non-members: \$170*

7 Thursdays, 4:40 PM - 5:10 PM  
September 26 – November 14  
*Members: \$165; Non-members: \$200*

8 Saturdays, 10:40 AM - 11:10 AM  
September 28 – November 16  
*Members: \$190; Non-members: \$230*

6 Sundays, 10:40 AM - 11:10 AM  
October 6 – November 17  
No class on October 13  
*Members: \$140; Non-members: \$170*

### **Session 2**

7 Tuesdays, 4:00 PM - 4:30 PM  
November 26 – January 21  
No class on December 24, December 31  
*Members: \$165; Non-members: \$200*

6 Thursdays, 4:40 PM - 5:10 PM  
December 5 – January 23  
*Members: \$140; Non-members: \$170*

7 Saturdays, 10:40 AM - 11:10 AM  
November 30 – January 25  
No class on December 28, January 4  
*Members: \$165; Non-members: \$200*

7 Sundays, 10:40 AM - 11:10 AM  
December 1 – January 26  
No class on December 29, January 5  
*Members: \$165; Non-members: \$200*

**Session 3**

9 Tuesdays, 4:00 PM - 4:30 PM  
February 4 – April 14  
No class on February 18, April 7  
*Members: \$210; Non-members: \$255*

9 Thursdays, 4:40 PM - 5:10 PM  
February 6 – April 16  
*Members: \$210; Non-members: \$255*

9 Saturdays, 10:40 AM - 11:10 AM  
February 8 – April 4  
*Members: \$210; Non-members: \$255*

9 Sundays, 10:40 AM - 11:10 AM  
February 9 – April 19  
No class on February 23, April 12  
*Members: \$210; Non-members: \$255*

**Session 4**

9 Tuesdays, 4:00 PM - 4:30 PM  
April 28 – June 23  
*Members: \$210; Non-members: \$255*

9 Thursdays, 4:40 PM - 5:10 PM  
April 30 – June 25  
*Members: \$210; Non-members: \$255*

8 Saturdays, 10:40 AM - 11:10 AM  
May 2 – June 27  
No class on May 23  
*Members: \$190; Non-members: \$230*

8 Sundays, 10:40 AM - 11:10 AM  
May 3 – June 28  
No class on May 24  
*Members: \$190; Non-members: \$230*

**Private Swim Lessons**

All levels: Ages 3 and up

*Members:*

- 30 Minute Private, Single: \$50; 30 Minute Semi-private single: \$65
- 30 Minute Private, 5 Pack: \$240; 30 Minute Semi-private, 5 pack: \$315
- Non-Members:
- 30 Minute Private, Single: \$60; 30 Minute Semi-private single: \$75
- 30 Minute Private, 5 Pack: \$290; 30 Minute Semi-private, 5 pack: \$365

For additional information please contact the

JCC's Aquatics Director:  
Eric Hammermeister  
ehammermeister@shamesjcc.org  
914-366-7898 ext. 1140.

## EARLY CHILDHOOD CENTERS & CHILDCARE

Ages 1-5  
September to June

**Two Locations:**

- Early Childhood Program (at the Shames JCC)
- Children's Garden Center (at Temple Beth Abraham in Tarrytown):

*Contact:*

Early Childhood Program Director:  
Ann Zarider, azarider@shamesjcc.org

Children's Garden Center Director:  
Kathy Meladossi, kmeladossi@shamesjcc.org

With waiting lists year after year, it's no wonder that our Shames JCC early childhood centers are "A Cut Above" what you will find elsewhere. We strive to build confidence and skills and encourage questioning minds. Through play, children learn what it means to be giving and caring as they acquire the physical, intellectual and social skills they will need as they grow up. We have an emergent curriculum that spurs intellectual curiosity and reflects a continuity of content and skills at each grade level— 2's, 3's and 4's. Children engage in sports, dance, crafts, playground activities, painting, storytelling, building and much more. In addition to our core curriculum, we offer a "Turning 2's" program and a "Wondrous Ones" program for one year olds with a caregiver.

Our ECP Program, like all programs at the Shames JCC, welcomes all faiths and backgrounds. We foster an appreciation of differences in both culture and personality as we also celebrate Jewish customs, holidays and values.

We offer extended day and early arrival to accommodate working parents as well as those who stay at home. Children can stay for lunch and then be escorted to a variety of after school enrichment classes. Families are encouraged to join their children in the classroom for a day of baking, birthday celebration, or other special event. Our active parent committees and family involvement create a strong sense of community and fosters lasting relationships.

### **Wondrous Ones**

These “Grown Up and Me” classes are led by early childhood professionals and they help participants meet other families, and help children become familiar with a preschool setting. You can introduce your child to new concepts and explore some of their favorites including Music, Baking, Planting, Art, Story Time, Movement and More!

#### *Contact:*

Early Childhood Program Director:  
Ann Zarider, azarider@shamesjcc.org  
Children’s Garden Center Director:  
Kathy Meladossi, kmeladossi@shamesjcc.org

### **Turning Twos**

Our Turning Two’s class introduces children to the school experience including routines, circle time, stories, small group activities, and independence. We understand that children at this age often need a lap or hand holding to make a home to school transition. We help them with art projects, blocks, toys, lots of singing, circle games and

special enrichment programs. When the children are comfortable, we might join the twos classes for playground time, nature, and other special activities. Having class on Friday provides us the opportunity to introduce and celebrate Shabbat as well.

#### *Contact:*

Early Childhood Program Director:  
Ann Zarider, azarider@shamesjcc.org  
Children’s Garden Center Director:  
Kathy Meladossi, kmeladossi@shamesjcc.org

### **Kidspace**

6 months-8 years

Monday- Friday, 8:00 AM – 12:00 PM

Saturday & Sunday, 8:00 AM – 1:00 PM

*Members & Non-members: \$10.00/hour;*

*1-hour minimum, \*\*2 hours maximum/day.*

Whether you are taking a fitness class, need to drop off your child as you run errands or simply want some down time, Kidspace is here for you. Children play and socialize under the nurturing care of a highly-trained, professional staff.

\*Non-members may use Kidspace for up to 30 hours or 3 months (whichever comes first), after which a Family Membership at any level will be required to continue.

\*\*For children under the age of 1 year old, the maximum stay is 1.5 hours.

Pre-registration is required. Please email kidspace@shamesjcc.org or call 914-847-9088 to reserve a spot for your child. Space is limited. Kidspace is an Allergy Aware environment! No outside food is allowed in kidspace. Bottles, sippy cups, and commercially packaged baby food are the only exceptions.

# SPORTS & RECREATION

## Little Musketeers Fencing

Ages 4-6 years

On guard! Little Musketeers is a welcoming and friendly class giving children a fun and safe introduction to the exciting sport of fencing. We provide bright colored foam swords that are safe and yet hard enough to give children the feel of real fencing. Kids will have a blast while engaging in fencing games, footwork, drills, and open fencing.

### Session 1

17 Fridays, 12:30 PM – 1:15 PM  
September 20 – January 17

No class on November 29

Members: \$410; Non-members: \$445 /  
Gymnasium

### Session 2

13 Fridays, 12:30 PM – 1:15 PM  
February 7 – May 15

No class on February 21, April 10

Members: \$315; Non-members: \$340

*What to bring:* T-shirt, sweatpants, indoor non-marking athletic sneakers.

## Tumbling Toddlers

Ages 24 months - 36 months (child must be able to walk) with parent or caregiver.

It's never too early for your little one to start learning and having fun at the JCC! This first timer's class offers an opportunity for parents or caregivers to have fun with their kids as they develop gross motor skills, practice listening and work on socialization! Our toddler and parent classes at the Shames JCC promote early development and provide a strong foundation for your child's future activities. Since you're along for the ride, you'll be right there to celebrate every discovery with smiles, hugs and the

occasional adult-sized giggle. The class will include but is not limited to obstacle courses and working with specialty apparatus to promote basic gymnastics skills and a great time for everyone involved! Please note that *children must be accompanied by a parent/ caregiver at all times during this class.*

### Session 1

6 Tuesdays, 10:00 AM – 10:45 AM

October 15 – November 19

Members: \$130; Non-members: \$140  
JCC Gymnasium

6 Thursdays, 10:00AM – 10:45 AM

October 10 – November 21

No class on October 31

Members: \$130; Non-members: \$140  
JCC Gymnasium

### Session 2

6 Tuesdays, 10:00 AM – 10:45 AM

November 26 - January 14

No class on December 24, December 31

Members: \$130; Non-members: \$140  
JCC Gymnasium

5 Thursdays, 10:00AM – 10:45 AM

December 5 - January 16

No class on November 28, December 26,  
January 2

Members: \$110; Non-members: \$120  
JCC Gymnasium

### Session 3

9 Tuesdays, 10:00 AM – 10:45 PM

January 28 - March 31

No class on February 18

Members: \$190; Non-members: \$210  
JCC Gymnasium

9 Thursdays, 10:00 AM – 10:45 AM

January 30 – April 2

No class on February 20

Members: \$190; Non-members: \$210  
JCC Gymnasium

**Session 4**

9 Tuesdays, 10:00 AM – 10:45 PM

April 14 - June 9

Members: \$190; Non-members: \$210

JCC Gymnasium

9 Thursdays, 10:00 AM – 10:45 AM

April 16 - June 11

Members: \$190; Non-members: \$210

JCC Gymnasium

**Junior Gymmies I**

Ages 3 - 5 years

We provide a safe environment in which children develop listening and gross motor skills, explore their personal energies, coordination and interactive instruction all while having FUN! Obstacle courses and working with specialty apparatus promotes basic gymnastics skills and enhances independence and self-confidence.

Children must be potty-learned to attend.

In level class we provide an introduction to gymnastics focusing on body positions, terminology, rules and safety. Progressive options are taught to those with prior gymnastics experience.

**Session 1**

14 Tuesdays, 12:30 PM – 1:15 PM

September 17 – January 14

No class on October 1, October 8,

December 24, December 31

Members: \$340; Non-members: \$380

Gymnasium

**Session 2**

15 Tuesdays, 12:30 PM – 1:15 PM

February 4 – June 2

No class on February 18, March 17, April 7

Members: \$365; Non-members: \$410

Gymnasium

gymnastics classes.

**Junior Gymmies II**

Ages 4 - 5 years

Building on the skills developed in Jr. Gymmies I, participants focus on flexibility, balance and strength.

**Session 1**

14 Tuesdays, 1:20 PM – 2:05 PM

September 17 – January 14

No class on October 1, October 8,

December 24, December 31

Members: \$340; Non-members: \$380 /

JCC Gymnasium

15 Thursdays, 1:20 PM – 2:05 PM

September 12 – January 16

No class on October 31, November 28,

December 26, January 2

Members: \$365; Non-members: \$410 /

JCC Gymnasium

**Session 2**

15 Tuesdays, 1:20 PM – 2:05 PM

February 4 – June 2

No class on February 18, March 17, April 7

Members: \$365; Non-members: \$410

Gymnasium

15 Thursdays, 1:20 PM – 2:05 PM

January 30 – May 21

No class on February 20, April 9

Members: \$365; Non-members: \$410

Gymnasium

**Junior Gymmies I & II (Combined)**

Ages 3-5 years

In this combined ability level class we provide an introduction to gymnastics focusing on body positions, terminology, rules and safety. Progressive options are taught to those with prior gymnastics experience.

**Session 1**

15 Thursdays, 12:30 PM – 1:15 PM

September 12 – January 16

No class on October 31, November 28,

December 26, January 2

Members: \$365; Non-members: \$410

Gymnasium

**Session 2**

15 Thursdays, 12:30 PM – 1:15 PM  
 January 30 – May 21  
 No class on February 20, April 9  
*Members: \$365; Non-members: \$410*  
 Gymnasium

**Junior Gymmies III Advanced**

Ages 4 - 5 years  
 Junior Gymmies III is a co-ed intermediate level class for graduates of Junior Gymmies I and II. This class focuses on basic and intermediate level skills with a slightly heavier focus on form and mechanics as well as enhancing the child's flexibility, balance, and strength for our Junior Gymmies.

**Session 1**

14 Tuesdays, 2:45 PM – 3:35 PM  
 September 17 – January 14  
 No class on October 1, October 8,  
 December 24, December 31  
*Members: \$340; Non-members: \$380 /*  
*JCC Gymnasium*

**Session 2**

15 Tuesdays, 2:45 PM – 3:35 PM  
 February 4 – June 2  
 No class on February 18, March 17, April 7  
*Members: \$365; Non-members: \$410*  
 Gymnasium

**Karate: American GoJu Karate Tiny Tigers with Sensei Bob Chillemi**

Ages 3-5 years  
 Led by American GoJu Karate's Director and Chief Instructor, Sensei Bob Chillemi, this goal oriented skills program helps children improve focus, control, balance, coordination, fitness, teamwork, discipline, and memory in a fun environment. Pre-schoolers develop confidence and self-discipline through the principles of the Tiny Tigers. Additional fees for uniform payable directly to instructor.

**Session 1**

9 Thursdays, 12:00 PM – 12:30 PM  
 September 12 – November 14  
 No class on October 31  
*Members: \$210; Non-members: \$225 /*  
*Children's Garden Center, Temple Beth*  
*Abraham*

9 Thursdays, 1:15 PM – 1:45 PM  
 September 12 – November 14  
 No class on October 31  
*Members: \$210; Non-members: \$225 /JCC*

**Session 2**

9 Thursdays, 12:00 PM – 12:30 PM  
 December 5 – February 13  
 No class on December 26, January 2  
*Members: \$210; Non-members: \$225*  
*Children's Garden Center, Temple Beth*  
*Abraham*

9 Thursdays, 1:15 PM – 1:45 PM  
 December 5 – February 13  
 No class on December 26, January 2  
*Members: \$210; Non-members: \$225 /JCC*

**Session 3**

9 Thursdays, 12:00 PM – 12:30 PM  
 March 5 – May 7  
 No class on April 9  
*Members: \$210; Non-members: \$225*  
*Children's Garden Center, Temple Beth*  
*Abraham*

9 Thursdays, 1:15 PM – 1:45 PM  
 March 5 – May 7  
 No class on April 9  
*Members: \$210; Non-members: \$225 /JCC*

**Sports of All Sorts**

Ages 3-5 years  
 Sports of all Sorts allows children to experience sports in a fun and interactive way. Offering a variety of sports including soccer, baseball, basketball, lacrosse and football, each class is filled with a mixture of learning basic fundamentals of each sport and fun! Children have the opportunity to play with others, making friendships along the

way! This is an excellent opportunity to ease your child into social situations with support and confidence, which will enable them to move onto our more challenging classes.

This class emphasis is on safety, fun and learning. We teach in a positive and relaxed environment with an emphasis on participation, interaction and communication.

### **Session 1**

14 Wednesdays, 12:00 PM – 12:45 PM  
September 18 – January 15

No class on October 9, November 27,  
December 25, January 1

*Members: \$325; Non-members \$365*  
*Children's Garden Center, Temple Beth Abraham*

14 Wednesdays, 1:10 PM – 1:55 PM  
September 18 – January 15

No class on October 9, November 27,  
December 25, January 1

*Members: \$325; Non-members: \$365*  
*JCC Gymnasium*

15 Fridays, 2:45 PM – 3:30 PM  
September 20 – January 17

No class on November 29, December 27,  
January 3

*Members: \$345; Non-members: \$390*  
*JCC Gymnasium*

### **Session 2**

17 Wednesdays, 12:00 PM – 12:45 PM  
January 29 – June 3

No class on February 19, April 8

*Members: \$395; Non-Members: \$445/*  
*Children's Garden Center, Temple Beth Abraham*

17 Wednesdays, 1:10 PM – 1:55 PM  
January 29 – June 3

No class on February 19, April 8

*Members: \$395; Non-members: \$445*  
*JCC Gymnasium*

14 Fridays, 2:45 PM – 3:30 PM  
January 31 – May 15

No class on February 21, April 10

*Members: \$325; Non-members: \$365*  
*JCC Gymnasium*

### **Sports of All Sorts**

Ages 4-5 years

Sports of all Sorts allows children to experience sports in a fun and interactive way. Offering a variety of sports including soccer, baseball, basketball, lacrosse and football, each class is filled with a mixture of learning basic fundamentals of each sport and fun! Children have the opportunity to play with others, making friendships along the way! This is an excellent opportunity to ease your child into social situations with support and confidence, which will enable them to move onto our more challenging classes.

This class emphasis is on safety, fun and learning. We teach in a positive and relaxed environment with an emphasis on participation, interaction and communication.

### **Session 1**

14 Wednesdays, 2:05 PM – 2:50 PM  
September 18 – January 15

No class on October 9, November 27,  
December 25, January 1

*Members: \$325; Non-members: \$365 /*  
*JCC Gymnasium*

### **Session 2**

17 Wednesdays, 2:05 PM – 2:50 PM  
January 29 – June 3

No class on February 19, April 8

*Members: \$395; Non-members: \$445 /*  
*JCC Gymnasium*

### **Lil Yogis Seed Series**

Ages 3 - 5 years

Yoga for some of our youngest; this class is for beginning yogis; no prior experience necessary. Progressive options are taught to those with prior yoga experience.

Emphasis on participation, interaction and communication.

### **Session 1**

12 Mondays, 12:00 PM– 12:45 PM

September 16 – January 6

No class on September 30, October 14,  
November 11, December 23, December 30

*Members: \$280; Non-members: \$315*

*Children's Garden Center*

*Temple Beth Abraham*

12 Mondays, 1:15 PM– 2:00 PM

September 16 – January 6

No class on September 30, October 14,  
November 11, December 23, December 30

*Members: \$280; Non-members: \$315/JCC*

### **Session 2**

14 Mondays, 12:00 PM– 12:45 PM

January 27 – June 1

No class on February 17, March 30, April 6,  
April 13, May 25

*Members: \$325; Non-members: \$365*

*Children's Garden Center*

*Temple Beth Abraham*

14 Mondays, 1:15 PM– 2:00 PM

January 27 – June 1

No class on February 17, March 30, April 6 ,  
April 13, May 25

*Members: \$325; Non-members: \$365 / JCC*

## **SUMMER CAMPS**

### **River Friends Day Camp**

*Ages 2-6*

River Friends is offered to our youngest campers located conveniently in our state-of-the-art facility and outdoor fields and grounds. Your child will have a packed day with sports, arts and crafts, swimming, music, nature, gymnastics, and karate—offering all the excitement of a “big kid’s camp” in the JCC’s nurturing environment. Early drop-off and late pick-up are also available.

Please visit [shamesjcc.org/summercamps](http://shamesjcc.org/summercamps) or contact Melissa Deierlein at [mdeierlein@shamesjcc.org](mailto:mdeierlein@shamesjcc.org).

### **Camp Twelve Trails**

Entering K- 7th grade

Camp Twelve Trails Combines a traditional day camp with a specialty camp for one incredible experience. Located in the redesigned, expansive Henry Kaufman camp grounds in Pearl River, Rockland County, Twelve Trails engages campers with every ability. In addition to swimming, sports, campfires and sing-alongs, campers choose their specialty “neighborhoods,” or pocket of interest. These range from sports, to arts and drama, to culinary arts and nature, outdoor adventure and science and technology. There is bus transportation to and from the Shames JCC. Contact Kayla Reisman for more information at [kreisman@shamesjcc.org](mailto:kreisman@shamesjcc.org)

### **Twelve Trains Inclusion Programs**

Entering K- 7th grade

This program was developed for campers with mild to moderate developmental and autism spectrum disorders. Grouped by age and staffed by special education professionals, the focus is on adapting the programs offered throughout Twelve Trails to provide campers with a caring, safe, and engaging environment. Contact Kayla Reisman for more information at [kreisman@shamesjcc.org](mailto:kreisman@shamesjcc.org)

### **Did you know?**

The Early Childhood Center had 150 students enrolled last year? I bet they went through a lot of tissues!



## CHILDREN

The Shames JCC provides an outlet for children to be who they are and do the things they love. With our full array of enrichment and new fitness programs, children hone their skills, develop their interests, and exercise. Our staff of experts provide focused, high-quality, progressive instruction set within a nurturing and engaging atmosphere. Children not only thrive within their classes, but they form new friendships as well.

**Unless otherwise noted, online registration closes 3 business days prior to the start date.**

After this time, please call the Welcome Desk at 914-366-7898 to register.

Many of our programs can be pro-rated after they begin as long as space is available.

## AQUATICS

### Group Swim: Learn-to-Swim (LTS) Levels 1-6

Ages 6-12

#### General Information:

For LTS 1 and 2, classes meet once a week for 8-9 weeks, 30-minutes per class

For LTS 3-6, classes meet once a week for 8-9 weeks, 45-minutes per class.

Session 1: September 23 – November 17  
No classes on September 29-30; October 1; October 8-9; October 13-14; October 31; November 11

Session 2: November 25 - January 26  
No classes on November 27-29; December 23-January 5

Session 3: February 3 - April 19  
No classes on February 17 - February 23; April 6-13

Session 4: April 27 - June 29  
No classes on May 22 - May 25

#### Learn to Swim, Level 1

(6 participants)

Learn to Swim, Level 1 is a beginner level class where swimmers may use 2-4 floatation bubbles. A swim evaluation is not required. The goal of Learn to Swim, Level 1 is to learn basic personal water safety, information, and skills to help participants feel comfortable in the water and to safely enjoy the water. This class is for those who have very little or no experience with swim instruction. The class focuses on elementary aquatics skills, develops positive attitudes, good swimming

habits, and safe practices in and around the water including safely entering/exiting the water, blowing bubbles, bobbing, opening eyes underwater to retrieve submerged objects, front and back gliding, alternating arm and leg action, combined stroke movement, and treading water. Most skills are performed with support.

Sessions 1-4

8 Mondays, 4:40 PM - 5:10 PM  
Members: \$190; Non-Members: \$230

9 Thursdays, 4:00 PM - 4:30 PM  
Members: \$210; Non-Members: \$255

8 Saturdays, 11:20 AM - 11:50 AM  
Members: \$190; Non-Members: \$230

8 Sundays, 11: 20 AM - 11:50 AM  
Members: \$190; Non-Members: \$230

#### Learn to Swim, Level 2

(6 participants)

Learn to Swim, Level 2 is a beginner-intermediate level class where swimmers may use 1-3 floatation bubbles. A swim evaluation is required. The goal of Learn to Swim, Level 2 is to help swimmers who have achieved comfort in the water gain familiarity with fundamental skills and achieve success without support. Learn to Swim, Level 2 focuses on teaching swimmers to float and glide on their front and back, develop simultaneous and alternating arm and leg actions, and lay a foundation for future strokes, all without support from the swim instructor.

#### Sessions 1-4

8 Mondays, 5:20 PM - 5:50 PM  
Members: \$190; Non-Members: \$230

9 Wednesdays, 4:40 PM - 5:10 PM  
Members: \$210; Non-Members: \$255

8 Saturdays, 12:00 PM - 12:30 PM

*Members: \$190; Non-Members: \$230*

8 Sundays, 12: 00 PM - 12:30 PM  
*Members: \$190; Non-Members: \$230*

### **Learn to Swim, Level 3**

(6 participants)

Learn to Swim, Level 3 is an intermediate level class where swimmers do not use floatation bubbles. A swim evaluation is required. The goal of Learn to Swim, Level 3 is to build on previously learned skills and provide additional guided practice. Learn to Swim, Level 3 is for swimmers who are able to swim with combined strokes on front and back (without assistance). Learn to Swim, Level 3 focuses on making swimmers comfortable and safe in deep water, teaches front crawl and elementary backstroke (25 yards), builds on the fundamentals of treading water, introduces scissor kicks and dolphin kicks, as well as the rules of headfirst entries (seated entry dives).

#### **Sessions 1-4**

9 Tuesdays, 4:00 PM - 4:45 PM  
*Members: \$255; Non-Members: \$300*

8 Sundays, 8: 00 AM - 8:45 AM  
*Members: \$230; Non-Members: \$270*

### **Learn to Swim, Level 4**

(8 participants)

Learn to Swim, Level 4 is an intermediate-advanced level class where swimmers do not use floatation bubbles. A swim evaluation is required. The goal of Learn to Swim, Level 4 is to develop participants' confidence in the strokes learned thus far and to improve other aquatic skills. Learn to Swim, Level 4 focuses on increasing endurance by swimming familiar strokes (front crawl, elementary backstroke), and adding sidestroke, back crawl, breaststroke, butterfly, and basics of turning at the wall.

### **Sessions 1 - 4**

9 Tuesdays, 5:00 PM - 5:45 PM  
*Members: \$255; Non-Members: \$300*

8 Sundays, 9: 00 AM - 9:45 AM  
*Members: \$230; Non-Members: \$270*

### **Learn to Swim, Level 5**

(8 participants)

*Sessions 1 - 4*

9 Thursdays, 5: 00 PM - 5:45 PM  
*Members: \$255; Non-Members: \$300*

Learn to Swim, Level 5 is an intermediate-advanced level class where swimmers do not use floatation bubbles. A swim evaluation is required. The goal of Learn to Swim, Level 5 is to coordinate and refine strokes. Learn to Swim, Level 5 is for swimmers who are competent in all strokes as well as basic diving techniques. Learn to Swim, Level 5 participants will focus on refining stroke techniques, incorporating flip turns, and increasing distance.

### **Learn to Swim, Level 6**

(8 participants)

*Sessions 1 - 4*

9 Thursdays, 4: 00 PM - 4:45 PM  
*Members: \$255; Non-Members: \$300*

Learn to Swim, Level 6 is an advanced level class where swimmers do not use floatation bubbles. A swim evaluation is required. The goal of Learn to Swim, Level 6 is to refine strokes so participants swim with more ease, efficiency, power, and smoothness over greater distances. Swimmers will increase endurance and aquatic fitness. Learn to Swim, Level 6 skills include circle swimming, using a pace clock, and using swimming equipment such as pull buoys and fins, with a final skills assessment of swimming 500 yards continuously, using any 3 strokes.

**Private Swim Lessons**

All levels: Ages 3 and up

*Members:*

- 30 Minute Private, Single: \$50; 30 Minute Semi-private single: \$65
- 30 Minute Private, 5 Pack: \$240;
- 30 Minute Semi-private, 5 pack: \$315

*Non-Members:*

- 30 Minute Private, Single: \$60; 30 Minute Semi-private single: \$75
- 30 Minute Private, 5 Pack: \$290;
- 30 Minute Semi-private, 5 pack: \$365

For additional information please contact the JCC's Aquatics Director:

Eric Hammermeister:  
ehammermeister@shamesjcc.org  
914-366-7898 ext. 1140

## PERFORMING ARTS

### **Acrobatics with Westchester Circus Arts: Mixed Level**

Ages 5 - 12

This course covers acrobatic training in handstands, acro-balancing, tumbling, mini-trampoline, tumble track, acrobatic partnering, and choreography.

#### **Session 1**

15 Wednesdays, 4:00 PM – 5:00 PM  
September 11 - January 15  
No class on October 9, November 27, December 25, January 1  
*Members: \$420 ; Non-members: \$480 / Gymnasium*

#### **Session 2**

The Spring Session includes training, costumes, props, and rehearsals for the Spring Student Showcase scheduled for June 14, 2020 at 2:00 PM.

18 Wednesdays, 4:00 PM – 5:00 PM

January 29 - June 10

No class on February 19, April 8

*Members: \$590 ; Non-members: \$660 / Gymnasium*

### **Aerial Arts with Westchester Circus Arts: Beginner Level**

Ages 5 -12

Learn to dance in the air with the greatest of ease! This course covers a range of aerial apparatuses including aerial silks, lyra, static trapeze, hammock, rope, and more. The curriculum is designed to develop versatile "aerialists" with solid technique, safety awareness, and choreographic skills.

#### **Session 1**

13 Mondays, 4:00 PM – 5:00 PM  
September 9 – January 6  
No class on September 30, October 14, November 11, December 23, December 30  
*Members: \$445; Non-members: \$495 Gymnasium*

13 Mondays, 5:00 PM – 6:00 PM  
September 9 – January 6  
No class on September 30, October 14, November 11, December 23, December 30  
*Members: \$445; Non-members: \$495 Gymnasium*

15 Wednesdays, 4:00 PM – 5:00 PM  
September 11 – January 15  
No class on October 9, November 27, December 25, January 1  
*Members: \$510; Non-members: \$570 Gymnasium*

#### **Session 2**

The Spring Session includes training, costumes, props, and rehearsals for the Spring Student Showcase scheduled for June 14, 2020 at 2:00 PM.

16 Mondays, 4:00 PM – 5:00 PM  
January 27 – June 8

No class on February 17, April 6,  
April 13, May 25  
*Members: \$630; Non-members: \$695*  
Gymnasium

18 Wednesdays, 4:00 PM – 5:00 PM  
January 29 – June 10

No class on February 19, April 8  
*Members: \$700; Non-members: \$770*  
Gymnasium

### **Aerial Arts with Westchester Circus**

#### **Arts: Mixed Level**

Ages 5 - 12

Learn to dance in the air with the greatest of ease! This course covers a range of aerial apparatuses including aerial silks, lyra, static trapeze, hammock, rope, and more. The curriculum is designed to develop versatile “aerialists” with solid technique, safety awareness, and choreographic skills.

#### **Session 1**

15 Wednesdays, 5:00 PM – 6:00 PM  
September 11 – January 15  
No class on October 9, November 27,  
December 25, January 1  
*Members: \$510; Non-members: \$570 /*  
Gymnasium

15 Thursdays, 5:00 PM – 6:00 PM  
September 12 - January 16  
No class on October 31, November 28,  
December 26, January 2  
*Members: \$510 ; Non-members: \$570 /*  
Gymnasium

14 Sundays, 2:00 PM – 3:00 PM  
September 15 - January 19  
No class on September 29, October 13,  
December 1, December 22, December 29  
*Members: \$475; Non-members: \$530 /*  
Gymnasium

#### **Session 2**

The Spring Session includes training, costumes, props, and rehearsals for the Spring Student Showcase scheduled for June 14, 2020 at 2:00 PM.

18 Wednesdays, 5:00 PM – 6:00 PM  
January 29 – June 10  
No class on February 19, April 8  
*Members: \$700; Non-members: \$770 /*  
Gymnasium

17 Thursdays, 5:00 PM – 6:00 PM  
January 30 - June 11  
No class on February 20, April 9, May 28  
*Members: \$665; Non-members: \$730 /*  
Gymnasium

14 Sundays, 2:00 PM – 3:00 PM  
February 2 - June 7  
No class on February 16, February 23, April  
5, April 12, May 24  
*Members: \$560; Non-members: \$615 /*  
Gymnasium

### **Aerial Arts with Westchester Circus**

#### **Arts: Intermediate / Advanced Level**

Ages 5 - 12

Learn to dance in the air with the greatest of ease! This course covers a range of aerial apparatuses including aerial silks, lyra, static trapeze, hammock, rope, and more. The curriculum is designed to develop versatile “aerialists” with solid technique, safety awareness, and choreographic skills.

#### **Session 1**

13 Mondays, 4:00 PM – 5:00 PM  
September 9 – January 6  
No class on September 30, October 14,  
November 11, December 23, December 30  
*Members: \$445; Non-members: \$495*  
Gymnasium

13 Mondays, 5:00 PM – 6:00 PM  
September 9 – January 6  
No class on September 30, October 14,  
November 11, December 23, December 30  
*Members: \$445; Non-members: \$495*  
Gymnasium

#### **Session 2**

The Spring Session includes training, costumes, props, and rehearsals for the Spring Student Showcase scheduled for June 14, 2020 at 2:00 PM.



**KIDS OFF?  
WE'RE ON!**



*Greetings from*  
**VACATION  
 SENSATIONS**

Open all seasons for school breaks!  
 See page 31 for details



*An Adventure Awaits*  
**all in the neighborhood!**

Open to Members and Nonmembers in all school districts.



# Your Carnegie Hall music career starts at the Shames JCC!

Special congratulations to Shames JCC music student Kaitlyn Chen who won the Crescendo International Music Competition and performed recently at Carnegie Hall.

Group classes and private lessons in piano, guitar, and violin taught by internationally accomplished musicians are offered for all ages and skill levels.

For more information, please contact Marianna Udler at [mudler@shamesjcc.org](mailto:mudler@shamesjcc.org) or 914.366.7898 ext. 1110

16 Mondays, 4:00 PM – 5:00 PM  
January 27 - June 8  
No class on February 17, April 6,  
April 13, May 25  
*Members: \$630; Non-members: \$695*  
Gymnasium

16 Mondays, 5:00 PM – 6:00 PM  
January 27 - June 8  
No class on February 17, April 6,  
April 13, May 25  
*Members: \$630; Non-members: \$695*  
Gymnasium

**Circus Sampler w/Westchester Circus Arts**  
Ages 5 - 12

This exciting, multi-disciplinary course covers all the amazing skills of the circus including: Aerial Arts, Acrobatics, Balance, and Object Manipulation. Students build body awareness, focus, flexibility, strength, and coordination.

**Session 1**

14 Sundays, 3:00 PM – 4:00 PM  
September 15 - January 19  
No class on September 29, October 13,  
December 1, December 22, December 29  
*Members: \$395; Non-members: \$450*  
Gymnasium

13 Mondays, 4:00 PM – 5:00 PM  
September 9 – January 6  
No class on September 30, October 14,  
November 11, December 23, December 30  
*Members: \$365 ; Non-members: \$420*  
Gymnasium

**Session 2**

The Spring Session includes training, costumes, props, and rehearsals for the Spring Student Showcase scheduled for June 14, 2020 at 2:00 PM.

14 Sundays, 3:00 PM – 4:00 PM  
February 2 - June 7  
No class on February 16, February 23, April 5,  
April 12, May 24  
*Members: \$480; Non-members: \$535/*

*Gymnasium*

16 Mondays, 4:00 PM – 5:00 PM  
January 27 - June 8  
No class on February 17, April 6,  
April 13, May 25  
*Members: \$535; Non-members: \$600 /*  
*Gymnasium*

**Contortion: Mixed Level**

Ages 5 - 12

An accelerated course focused on extending students flexibility and stamina to hold through poses and multiple movements with fluidity.

It is highly recommended that contortion students also enroll in acrobatics. It is complimentary training that will accelerate the student's success.

**Session 1**

15 Wednesdays, 5:00 PM – 6:00 PM  
September 11 - January 15  
No class on October 9, November 27,  
December 25, January 1  
*Members: \$420 ; Non-members: \$480*  
Gymnasium

**Session 2**

The Spring Session includes training, costumes, props, and rehearsals for the Spring Student Showcase scheduled for June 14, 2020 at 2:00 PM.

18 Wednesdays, 5:00 PM – 6:00 PM  
January 29 - June 10  
No class on February 19, April 8  
*Members: \$590 ; Non-members: \$660*  
Gymnasium

**Junior Productions on Broadway**

Ages 7-12

Students are trained in every aspect of staging a musical theatre production. While rehearsing for the show, which will be performed for friends and family, students

are encouraged to abandon their inhibitions as they learn voice, movement, acting technique, characterization, improvisation, mime, audition technique, and more! In addition to scheduled classes, this program includes dates for dress rehearsal and performance which will be announced.

### **Session 1**

16 Wednesdays, 5:00 PM- 6:00 PM  
September 11 - January 22  
No classes on October 9, November 27,  
December 25, January 1  
*Members: \$400; Non-members: \$450*

### **Session 2**

16 Wednesdays, 5:00 PM- 6:00 PM  
February 5- June 10  
No classes on February 19, April 8, April 15  
*Members: \$400; Non-members: \$450*

## SCHOOL, CAMP, AND CHILDCARE

### **Almost Home**

*Ages 5 -12*

From the start of school, until the last day, buses from the Irvington and Tarrytown school districts bring elementary school students to the Shames JCC for a supervised afternoon where youngsters can do homework, socialize, and enjoy a variety of sports, board games, arts and crafts and community service.

Extra-curricular activities are available at the Shames JCC during Almost Home hours.

### **Almost Home Plus**

*Ages 5 -12*

The JCC offers a specialized component in the after school program geared towards children on the autism spectrum or with related developmental disabilities, ages 5 to 12 years. Children participate in various

activities, play outside and have opportunity to complete homework. Almost Home Plus is a 2:1 staffing ratio setting. Intakes and IEP/504 is required. For more information, please contact Director, Hilary Archigian, [harchigian@shamesjcc.org](mailto:harchigian@shamesjcc.org).

### **Summer camp: River Friends Day Camp**

*Ages 3-6*

River Friends is offered to our youngest campers located conveniently in our state-of-the-art facility and outdoor fields and grounds. Your child will have a packed day with sports, arts and crafts, swimming, music, nature, gymnastics, and karate—offering all the excitement of a “big kid’s camp” in the JCC’s nurturing environment. Early drop-off and late pick-up are also available.

Please visit [shamesjcc.org/summercamps](http://shamesjcc.org/summercamps) or contact Melissa Deierlein at [mdeierlein@shamesjcc.org](mailto:mdeierlein@shamesjcc.org).

### **Summer camp: Camp Twelve Trails**

*Age 5-16*

The Shames JCC offers camp for children entering Kindergarten through high school with Camp Twelve Trails. Camp Twelve Trails, located in Pearl River (bus transportation from the Shames JCC), offers specialized programs for kids and teens up to the 7th grade as well as overnight experiences for teens in grades 7 to 10. Camp Twelve Trails combines a traditional day camp with unique specialty activities for every interest: from rocketry to theatre, from sports to cooking, from high ropes to crafts. The kids decide. Camp Twelve Trails offers flexibility with chosen weeks and early drop-off and late pick-up are available—making it the top choice for parents and kids alike. Please visit [shamesjcc.org/summercamps](http://shamesjcc.org/summercamps)

or contact Kayla Reisman for more information at kreisman@shamesjcc.org.

### **Summer Sensations & Summer Sensations Plus**

*Entering K-6*

Summer Sensations is extended camp experience that runs for a week after the traditional camp season ends. Activities include on-site programming in our gymnasium, pool, and other special activities.

We also offer Summer Sensations Plus for children with special needs. Vacations Sensations Plus offers a 2:1 counselor ratio. Additional fees apply; intake and IEP/504 required.

For more information, please contact Samantha Lewis, slewis@shamesjcc.org.

### **Vacation Sensations & Vacation Sensations Plus**

*Ages 5 -12*

Don't go bonkers when your kids are off from school. Send them to the Shames JCC for our Vacation Sensations program for children in kindergarten-6th grade. We offer a combination of in-house programming and trip days. When we are in-house, we bring in enrichment specialists such as Westchester Circus Arts, RoboThink, Scribble Art Studio, Challenge Island or others. The day also includes JCC activities such as swimming, sports, crafts, and more! On trip days, we travel via bus to places like Chelsea Piers, FunFuzion at New Roc City, Monster Jam Mini-Golf, and other local venues.

We also offer Vacation Sensations Plus for children with special needs. Vacations Sensations Plus offers a 2:1 counselor ratio. Additional fees apply; intake and IEP/504 required.

For more information, please contact Samantha Lewis, slewis@shamesjcc.org.

*Vacation Sensations dates for 2019-2020:*  
November 5, 11; December 26, 27, 30, 31;  
January 2, 3, 20; February 18, 19, 20, 21;  
April 6, 7, 8, 13; May 22

\*Dates are subject to change and trips have not yet been determined. Please check our web-site for updates.

*In-House: 9:00 AM – 3:00 PM*

*Members: \$65; Non-members: \$80*

*Members Vacation Sensation Plus: \$85;*

*Non-members Vacation Sensation Plus: \$100*

*Trips: 9:00 AM – 3:00 PM*

*Members: \$95; Non-members: \$110*

*Members Vacation Sensation Plus: \$115;*

*Non-members Vacation Sensation Plus: \$130*

*Early Drop off: 8:00 - 9:00 AM; \$15 per day*

*Late Stay: 3:00 - 6:00 PM; \$35 per day*

## **SCHOOL OF MUSIC**

Our Music School offers private music lessons, ensembles and classes taught by an outstanding faculty dedicated to the art of teaching. Children, teens and adults at all levels of ability experience a musical community that is supportive, non-competitive and inspiring.

### **Guitar for Beginners**

Ages 8 and up

All things guitar! Learn to play step by step from the basics of holding the guitar to playing your first chord and learning songs. Participants must supply their own instruments.

### **Session 1**

8 Wednesdays, 4:15 PM - 5:00 PM

November 13 - January 22

No class on November 27, December 25,

January 1

*Members: \$175; Non-members: \$200*

**Session 2**

8 Wednesdays, 4:15 PM - 5:00 PM  
February 5 - April 1  
No class on February 19

**Session 3**

8 Wednesdays, 4:15 PM - 5:00 PM  
April 22 - June 10  
*Members: \$175; Non-members: \$200*

**Junior Productions on Broadway**

Ages 7-12

Students are trained in every aspect of staging a musical theatre production. While rehearsing for the show, which will be performed for friends and family, students are encouraged to abandon their inhibitions as they learn voice, movement, acting technique, characterization, improvisation, mime, audition technique, and more! In addition to scheduled classes, this program includes dates for dress rehearsal and performance which will be announced.

**Session 1**

16 Wednesdays, 5:00 PM- 6:00 PM  
September 11 - January 22  
No classes on October 9, November 27,  
December 25, January 1  
*Members: \$400; Non-members: \$450*

**Session 2**

16 Wednesdays, 5:00 PM- 6:00 PM  
February 5- June 10  
No classes on February 19, April 8, April 15  
*Members: \$400; Non-members: \$450*

**Little Pianists**

Ages 5 - 6

This fun filled introduction to piano is based on the Suzuki method, the principle that young children can develop instrumental skills through listening, imitation, and repetition. Intended to prepare children for private music lessons. Class size is limited.

**Session 1**

14 Mondays, 4:00 PM - 4:45 PM  
September 9 - January 13  
No classes on September 30, October 14,  
November 11, December 23, December 30  
*Members: \$310; Non-members: \$335*

16 Wednesdays 4:00 PM - 4:45 PM  
September 11-January 22  
No classes on October 9, November 27,  
December 25, January 1  
*Members: \$350; Non-members: \$385*

**Session 2**

16 Mondays, 4:00 PM - 4:45 PM  
January 27 - June 8  
No classes on February 17, April 6,  
April 13, May 25  
*Members: \$350; Non-members: \$385*

16 Wednesdays, 4:00 PM - 4:45 PM  
February 5- June 10  
No classes on February 19, April 8, April 15  
*Members: \$350; Non-members: \$385*

**Private Music Lessons**

All Ages

Fall session: September 9 - January 27  
*Recital: January 26*

Spring session: February 3 - June 15  
*Recital: June 14*

30 minute lessons: \$665  
45 minute lessons: \$830  
60 minute lessons: \$1,030

*16 lessons per package. Packages may be prorated. Non-member add \$25 registration fee.*

One-on-one instruction in piano, violin, guitar, flute, saxophone, trumpet, clarinet, cello, viola and voice is taught by professionals who have comprehensive knowledge of their instrument, as well as expertise in performance practice, music history, and music theory. Our instructors are enthusiastic and passionate about music

and teaching students of all abilities.

Register at any time! Tuition is prorated for the number of weeks remaining in the semester.

## SPORTS & RECREATION

### Basketball Private Lessons

Ages 5 and up

*Members:*

- 60 Minute Private, Single: \$70
- 60 Minute Semi-Private (2-3 participants, must come as a group), Single: \$100
- 60 Minute Private, 3 sessions: \$190
- 60 Minute Semi-Private (2-3 participants, must come as a group), 3 sessions: \$290

*Non-Members:*

- 60 Minute Private, Single: \$80
- 60 Minute Semi-Private (2-3 participants, must come as a group), Single: \$120
- 60 Minute Private, 3 sessions: \$220
- 60 Minute Semi-Private (2-3 participants, must come as a group), 3 sessions: \$320

Skills coaching and training for individuals or small groups is ideal for serious players that want to hone in on specific areas of play. Private coaching lessons can focus on ball handling, shooting form, accuracy, footwork, balance, post or perimeter scoring moves, defensive principles, strengthening, conditioning and rebounding. Private instruction can also help boost overall basketball IQ, confidence, aggressiveness, and mental toughness. Small group sessions incorporate team play.

### Half Pint Hoops

Ages 5 -7

In Half Pint Hoops, children age 5 - 7 gain

a great introduction to basketball. Kids work on gross motor skills and hand-eye coordination while having fun and learning basketball fundamentals.

#### **Session 1**

14 Tuesdays, 3:30 PM – 4:30 PM

September 10 – January 14

No class on October 1, October 8,

November 5, December 24, December 31

*Members: \$325; Non-members: \$350*

*Gymnasium*

#### **Session 2**

18 Tuesdays, 3:30 PM – 4:30 PM

January 28 – June 9

No class on February 18, April 7

*Members: \$415; Non-members: \$450*

*Gymnasium*

### **Basketballers**

Ages 8 -12

Our 8 to 12 year old basketballers practice and play together in a fun, instructive environment. Through warm-ups, engaging drills, and scrimmages, kids learn fundamentals as well as advanced technique and skills from our knowledgeable coaching staff.

#### **Session 1**

14 Tuesdays, 4:30 PM – 5:30 PM

September 10 – January 14

No class on October 1, October 8,

November 5, December 24, December 31

*Members: \$325; Non-members: \$350*

*Gymnasium*

#### **Session 2**

18 Tuesdays, 4:30 PM – 5:30 PM

January 28 – June 9

No class on February 18, April 7

*Members: \$415; Non-members: \$450*

*Gymnasium*

**Gymnastics I**

Ages 5 - 7 years

This co-ed introductory gymnastics class focuses on developing foundational skills on all events as well as enhancing the child's flexibility, balance, and strength. In this class we provide an introduction to gymnastics focusing on body positions, terminology, rules and safety. Progressive options are taught to those with prior gymnastics experience.

**Session 1**

14 Tuesdays, 3:45 PM – 4:35 PM

September 10 – January 14

No class on October 1, October 8,

November 5, December 24, December 31

*Members: \$340; Non-members: \$380**Gymnasium***Session 2**

18 Tuesdays, 3:45 PM – 4:35 PM

January 28 - June 9

No class on February 18, April 7

*Members: \$435; Non-members: \$490**Gymnasium***Gymnastics I Advanced**

Ages 5-7 years

This co-ed intermediate level class is for those with prior gymnastics experience. The class focuses on basic and intermediate level skills with a slightly heavier focus on form and mechanics as well as enhancing the child's flexibility, balance, and strength.

**Session 1**

15 Thursdays, 3:15 PM – 4:10 PM

September 12 – January 16

No class on October 31, November 28,  
December 26, January 2*Members: \$365; Non-members: \$410 /**Gymnasium***Session 2**

17 Thursdays, 3:15 PM – 4:10 PM

January 30 – June 4

No class on February 20, April 9

*Members: \$415; Non-members: \$465**Gymnasium***Gymnastics II**

Ages 6 - 9 years

This recreational gymnastics class builds on skills developed during Gymnastics I. Increased focus on specific apparatus and technique. This class is co-ed. Instruction on appropriate equipment will be facilitated. Building on the skills developed in Jr. Gymmies I, participants focus on flexibility, balance and strength.

**Session 1**

14 Tuesdays, 4:45 PM – 5:35 PM

September 10 – January 14

No class on October 1, October 8,

November 5, December 24, December 31

*Members: \$340; Non-members: \$380**Gymnasium***Session 2**

18 Tuesdays, 4:45 PM – 5:35 PM

January 28 - June 9

No class on February 18, April 7

*Members: \$435; Non-members: \$490 /**Gymnasium***Gymnastics I & II combined**

Ages 5 - 9 years

This recreational gymnastics class builds on skills developed during Jr Gymmies and Gymnastics I. Increased focus on specific apparatus and technique. This combined class is co-ed. Instruction on appropriate equipment will be facilitated. Participants will focus on flexibility, balance and strength.

**Session 1**

15 Thursdays, 4:15 PM – 5:05 PM

September 12 – January 16

No class on October 31, November 28,

December 26, January 2

*Members: \$365; Non-members: \$410  
Gymnasium*

### **Session 2**

17 Thursdays, 4:15 PM – 5:05 PM

January 30 – June 4

No class on February 20, April 9

*Members: \$415; Non-members: \$465*

*Gymnasium*

### **Gymnastics III Advanced**

Ages 9 - 12 years

This advanced gymnastics class builds on fundamental gymnastics skills with increased focus on specific apparatus and technique as well as flexibility, balance, and strength. This class is co-ed. Instructor approval is required for this class.

### **Session 1**

15 Thursdays, 5:15 PM – 6:05 PM

September 12 – January 16

No class on October 31, November 28,  
December 26, January 2

*Members: \$365; Non-members: \$410*

*Gymnasium*

### **Session 2**

17 Thursdays, 5:15 PM – 6:05 PM

January 30 – June 4

No class on February 20, April 9

*Members: \$415; Non-members: \$465*

*Gymnasium*

### **Karate: American GoJu Karate**

Ages 5-18 years

Students progress through the belt system, improving fitness, focus, control, balance, coordination, team work, discipline, and memory in a fun environment that celebrates short-term and long-term goal achievement.

### **White and Blue Belts**

#### **Session 1**

13 Mondays, 4:00 PM – 5:00 PM

September 9 – January 6

No class on September 30, October 14,

November 11, December 23, December 30

*Members: \$325; Non-members: \$355*

*Gymnasium*

15 Wednesdays, 4:00 PM – 5:00 PM

September 11 – January 15

No class on October 9, November 27,  
December 25, January 1

*Members: \$375; Non-members: \$405*

*Gymnasium*

### **Session 2**

17 Mondays, 4:00 PM – 5:00 PM

January 27 – June 15

No class on February 17, April 6, April 13,  
May 25

*Members: \$425; Non-members: \$460*

*Gymnasium*

18 Wednesdays, 4:00 PM – 5:00 PM

January 29 – June 10

No class on February 19, April 8

*Members: \$450; Non-members: \$485 /*  
*Gymnasium*

### **Yellow and Green Belts**

#### **Session 1**

13 Mondays, 5:00 PM – 6:00 PM

September 9 – January 6

No class on September 30, October 14,  
November 11, December 23, December 30

*Members: \$325; Non-members: \$355*

*Gymnasium*

15 Wednesdays, 5:00 PM – 6:00 PM

September 11 – January 15

No class on October 9, November 27,  
December 25, January 1

*Members: \$375; Non-members: \$405*

*Gymnasium*

### **Session 2**

17 Mondays, 5:00 PM – 6:00 PM

January 27 – June 15

No class on February 17, April 6, April 13,  
May 25

*Members: \$425; Non-members: \$460*

*Gymnasium*

18 Wednesdays, 5:00 PM – 6:00 PM  
January 29 – June 10

No class on February 19, April 8  
*Members: \$450; Non-members: \$485*  
Gymnasium

### **Purple and Brown Belts**

#### **Session 1**

13 Mondays, 6:00 PM – 7:00 PM  
September 9 – January 6  
No class on September 30, October 14,  
November 11, December 23, December 30  
*Members: \$325; Non-members: \$355*  
Gymnasium

15 Wednesdays, 6:00 PM – 7:00 PM  
September 11 – January 15  
No class on October 9, November 27,  
December 25, January 1  
*Members: \$375; Non-members: \$405*  
Gymnasium

#### **Session 2**

17 Mondays, 6:00 PM – 7:00 PM  
January 27 – June 15  
No class on February 17, April 6, April 13,  
May 25  
*Members: \$425; Non-members: \$460*  
Gymnasium

18 Wednesdays, 6:00 PM – 7:00 PM  
January 29 – June 10  
No class on February 19, April 8  
*Members: \$450; Non-members: \$485*  
Gymnasium

### **Black Belts**

#### **Session 1**

13 Mondays, 7:00 PM – 8:00 PM  
September 9 – January 6  
No class on September 30, October 14,  
November 11, December 23, December 30  
*Members: \$325; Non-members: \$355 /*  
Gymnasium

15 Wednesdays, 7:00 PM – 8:00 PM  
September 11 – January 15  
No class on October 9, November 27,  
December 25, January 1

*Members: \$375; Non-members: \$405*  
Gymnasium

#### **Session 2**

17 Mondays, 7:00 PM – 8:00 PM  
January 27 – June 15  
No class on February 17, April 6, April 13,  
May 25  
*Members: \$425; Non-members: \$460*  
Gymnasium

18 Wednesdays, 7:00 PM – 8:00 PM  
January 29 – June 10  
No class on February 19, April 8  
*Members: \$450; Non-members: \$485*  
Gymnasium

## **VISUAL ARTS & S.T.E.A.M.**

**(SCIENCE, TECHNOLOGY, ENGINEERING, ART & MATHEMATICS)**

### **Painting with Scribble Art Workshop**

Ages 5 -7

Painting is a complex and beautiful process that children love. We'll explore watercolor, acrylic, ink and other forms of mark making with a brush and without. Alternating the painting surface, material and tools will give our artists a wealth of various experiences with the art of creating work (both abstract and representational) with paint.

#### **Session 1**

16 Thursdays 4:45pm – 5:45pm  
September 12 – January 16  
No class on November 28, December 26  
and January 2  
*Members: \$415; Non-Members:\$465*

#### **Session 2**

16 Thursdays 4:45pm – 5:45pm  
January 30 – May 28  
No class on February 20, April 9  
*Members: \$415; Non-Members:\$465*

**Painting with Scribble Art Workshop**

Ages 8 – 12

This class will give our artists experiences with both traditional and non-traditional printmaking methods including block printing with found objects, linoleum printing, mono-printing and more. We'll print on many different surfaces including fabric and 3-D objects. This medium is an amazing way to explore layering, color theory and most importantly (and unique to printmaking) how to utilize having multiples of one piece of artwork!

**Session 1**

16 Thursdays 3:30pm – 4:30pm

September 12 - January 16

No class on November 28, December 26, January 2

Members: \$415; Non-Members:\$465

**Session 2**

16 Thursdays 3:30pm – 4:30pm

January 30 - May 28

No class on February 20, April 9

Members: \$415; Non-Members:\$465

**Challenge Island:****STEAM Enrichment for Kids**

Ages 5 – 8

Challenge Island is where engineering meets imagination, offering hands-on, project-based learning, where participants cultivate 21st Century Skills. Children work in tribes (teams) to tackle STEAM challenges using everyday materials. The party-like atmosphere is felt throughout each class and crescendos at the end when tribes proudly present their creations at the closing tribal council.

**Session 1**

6 Thursdays, 4:25 PM – 5:25 PM

October 3 - November 14

No class October 31

Members \$145; Non-Members \$170

**Session 2**

6 Thursdays, 4:25 PM – 5:25 PM

November 21 - January 16

No class November 28, December 26, January 2

Members \$145; Non-Members \$170

**Session 3**

9 Thursdays, 4:25 PM – 5:25 PM

January 30 - April 2

No class on February 20

Members \$215; Non-Members \$260

**Session 4**

9 Thursdays, 4:25 PM – 5: 25 PM

April 16 - June 11

Members \$215; Non-Members \$260

**Challenge Island:****STEAM Enrichment for Kids**

Ages 8 – 12

Challenge Island is where engineering meets imagination, offering hands-on, project-based learning, where participants cultivate 21st Century Skills. Children work in tribes (teams) to tackle STEAM challenges using everyday materials. The party-like atmosphere is felt throughout each class and crescendos at the end when tribes proudly present their creations at the closing tribal council.

**Session 1**

6 Thursdays, 3:15 PM – 4:15 PM

October 3 - November 14

No class on October 31

Members \$145; Non-Members \$170

**Session 2**

6 Thursdays, 3:15 PM– 4:15 PM

November 21 - January 16

No class November 28, December 26, January 2

Members \$145; Non-Members \$170

**Session 3**

9 Thursdays, 3:15 PM – 4:15 PM

January 30 - April 2

No class on February 20

Members \$215; Non-Members \$260

**Session 4**

9 Thursdays, 4:25 PM– 5:25 PM

April 16 - June 4

Members \$215; Non-Members \$260

**Curious about Challenge Island?**

*Free Trial Ages 5 - 8*

Thursday, September 12, 4:25 – 5:25 PM

Thursday, September 19, 3:15 – 4:15 PM

*Free Trial Ages 8-12*

Thursday, September 12, 3:15 – 4:15 PM

Thursday, September 19, 4:25 – 5:25 PM

**RoboThink:****Robotics and Coding for Kids**

Ages 6 – 10

Join RoboThink’s fun and exciting robotics and coding class! Build robots of all shapes, sizes and functions with modular parts and make them move using gears, sensors, motors, electronics and coding. Weekly step-by-step projects introduce engineering concepts through engaging activities and challenges. And RoboThink’s curriculum is always changing – a child who repeats a class will never build the same robot twice. RoboThink is a hands-on learning experience where kids maximize self-learning and discover that building robots is easy, educational, and fun!

**Session 1**

14 Tuesdays, 4:15 PM – 5:45 PM

September 10 - January 14

No class October 1, October 8, November 5

Members \$520; Non-Members \$575

**Session 2**

8 Tuesdays, 4:15 PM – 5:45 PM

January 28 - March 24

No class will not run on February 18

Members, \$300; Non-Members, \$330

**Session 3**

9 Tuesdays, 4:15 PM – 5:45 PM

April 14 - June 9

Members, \$335; Non-Members, \$370

**Did you know?**

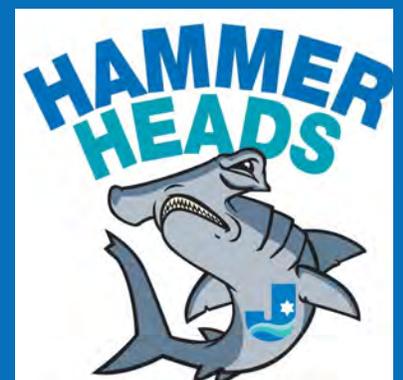
We are composting all our waste at the preschool! We partnered with Greenburgh Nature Center and to conduct this program with our teachers and our students. The children embraced it fully and are sometimes better at it than the adults!

# CALLING ALL SWIMMERS AGES 5-18!

The Shames JCC's swim team the Hammerheads are getting ready for their second season this fall—to compete again in Westchester Fairfield Swim League, which includes Harrison Recreation, Greenwich Boys & Girls Club, Riverdale YWHA, New Rochelle YMCA, and others.

Register at [shamesjcc.org](http://shamesjcc.org) or contact Eric Hammersmeister at [ehammermeister@shamesjcc.org](mailto:ehammermeister@shamesjcc.org).

Tryouts will be held 9/16 - 12/31 during swim practices Mondays and Wednesdays 4:00-6:00 PM or Fridays 4:00-5:30 PM.





## TEENS

Community service, internships, social action or simply hanging out....it's all here for teens. Need to volunteer for a project for your Bar or Bat Mitzvah or for graduation? We have ideas for you. Need Training to get that summer job? We can help! Want too get in better shape? At the J, we offer special teen workouts and health and fitness classes are offered for those 13 years and older.

**Unless otherwise noted, online registration closes 3 business days prior to the start date.**

After this time, please call the Welcome Desk at 914-366-7898 to register.

Many of our programs can be pro-rated after they begin as long as space is available.

## AQUATICS

### American Red Cross: Lifeguard Certification Courses

Ages 15 – Adult

The American Red Cross Lifeguarding courses provides entry-level participants with the knowledge and skills to prevent, recognize and respond to aquatics emergencies and to provide professional level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

*Prerequisites:* Be able to swim 300 yards continuously demonstrating breath control and rhythmic breathing, using the front crawl, breaststroke or a combination of both; tread water for 2 minutes, using only the legs; swim 20 yards within 1 minute 40 seconds; surface dive to retrieve a 10 pound object and swim 20 yards back, holding the object with both hands; and exit the water without using a ladder or steps.

For schedule and additional information please contact the JCC's Aquatics Director, Eric Hammermeister:  
ehammermeister@shamesjcc.org  
914-366-7898 ext. 1140.

*Note - all dates/times must be attended for each course. No refunds for missed classes or failure of course. If participant fails prerequisites (test on day 1), a 75% refund will be issued.*

### American Red Cross: Lifeguard Waterfront Skills Module

Ages 15 – Adult

The purpose of the American Red Cross - Lifeguard Waterfront Skills Module is to teach lifeguards the skills and knowledge needed to prevent and respond to emergencies in non-surf, open-water areas found at public parks, resorts, summer camps and campgrounds.

*Prerequisites:* Candidates must have a current American Red Cross certificate for Lifeguarding/First Aid/CPR/AED.

For schedule and additional information please contact the JCC's Aquatics Director, Eric Hammermeister:  
ehammermeister@shamesjcc.org  
914-366-7898 ext. 1140.

### Private Swim Lessons

All levels: Ages 3 & up

*Members:*

- 30 Minute Private, Single: \$50; 30 Minute Semi-private single: \$65
- 30 Minute Private, 5 Pack: \$240; 30 Minute Semi-private, 5 pack:\$315

*Non-members:*

- 30 Minute Private, Single: \$60; 30 Minute Semi-private single: \$75
- 30 Minute Private, 5 Pack: \$290; 30 Minute Semi-private, 5 pack:\$365

For schedule and additional information please contact the JCC's Aquatics Director Eric Hammermeister:  
ehammermeister@shamesjcc.org  
914-366-7898 ext. 1140.

## FITNESS

### MES (Medical Exercise Specialist) Training

Ages 15-Adult

*Members only*

Medical Exercise Specialists have the

knowledge and skills to work with clients with a wide range of medical conditions and require “medical exercise” or post-rehab exercise. Clients who have been referred to a fitness professional after completion of a rehabilitation program can work with a MES to tailor a fitness program to their particular medical condition. Our MES’s are trained to develop safe and effective conditioning programs for clients with musculoskeletal, cardiovascular, neurological or metabolic disorders.

One hour sessions may be purchased in packages of 5 or 10 or as single sessions. For more information and pricing, contact Lisa Bruskin: [lbruskin@shamesjcc.org](mailto:lbruskin@shamesjcc.org).

### **One-on-One Yoga**

Ages 15-Adult  
*Members only*

Are you new to the practice of yoga or looking to enhance your own journey? We offer exclusive and personalized single sessions or packages that can help guide you safely and effectively through essential poses and help progress you into more advanced movements.

One hour sessions may be purchased in packages of 5 or 10 or as single sessions.

For more information and pricing, contact Lisa Bruskin: [lbruskin@shamesjcc.org](mailto:lbruskin@shamesjcc.org).

### **Personal Training**

Ages 15-Adult  
*Members only*

Wondering whether Personal Training is right for you? Let us work with you to:

- Achieve better & faster results
- Learn proper methods for fat loss & muscle gain
- Reduce risks of injury
- Build toward a lifetime of good exercise habits
- Overcome obstacles

Session packages offered:

- Introductory “Jump Start” package:  
4 sessions (60 minutes)
- 5 session package (60 or 30 minutes)
- 10 session package (60 or 30 minutes)
- Single session (60 minute only)

*For more information and pricing, contact Lisa Bruskin: [lbruskin@shamesjcc.org](mailto:lbruskin@shamesjcc.org).*

### **Partner Training**

Ages 15-Adult  
*Members only*

Come train with a friend or family member!  
5 sessions package (60 minutes)  
10 sessions package (60 minutes)  
Single session (60 minutes)

*For more information and pricing, contact Lisa Bruskin: [lbruskin@shamesjcc.org](mailto:lbruskin@shamesjcc.org).*

### **Small Group Training**

Small Group Training is a fun, motivating, challenging and is an effective way for you to reach your goals. Each session focuses on a specialized format designed with the knowledge and expertise to motivate you in a small group setting. Choose one or more of our small group training offerings!

*For more information and pricing, contact Lisa Bruskin: [lbruskin@shamesjcc.org](mailto:lbruskin@shamesjcc.org).*

### **Circuit FIT for Teens**

Age 13-15

*Members only*

5 Thursdays, 5:00 PM - 6:05 PM

Session 1, September 12 - October 10

Session 2, October 17 - November 14

*\$80 / Fitness Center*

This functional circuit class will incorporate loads of conditioning equipment such as kettlebells, TRX, battle ropes, free weights and loads of cardio equipment. Strengthen your heart, build lean muscles and increase your range of motion and make new friendships!

### **Did you know?**

The Shames JCC launders more than 5,000 towels per week? Clean towels are found at the Welcome Desk, in the Aquatics Center, and in the Fitness Center.

# COMMUNITY HANUKKAH CELEBRATION AND MARKET

**SUNDAY,**  
**DECEMBER 15**  
**3:00 - 5:00 PM**

with the the Rivertowns  
Jewish Consortium



**Connect. Challenge. Change.**

 **Moving Traditions**

**Ages 13 - 15**  
Select Wednesdays, 6:30 PM - 7:45 PM

Moving Traditions emboldens teens by fostering self-discovery, challenging sexism, and inspiring a commitment to Jewish life and learning.

**Teens are supported by a trained adult mentor.**

With Rivertowns Jewish Consortium



Contact: Kayla Reisman at  
[kreisman@shamesjcc.org](mailto:kreisman@shamesjcc.org)

**See page 45 for more information**

**Youth Cycle***Members only*

Age 10 – 14

5 Tuesdays, 5:30 PM - 6:15 PM

Session 1, October 15 - November 12

Session 2, November 19 - December 17

\$80 / Cycle Studio

Specifically tailored for pre-teens and teenage cyclists, this indoor class is great cardiovascular workout and will build and tone your entire body. Pedal hill climbs, sprints, and other challenging drills and exercises. All levels are welcome.

**Group Fitness**

(Ages 15 – Adult)

Join us for a variety of fitness and wellness classes! For our up-to-date, real-time schedule, please visit our website at [shamesjcc.org](http://shamesjcc.org). Group fitness classes are free for all-inclusive members.

*Barre Stretch:* Full body class incorporating the toned and lengthened muscles of barre, the precision and core strengthening of Pilates and the mindfulness and flexibility of yoga.

*Cardio Circuit:* A combination of cardio and intense muscle work. Guaranteed to give you a total body workout with a focus on calorie burning.

*Cardio Hip Hop:* Learn basic dance moves that will increase your heart rate and tone your body.

*Cardio Kickboxing:* This high energy cardio workout with martial arts mixed in will challenge the beginner and more advanced participants.

*Cycle:* This indoor class is a great cardiovascular workout. Pedal through hill climbs, sprints, and other challenging drills and exercises. All levels are welcome.

*Define:* Get strong by using your body as weight and weights to build strong bones.

*F.I.T.:* Full body interval training this class uses a variety of equipment for a full body workout. A challenging resistance workout complemented by intense cardio bursts. Take your endurance to the next level.

*HIIT:* High Intensity Interval Training is a training technique that gives you intense bursts of exercise, followed by short recovery periods.

*Hi-Lo Sculpt:* This total body workout includes intervals of low impact aerobics, strength training, core and flexibility exercises.

*Piloxing:* A non stop mix of Pilates, dance, and boxing moves that progress in 3 minute rounds, alternating standing sculpting exercises from ballet and Pilates with the power punches and footwork of boxing.

*Tabata Training:* This high intensity class focuses on timed intervals of strength and cardio with short recovery to challenge the entire body.

*TRX Circuit:* Challenge your workout with high intensity, powerful movements at a faster tempo. Timed interval sets combining TRX, weights and cardio drills.

*Zumba®:* Latin-inspired, cardio-dance workout to reach maximum calorie burn. The up beat music and easy-to-follow dance moves will encourage cardiovascular health and weight loss.

*Gentle Yoga:* Combines yoga postures, breathing and meditation at a beginning level. Provides a beautiful way to gently wake the body up and stretch yourself out.

*Hatha/Hatha Flow Yoga:* A multi-level strength based practice which incorporates a series of poses that flow smoothly. Combines breath and movement during traditional sun salutations.

*Mat Pilates:* Mind-body class that improves flexibility, builds strength and develops control and endurance in the entire body.

*Stretch It Out:* Reduce muscle stiffness and soreness by stretching out the traditional way which will increase mobility and prevent injury.

*Tai Chi:* Our mind/body program uses simplified “24-Step” Yang Style form. Helps improve balance, flexibility, mental focus, concentration and peripheral blood circulation, reducing fall risks and pain.

*Vinyasa Flow:* Open level aims to unite movement with breath through flowing sequences which build on each other culminating with specific pose or message. Modifications provided.

*Yogalates:* Combines Pilates and yoga for a total body workout focused on increasing your fitness level, developing your core strength, and improving your flexibility and muscular strength.

## JEWISH LIFE

### **BBYO at the Shames JCC**

Ages 13 - 18

Select Mondays, 8:00 PM - 9:00 PM

Start Date: Monday, September 9, 2019

Additional dates to be announced

The “Sababa” chapter of BBYO, Hudson Valley Region, meets at the Shames JCC and provides exciting opportunities for Jewish teens in grades 8 through 12. The program is dedicated to connecting teens with one another to make a difference in the world, celebrate Jewish heritage, and travel the world together. Contact Kayla Reisman at kreisman@shamesjcc.org to learn more.

### **Chaverim: Volunteer Opportunity**

Ages 13 – 18

Sundays, 11:00 AM – 2:00 PM

Orientation and specific program dates are to be determined.

*Members: \$100; Non-members \$120*

The Chaverim Program is a mutually beneficial

program for teens seeking community service and friendships to build connections with teens who have special needs. If teens attend every session, they will successfully complete 40 hours of community service.

For more information, please contact, please contact Kayla Reisman, Director of Youth and Teen Engagement, kreisman@shamesjcc.org.

### **Maccabi Experience**

Ages 9-16

The JCC Maccabi Games® are an Olympic-style sporting competition held each summer in North America for Jewish kids and teens—it is the second largest organized sports program for Jewish teenagers in the world and more than 3,000 athletes participate each year. The Shames JCC sends teams and individuals in a variety of sports of all age ranges, boys and girls—baseball, basketball, soccer, swimming, and others. It’s an unforgettable experience of a lifetime!

For more information, please reach out to Steve Weisbrot at sweisbrot@shamesjcc.org.

### **Moving Traditions**

Ages 13 - 15

Select Wednesdays, 6:30 PM - 7:45 PM

September 18, October 16, November 20,

December 18, January 22, February 12,

March 18, April 22 and May 20

*Members and Non-members:*

*\$240 per person*

The Shames JCC, along with our partners in the Rivertowns Jewish Consortium, is forming a Moving Traditions teen groups for the Fall. Jewish teens groups meet for two hours each month to engage in meaningful conversations and speak freely about relationships, gender, stress, school, and anything else that is top of mind. Teens are

supported by a trained adult mentor. Teens think critically, develop character, and have a good time making great friends along the way. Contact Kayla Reisman at kreisman@shamesjcc.org to learn more.

## PERFORMING ARTS

### Acrobatics with Westchester Circus Arts

Ages 13 - 18

This course covers acrobatic training in handstands, acro-balancing, tumbling, mini-trampoline, tumble track, acrobatic partnering, and choreography.

#### Session 1

13 Mondays, 5:00 PM – 6:00 PM  
September 9 – January 6  
No class on September 30, October 14,  
November 11, December 23, December 30  
*Members: \$365; Non-members: \$415*  
*Gymnasium*

#### Session 2

The Spring Session includes training, costumes, props, and rehearsals for the Spring Student Showcase scheduled for June 14, 2020 at 2:00 PM.

16 Mondays, 5:00 PM – 6:00 PM  
January 27 - June 8  
No class on February 17, April 6,  
April 13, May 25  
*Members: \$535; Non-members: \$600*  
*Gymnasium*

### Act Creation with Westchester Circus Arts: Advanced Level

Ages 13 -18

Circus is a performing art! Advanced students with a solid skill foundation are invited to workshop their own acts. Acts may include solo work, duo work, or group work in student's discipline of choice. Workshop

elements include sequencing, choreography, musicality, dynamics, transitions, story-line, and style.

#### Session 1

15 Thursdays, 5:00 PM – 6:00 PM  
September 12 - January 16  
No class on October 31, November 28,  
December 26, January 2  
*Members: \$420; Non-members: \$480*  
*Gymnasium*

14 Sundays, 3:00 PM - 4:00 PM  
September 15 - January 19  
No class on September 29, October 13,  
December 1, December 22, December 29  
*Members: \$395; Non-members: \$450*  
*Gymnasium*

#### Session 2

The Spring Session includes training, costumes, props, and rehearsals for the Spring Student Showcase scheduled for June 14, 2020 at 2:00 PM.

17 Thursdays, 5:00 PM – 6:00 PM  
January 30 - June 11  
No class on February 20, April 9, May 28  
*Members: \$560; Non-members: \$630 /*  
*Gymnasium*

14 Sundays, 3:00 PM – 4:00 PM  
February 2 - June 7  
No class on February 16, February 23, April 5, April 12, May 24  
*Members: \$480; Non-members: \$535*  
*Gymnasium*

### Aerial Arts with Westchester Circus Arts: Beginners/Intermediate Level

Ages 13 - 18

Learn to dance in the air with the greatest of ease! This course covers a range of aerial apparatuses including aerial silks, lyra, static trapeze, hammock, rope, and more. The curriculum is designed to develop versatile "aerialists" with solid technique, safety awareness, and choreographic skills.

**Session 1**

15 Wednesdays, 6:00 PM – 7:00 PM  
September 11 - January 15

No class on October 9, November 27,  
December 25, January 1

*Members: \$510; Non-members: \$570*

*Gymnasium*

15 Thursdays, 5:00 PM – 6:00 PM

September 12 - January 16

No class on October 31, November 28,  
December 26, January 2

*Members: \$510; Non-members: \$570*

*Gymnasium*

**Session 2**

The Spring Session includes training,  
costumes, props, and rehearsals for the

Spring Student Showcase scheduled for June  
14, 2020 at 2:00 PM.

18 Wednesdays, 6:00 PM – 7:00 PM

January 29 - June 10

No class on February 19, April 8

*Members: \$700; Non-members: \$770*

*Gymnasium*

17 Thursdays, 5:00 PM – 6:00 PM

January 30 - June 11

No class on February 20, April 9, May 28

*Members: \$665; Non-members: \$730*

*Gymnasium*

**Aerial Arts with Westchester Circus Arts:  
Mixed Level**

Ages 13 - 18

Learn to dance in the air with the greatest  
of ease! This course covers a range of aerial  
apparatuses including aerial silks, lyra, static  
trapeze, hammock, rope, and more. The  
curriculum is designed to develop versatile  
“aerialists” with solid technique, safety  
awareness, and choreographic skills.

**Session 1**

13 Mondays, 6:00 PM – 7:00 PM

September 9 – January 6

No class on September 30, October 14,

November 11, December 23, December 30

*Members: \$445; Non-members: \$495*

*Gymnasium*

13 Mondays, 7:00 PM – 8:00 PM

September 9 – January 6

No class on September 30, October 14,

November 11, December 23, December 30

*Members: \$445; Non-members: \$495*

*Gymnasium*

14 Sundays, 2:00 PM - 3:00 PM

September 15 - January 19

No class on September 29, October 13,

December 1, December 22, December 29

*Members: \$480; Non-Members: \$530*

*Gymnasium*

**Session 2**

The Spring Session includes training,  
costumes, props, and rehearsals for the  
Spring Student Showcase scheduled for  
June 14, 2020 at 2:00 PM.

16 Mondays, 7:00 PM – 8:00 PM

January 27 - June 8

No class on February 17, April 6,

April 13, May 25

*Members: \$630; Non-members: \$695*

*Gymnasium*

16 Mondays, 6:00 PM – 7:00 PM

January 27 - June 8

No class on February 17, April 6,

April 13, May 25

*Members: \$630; Non-members: \$695/*

*Gymnasium*

14 Sundays, 2:00 PM – 3:00 PM

February 2 - June 7

No class on February 16, February 23, April

5, April 12, May 24

*Members: \$565; Non-members: \$615*

*Gymnasium*

**Aerial Arts with Westchester Circus  
Arts: Intermediate / Advanced Level**

Ages 13 - 18

Learn to dance in the air with the greatest  
of ease! This course covers a range of aerial

apparatuses including aerial silks, lyra, static trapeze, hammock, rope, and more. The curriculum is designed to develop versatile “aerialists” with solid technique, safety awareness, and choreographic skills.

### **Session 1**

13 Mondays, 7:00 PM – 8:00 PM

September 9 – January 6

No class on September 30, October 14, November 11, December 23, December 30

*Members: \$445; Non-members: \$495*

*Gymnasium*

### **Session 2**

The Spring Session includes training, costumes, props, and rehearsals for the Spring Student Showcase scheduled for June 14, 2020 at 2:00 PM.

16 Mondays, 7:00 PM – 8:00 PM

January 27 - June 8

No class on February 17, April 6,

April 13, May 25

*Members: \$630; Non-members: \$695*

*Gymnasium*

### **Aerial Arts with Westchester Circus Arts: Advanced Level**

Ages 13-18

Learn to dance in the air with the greatest of ease! This course covers a range of aerial apparatuses including aerial silks, lyra, static trapeze, hammock, rope, and more. The curriculum is designed to develop versatile “aerialists” with solid technique, safety awareness, and choreographic skills.

### **Session 1**

15 Wednesdays, 7:00 PM – 8:00 PM

September 11 - January 15

No class on October 9, November 27, December 25, January 1

*Members: \$510; Non-members: \$570 /*

*Gymnasium*

### **Session 2**

The Spring Session includes training,

costumes, props, and rehearsals for the Spring Student Showcase scheduled for June 14, 2020 at 2:00 PM.

18 Wednesdays, 7:00 PM – 8:00 PM

January 29 - June 10

No class on February 19, April 8

*Members: \$700; Non-members: \$770*

*Gymnasium*

### **Hula Hooping**

Ages 13 - Adult

Hula Hooping is a circus act that combines dance and acrobatics with hula hoops.

Students will learn on-body and off-body sequences, manipulations, transitions, and choreography.

Hula-hooping students have the option of participating in the Circus Arts, Spring Student Showcase scheduled for June 14, 2020. Additional fees apply.

### **Session 1**

7 Mondays, 6:00 PM – 7:00 PM

September 9 – November 4

No class on September 30, October 14

*Members: \$195; Non-members: \$225*

*Gymnasium*

### **Session 2**

6 Mondays, 6:00 PM – 7:00 PM

November 18 - January 6

No class on December 23, December 30

*Members: \$170 ; Non-members: \$195*

*Gymnasium*

### **Session 3**

8 Mondays, 6:00 PM – 7:00 PM

January 27 - March 23

No class on February 17

*Members: \$225; Non-members: \$255 /*

*Gymnasium*

### **Session 4**

8 Mondays, 6:00 PM – 7:00 PM

March 30 - June 8

No class on April 6, April 13, May 25

*Members: \$225; Non-members: \$255 /*

*Gymnasium*

Contact Mike Pearson:  
JCC Director of Sports & Recreation  
mpearson@shamesjcc.org

### **Juggling - Mixed Level**

Ages 13 - Adult

Juggling is the art of keeping more objects in the air than you have hands. In this class you will learn one, two and three ball juggling using our unique way of teaching this skill. Students will learn the basics of ball, scarf and club juggling. Juggling is terrific for brain development and hand-eye coordination. Every artist in the circus learns how to juggle as their first skill. Students will also learn how to juggle in partnership with other jugglers. Juggling students have the option of participating in the Circus Arts, Spring Student Showcase scheduled for June 14, 2020. Additional fees apply.

#### **Session 1**

7 Wednesdays, 7:00 PM – 8:00 PM

September 11 - October 30

No class on October 9

Members: \$195; Non-members: \$225

Gymnasium

#### **Session 2**

8 Wednesdays, 7:00 PM – 8:00 PM

November 6 - January 15

No class on November 27, December 25,  
January 1

Members: \$225; Non-members: \$255

Gymnasium

#### **Session 3**

9 Wednesdays, 7:00 PM – 8:00 PM

January 29 - April 1

No class on February 19

Members: \$250; Non-members: \$290

Gymnasium

#### **Session 4**

9 Wednesdays, 7:00 PM – 8:00 PM

April 15 - June 10

Members: \$250; Non-members: \$290

Gymnasium

Contact Mike Pearson:  
JCC Director of Sports & Recreation  
mpearson@shamesjcc.org

## **SPECIAL NEEDS SERVICES**

### **Our Mission:**

The Shames JCC is a welcoming and supportive environment for people of all abilities and is dedicated to serving individuals with special needs across their life spans. We offer a wide range of inclusive and specialized programs for individuals with varying special needs and their families.

Intakes and IEP/504 are required. Funding for the JCC's special needs programs is provided through generous grants from the J.E. and Z.B. Butler Foundation, UJA Federation of New York, Westchester County Department of Community Mental Health, the FAR Fund and Individual Contributions.

For more information, please contact Amanda Gabel, Director of Special Needs Services, at [agabel@shamesjcc.org](mailto:agabel@shamesjcc.org).

### **Inclusion and Specialized Programs for Teens and Adults**

#### **Zemach**

Ages 14 – 17 and Ages 18 – 25

Sundays, 11:00 AM - 2:00 PM

October 6 – May 31

No program on October 13, November 10,  
December 22, December 29, January 19,  
February 9, March 22, April 12, May 10, May 24  
Members \$635; Non-Members \$690

Zemach is a recreational, drop-off, program geared towards children, teens and young adults on the autism spectrum or with related developmental disabilities. Younger participants engage in entertaining, engaging

and intentional programming that encourages each participant to learn new skills, build self-confidence, enhance social skills and increase self-awareness and emotional expression. For older participants, we cultivate peer-to-peer relationships, create social justice experiences, and work on pre-vocational and life skills, where each participant practices the necessary skill sets that encourage them to reach their most independent potentials.

Zemach is organized according to age, enabling staff to focus on developmental needs and help cultivate peer-to-peer relationships.

#### *Zemach Groups:*

- Mayim (Water): Ages 5-7
- Adamah (Earth): Ages 8-13
- Shemesh (Sun): Ages 14-17
- Avir (Air): Ages 18-25

Zemach is a 2:1 staffing ratio setting. Intakes and IEP/504 is required. Participants must bring their own lunch.

For more information, please contact Tracey Weiner, Program Manager, at [twiener@shamesjcc.org](mailto:twiener@shamesjcc.org).

#### **Etz Chayim**

Ages 14 to 25

Program dates and times vary.

*Members \$500; Non-Members \$550 plus additional fee per trip*

Etz Chayim is a social program for teens and adults on the autism spectrum or with related developmental disabilities. Participants build friendships and experience new adventures through field trip experiences. From riding the train to Cold Spring, NY, knocking down the pins at Bowlmor Lanes, playing games at Rye Playland, visiting the Bronx Zoo, and more, participants have a blast and revel in their sense of freedom.

TRIPS DO NOT DEPART FROM THE JCC.

Prior to the program start date an email will be distributed to those registered with the official schedule and information regarding each trip; we will communicate specific times, additional fees per trip and the meet up spots for drop-off and pick-up. Etz Chayim is organized according to age, enabling staff to focus on developmental needs and help cultivate peer-to-peer relationships.

#### *Etz Chayim Groups:*

- Anaf (Branch): Ages 14 - 17
- Ahleh (Leaf): Ages 18 – 25

Etz Chayim requires an intake evaluation and IEP/504 plan.

For more information, please contact Tracey Weiner, Program Manager, at [twiener@shamesjcc.org](mailto:twiener@shamesjcc.org).

#### **Prichah Internship Program**

Ages 18 to 25

Overseen by Amanda Gabel, Director of Special Needs Services, Prichah is a paid summer internship and training program for young adults with special needs. This program, generously supported by The FAR Fund, provides a structured, supportive experience for up to 4 interns. Building upon the foundation of job-related skills practiced in our Zemach program, interns learn together and work alongside JCC staff across several of the agency's departments. Eligible participants must be enrolled in Zemach "Avir" when applying for Prichah. For more information, please contact Amanda Gabel, Director of Special Needs Services, at [agabel@shamesjcc.org](mailto:agabel@shamesjcc.org).

#### **Camp Twelve Trails Inclusion**

Camp Twelve Trails' Inclusion Program is geared for campers who are on the autism spectrum or have related developmental

disabilities. Camp Twelve Trails is an off-site camp for children entering grades K – 10. Situated in the redesigned, expansive Henry Kaufmann Campgrounds in Pearl River, NY, Camp Twelve Trails engages kids and teens with every point of interest. Campers participate in activities that pique their interests and are encouraged to explore new ones. Deep friendships evolve as they engage with others who share similar interests, and campers begin to learn how to make positive and confident choices. Camp Twelve Trails offers a 5:1 staffing ratio and a 2:1 staffing ratio. Intakes and IEP/504 are required. For more information on Camp Twelve Trails please visit [camptwelvetrails.org](http://camptwelvetrails.org) website.

## SCHOOL OF MUSIC

### J-Rock for Teens

Ages 13-18

16 Tuesdays, 5:00 PM- 6:00 PM

February 4 - June 9

No classes: February 18, April 7, April 14

*Members \$290; Non-members \$360*

“School of Rock” comes to life at the JCC. Seasoned musicians and beginners come together to learn and rock out. Weekly band rehearsals will focus on techniques and concepts as applied to guitar, bass, drum-set, voice, and piano. This includes learning music theory and its application to Rock/Pop music and developing live performance skills to build stage presence, confidence, and participant’s unique musical voices.

Students practice working as a team and are coached on improvisation / solo performance on their specific instruments in a wide range of genres and styles including:

Rock, Pop, Funk, Metal, Punk, R&B, and Blues. Students may opt to receive private instruction on their primary instruments, other instruments, or voice through the JCC’s School of Music.

Participants can bring their own instruments or use the JCC’s guitar, bass, keyboards, drum kit and amplifier.

### Mekorock

Tuesdays, 6:00 PM - 8:00 PM

September 10, 17, 24; October 15, 22, 29;

November 5, 12, 19, 26; trip to

Israel in December.

*Members and Non-Members: \$500*

The Shames JCC invites applications from students across Westchester County (and beyond!) to participate in a new program connecting teen musicians from around the world. This experiential learning program will give students the opportunity to compose original music based on Jewish texts, rehearse with like minded teens, develop leadership skills, and perform in a global music program in Israel in December 2019.

*Teens do not need to be Jewish to participate.* Students will receive weekly group music lessons and participate in workshops on composition (individual music lessons also available upon request). At the end of the semester, students will perform locally, culminating in a group trip to Israel, to play music and travel with students from Israel, Venezuela, Moldova, and Ukraine.

To apply or to nominate a teen and/or teens, go to: <http://bit.ly/jccmekorock>.

For questions, contact Kayla at [kreisman@shamesjcc.org](mailto:kreisman@shamesjcc.org).

## Private Music Lessons

All Ages

*Fall session:* September 9 - January 27

Recital: January 26

*Spring session:* February 3 - June 15

Recital: June 14

- 30 minute lessons: \$665
- 45 minute lessons: \$830
- 60 minute lessons: \$1,030

*16 lessons per package, which may be prorated. Non-members add \$25 registration fee.*

Our Music School offers private music lessons, ensembles and classes taught by an outstanding faculty dedicated to the art of teaching. Children, teens and adults at all levels of ability experience a musical community that is supportive, non-competitive and inspiring. One-on-one instruction in piano, violin, guitar, flute, saxophone, trumpet, clarinet, cello, viola, and voice taught by professionals who have comprehensive knowledge of their instrument, as well as expertise in performance practice, music history, and music theory. They are enthusiastic and passionate about music and teaching students of all abilities.

# SPORTS & RECREATION

## Basketball Elite

Ages 13 -18

### Session 1

14 Tuesdays, 5:30 PM – 6:30 PM

September 10 – January 14

No class on October 1, October 8, November 5, December 24, December 31

*Members: \$325; Non-members: \$350*

*Gymnasium*

### Session 2

18 Tuesdays, 5:30 PM – 6:30 PM

January 28 – June 9

No class on February 18, April 7

*Members: \$415; Non-members: \$450*

*Gymnasium*

Basketball Elite offers advance training, skills, drills and game play to help players continually progress and enjoy high-level basketball. Not only do we work on core skills—we also develop each player’s “basketball I.Q.” so that skills and strategy become embedded together. Participants will gain the tools and confidence to compete in organized basketball here at the JCC and beyond.

## Basketball Private Lessons

Ages 5 and up

*Members:*

- 60 Minute Private, Single: \$70
- 60 Minute Semi-Private (2-3 participants, must come as a group), Single: \$100
- 60 Minute Private, 3 sessions: \$190
- 60 Minute Semi-Private (2-3 participants, must come as a group), 3 sessions: \$290

*Non-Members:*

60 Minute Private, Single: \$80

- 60 Minute Semi-Private (2-3 participants, must come as a group), Single: \$120
- 60 Minute Private, 3 sessions: \$220
- 60 Minute Semi-Private (2-3 participants, must come as a group), 3 sessions: \$320

Skills coaching and training for individuals or small groups is ideal for serious players that want to hone in on specific areas of play. Private coaching lessons can focus on ball handling, shooting form, accuracy, footwork, balance, post or perimeter scoring

moves, defensive principles, strengthening, conditioning and rebounding. Private instruction can also help boost overall basketball IQ, confidence, aggressiveness, and mental toughness. Small group sessions incorporate team play.

### **Karate: American GoJu Karate**

Ages 5-18 years

Students progress through the belt system, improving fitness, focus, control, balance, coordination, teamwork, discipline, and memory in a fun environment that celebrates short-term and long-term goal achievement.

### **White and Blue Belts**

#### **Session 1**

13 Mondays, 4:00 PM – 5:00 PM  
September 9 – January 6  
No class on September 30, October 14,  
November 11, December 23, December 30  
*Members: \$325; Non-members: \$355*  
*Gymnasium*

15 Wednesdays, 4:00 PM – 5:00 PM  
September 11 – January 15  
No class on October 9, November 27,  
December 25, January 1  
*Members: \$375; Non-members: \$405*  
*Gymnasium*

#### **Session 2**

17 Mondays, 4:00 PM – 5:00 PM  
January 27 – June 15  
No class on February 17, April 6,  
April 13, May 25  
*Members: \$425; Non-members: \$460*  
*Gymnasium*

18 Wednesdays, 4:00 PM – 5:00 PM  
January 29 – June 10  
No class on February 19, April 8  
*Members: \$450; Non-members: \$485*  
*Gymnasium*

### **Yellow and Green Belts**

#### **Session 1**

13 Mondays, 5:00 PM – 6:00 PM  
September 9 – January 6  
No class on September 30, October 14,  
November 11, December 23, December 30  
*Members: \$325; Non-members: \$355*  
*Gymnasium*

15 Wednesdays, 5:00 PM – 6:00 PM  
September 11 – January 15  
No class on October 9, November 27,  
December 25, January 1  
*Members: \$375; Non-members: \$405*  
*Gymnasium*

#### **Session 2**

17 Mondays, 5:00 PM – 6:00 PM  
January 27 – June 15  
No class on February 17, April 6,  
April 13, May 25  
*Members: \$425; Non-members: \$460*  
*Gymnasium*

18 Wednesdays, 5:00 PM – 6:00 PM  
January 29 – June 10  
No class on February 19, April 8  
*Members: \$450; Non-members: \$485 /*  
*Gymnasium*

### **Purple and Brown Belts**

#### **Session 1**

13 Mondays, 6:00 PM – 7:00 PM  
September 9 – January 6  
No class on September 30, October 14,  
November 11, December 23, December 30  
*Members: \$325; Non-members: \$355*  
*Gymnasium*

15 Wednesdays, 6:00 PM – 7:00 PM  
September 11 – January 15  
No class on October 9, November 27,  
December 25, January 1  
*Members: \$375; Non-members: \$405*  
*Gymnasium*

**Session 2**

17 Mondays, 6:00 PM – 7:00 PM  
January 27 – June 15

No class on February 17, April 6,  
April 13, May 25

*Members: \$425; Non-members: \$460 /  
Gymnasium*

18 Wednesdays, 6:00 PM – 7:00 PM  
January 29 – June 10

No class on February 19, April 8

*Members: \$450; Non-members: \$485  
Gymnasium*

**Black Belts****Session 1**

13 Mondays, 7:00 PM – 8:00 PM  
September 9 – January 6

No class on September 30, October 14,  
November 11, December 23, December 30

*Members: \$325; Non-members: \$355 /  
Gymnasium*

15 Wednesdays, 7:00 PM – 8:00 PM  
September 11 – January 15

No class on October 9, November 27,  
December 25, January 1

*Members: \$375; Non-members: \$405 /  
Gymnasium*

**Session 2**

17 Mondays, 7:00 PM – 8:00 PM  
January 27 – June 15

No class on February 17, April 6,  
April 13, May 25

*Members: \$425; Non-members: \$460  
Gymnasium*

18 Wednesdays, 7:00 PM – 8:00 PM  
January 29 – June 10

No class on February 19, April 8

*Members: \$450; Non-members: \$485  
Gymnasium*

**Drop-in Volleyball**

Ages 14 – Adult

Wednesdays, 8:15 PM – 10:00 PM

*Members: Free; Non-members: \$10  
Gymnasium*

Recreational volleyball is scheduled for pick-up games. Individuals and teams welcome, emphasis on fun, fellowship, skill development and exercise. Please come out and join the fun! Drop in every Wednesday and have a fun night of playing volleyball. All skill levels are welcome! Pre-registration is not required but before you play, please check-in with the Welcome Desk.

## SUMMER CAMP

**Camp Twelve Trails**

Camp Twelve Trails for kids and teens up to the 7th grade combines a traditional day camp with a specialty camp for one incredible experience. Located in the expansive Henry Kaufman camp grounds in Pearl River, Rockland County, Twelve Trails engages campers with every ability. In addition to swimming, sports, campfires and sing-alongs, campers choose their specialty “neighborhoods,” or pocket of interest. These range from sports, to arts and drama, to culinary arts and nature, outdoor adventure and science and technology. There is bus transportation to and from the Shames JCC.

**Twelve Trails Teen Adventure** for teens in grades 7-10 offers the next level in camping “neighborhoods” with overnight trips to out of the way destinations, day trips like white water rafting, working with local farmers to support farm to table projects, or learning the tricks of the trade from successful athletes and actors who serve as mentors in sports or theatre.

**Counselor-in-Training (CIT) Programs**

The Shames JCC offers CIT programs for River Friends Day Camp (for children 2-6) for 8th and 9th graders and Camp Twelve

Trails (for children from entering K through 7th grade, CIT program for 10th and 11th graders. For more information, please contact Kayla Reisman at [kreisman@shamesjcc.org](mailto:kreisman@shamesjcc.org).

## TEEN ENGAGEMENT

### Find Your Summer!

Are you starting to think about this summer? Dreaming about that California sun? Interested in an internship? A teen travel tour across the US? Summer camp?

All teens are invited to schedule a one-on-one or group coffee date with Kayla, Director of Youth and Teen Engagement at [kreisman@shamesjcc.org](mailto:kreisman@shamesjcc.org) for free coffee, froyo, and swag, and an opportunity to look into teen summer possibilities!

Also, check out our website for more information about the River Friends Day Camp C.I.T. program for 8th and 9th graders, Camp Twelve Trails Teen Adventure Program for 7th - 10th graders, and Camp Twelve Trails, C.I.T program for 10th and 11th graders.

### Mekorock

Ages 13 - 18  
Tuesdays, 6:00 PM - 8:00 PM  
September 10, 17, 24; October 15, 22, 29;  
November 5, 12, 19, 26; trip to  
Israel in December.  
*Members and Non-Members: \$500*

The Shames JCC invites applications from students across Westchester County (and beyond!) to participate in a new program connecting teen musicians from around the world. This experiential learning program will give students the opportunity to compose original music based on Jewish texts, rehearse with like minded teens, develop

leadership skills, and perform in a global music program in Israel in December 2019. Teens do not need to be Jewish to participate. Students will receive weekly group music lessons and participate in workshops on composition (individual music lessons also available upon request). At the end of the semester, students will perform locally, culminating in a group trip to Israel, to play music and travel with students from Israel, Venezuela, Moldova, and Ukraine. To apply or to nominate a teen and/or teens, go to: <http://bit.ly/jccmekorock>. For questions, contact Kayla at [kreisman@shamesjcc.org](mailto:kreisman@shamesjcc.org).

### Navigating Beauty Culture

Ages 13-18  
4 Mondays, 7:00 PM – 8:00 PM  
April 20 – May 11  
*Members: \$40; Non-members: \$60*

Navigating Beauty Culture (NBC), applauds dedication to being the best you can be, while also inspiring participants to love themselves, as they are right now. Beauty is your birthright and your appearance should be creative self-expression. But, these things get muddled over time and, the voices of critics can become insidiously internalized. NBC is about learning to embrace the pursuit of beauty, on your own terms, and replacing negative self-talk with assurances of self-love.

### Stir It Up

*Teens ages 13-18 and adults ages 65+*  
Join our intergenerational group for cooking, current events, and conversations! One Sunday per month STIR IT UP will come together over a new recipe to learn from each other. Transportation available upon request for seniors. Community service hours available for teens. Contact Kayla Reisman at [kreisman@shamesjcc.org](mailto:kreisman@shamesjcc.org) to learn more!



## ADULTS

You'll never be bored at the J, whether you're into sports, film, literature, art, or fitness—there's something for everyone. There's basketball, volleyball, yoga, HIIT, Circus Arts, and Pickleball; you can play Mah Jongg, speak Yiddish, watch one of our many films; network with your peers or just hang out in our game room—among many other enriching, active, and entertaining programming. Explore the possibilities today.

**Unless otherwise noted, online registration closes 3 business days prior to the start date.**

After this time, please call the Welcome Desk at 914-366-7898 to register.

Many of our programs can be pro-rated after they begin as long as space is available.

## ADULT EDUCATION & ENGAGEMENT

### Defensive Driving: AARP Driver Safety Course

Approved by the New York State DMV

Friday, September 13, 9:00 AM - 4:00 PM  
Please arrive 15 minutes early for the class.  
AARP members \$20; Non-AARP Members \$25 / Youth Lounge

Advance registration through AARP is required. Payments must be made to AARP by check, money order or exact cash. Contact: Henry Cohen at 914-582-2070 or henryc.aarp@gmail.com. Valid driver's license required. The Smart Driver program from AARP is offered to people over 50, but anybody with a driver's license can take it and enjoy the benefits. You must bring your NY Drivers' license, AARP Card & a pen. Bring your bag lunch.

The class certificate issued by NYS Division of Motor Vehicles entitles the attendees up to a 10% yearly discount from their car insurer for three years and a reduction of up to 4 points in their driver's license obtained prior to the day of the class. *No walk-ins.*

### Card, Mah Jongg & Game Room

Tuesdays, 12:00 PM – 3:00 PM

Start Date: September 10, 2019

No program on October 1

*Free for members and their guests*

Enjoy time with good friends or new

acquaintances in our card and game room. Cards and a variety of board games are available. Members and their accompanying guests may drop-in anytime between 12:00 PM – 3:00 PM. Stay for three minutes or all three hours – the door is open!

### Mah Jongg Classes with Rose Asprea

Ages 18 and up

October 10 – October 31

#### Beginner Level

4 Thursdays, 10:00 AM – 12:00 PM

#### Intermediate Level / Supervised Play

4 Thursdays, 12:30 PM – 2:30 PM

Members: \$135; Non-members: \$160

Rose makes mah jongg fun and accessible by systematically breaking down the multi-layered components of the game into easily understood segments. You'll soon be trading tiles with the mavens! Enjoy intermediate/supervised play when you are ready to move up. Rose Asprea is a member of the National Mah Jongg League. She is an avid player/enthusiast for over 20 years and has been teaching for over 5 years. Her passion for the game continues to grow for this ancient, popular Chinese tile game. Following the western style of play and the National Mah Jongg League rules, she has taught hundreds of new players throughout Westchester County.

#### Men's Club

Wednesdays, 9:45 AM – 11:30 AM

Start Date: September 11, 2019

No program on October 9, December 25,

January 1

*Free for occasional attendance / Library*

Retired professionals and executives enjoy fellowship, stimulating lectures and performances, and a healthy exchange of ideas over coffee and bagels. Both men and women are welcome as guests.

### Did you know?

Our Aquatics Center gets about 200 swimmers daily and use the Aquatics Center more than 66,000 times in the course of a year? This includes swimmers, swim lessons and our aqua fitness classes.

Advance registration not required. JCC membership and \$65 annual club dues are required for on-going attendance. For additional information, please contact [mensclub@shamesjcc.org](mailto:mensclub@shamesjcc.org) or call the Welcome Desk and ask for Leonard Lindey.

### **New Parents, New Babies with Jennifer Convissor, LCSW**

Infants (up to 9 months) and their parent(s)

#### **Session 1**

8 Fridays, 10:30 AM - 11:45 AM  
October 4 – November 22

*Members: \$45; Non-members: \$85*

#### **Session 2**

January 10 – March 6  
No class on February 21

*Members: \$45; Non-members: \$85*

#### **Session 3**

March 13 – May 8  
No class on April 10

*Members: \$45; Non-members: \$85*

A baby changes our lives in expected ways (Diapers! Crying! Bottles!), but also in ways that catch us completely unprepared. For all these reasons and more, new parents need to connect with other new parents – sometimes the only ones who can truly understand, are those who are also in the thick of it. This family program at the Shames JCC on the Hudson brings new parents together to make personal connections, learn from each other's experiences and create the opportunity for pre-crawling babies and parents to socialize in a safe, fun environment. These groups are facilitated by Jennifer Convissor, LCSW. Contact her for more information: [jconvissor@shamesjcc.org](mailto:jconvissor@shamesjcc.org), 914-366-7898 x 1162.

### **Rivertowns Women's Networking Project**

Ages 18 and up  
Select Tuesdays, 7:00 PM – 9:00 PM  
September 24, November 19, January 21,

March 24, May 19

*Members and Non-Members: \$5.00 per person, per session.*

The Rivertowns Women's Networking project brings together women with diverse backgrounds and experiences from up and down the Rivertowns to facilitate connections and empower personal and professional development. Our General Sessions are held five times a year and are designed to be welcoming and community building. They include casual and structured networking, a featured local speakers and forums to promote local events, your business and other initiatives that may be of interest to the group.

Childcare available upon request. There will be a \$5 per child incremental fee.

### **Single Mother's Mingle**

Monday, September 16, 7:00 PM- 8:00 PM  
Monday, March 9, 7:00 PM- 8:00 PM  
*Cost per event: Members: \$10; Non-members: \$15*

Being a single mother has a unique set of challenges. If you are a single mother of children ages 0-18, please join us for a free, kick-off meeting with Shames JCC Licensed Clinical Social Worker, Jennifer Convissor. Each "mingle" will be a fun, cathartic opportunity to share triumphs and challenges and meet other single moms in your community. From there, groups may continue to gather in a format and pace they choose. For more information, contact Jennifer at [jconvissor@shamesjcc.org](mailto:jconvissor@shamesjcc.org).

### **Volunteer: Engage Jewish Service Corps.**

UJA-Federation of New York's Engage Jewish Service Corps is for boomers and beyond who want to effect powerful change within the Jewish community through

hands-on activities. This new model of volunteering is perfect for the generation of game changers looking to reshape society at every stage of their lives.

As an Engage volunteer, you can use your skills, expertise, passion, and leadership to address issues like poverty, hunger, joblessness, education, the isolated elderly, and children with special needs – in a way that fits your schedule and lifestyle.

Contact Laura Wexle for more information: lwexler@shamesjcc.org

### **Yiddish Conversation and Culture with Maddy Simon**

6 Tuesdays, 12:30 PM – 2:00 PM

**Session 1:** September 10 - October 29  
No program on October 1 and October 8

**Session 2:** November 5 - December 10

**Session 3:** January 7 - February 11  
*Each session: Members \$110; Non-members \$125 / Library*

Speakers and dabblers keep Yiddish alive with conversations, Yiddish literature, song and laughter. Explore Sholem Aleichem, I.L. Peretz, Yiddish music and our roots as 1st and 2nd generation Jewish people. Beginner's welcome. Maddy Simon is a fluent Yiddish speaker with a graduate degree in music. She has an extensive Yiddish education in literature, history, and culture.

## **AQUATICS**

### **American Red Cross - Lifeguard Certification Courses**

Ages 15 - Adult

The American Red Cross Lifeguarding courses provides entry-level participants with the knowledge and skills to prevent, recognize and respond to aquatics

emergencies and to provide professional level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

*Prerequisites:* Be able to swim 300 yards continuously demonstrating breath control and rhythmic breathing, using the front crawl, breaststroke or a combination of both; tread water for 2 minutes, using only the legs; swim 20 yards within 1 minute 40 seconds; surface dive to retrieve a 10 pound object and swim 20 yards back, holding the object with both hands; and exit the water without using a ladder or steps.

For schedule and additional information please contact the JCC's Aquatics Director:  
Eric Hammermeister:  
ehammermeister@shamesjcc.org  
914-366-7898 ext. 1140.

*All dates/times must be attended for each course. \* No refunds for missed classes or failure of course. If participant fails prerequisites (test on day 1), a 75% refund will be issued.*

### **American Red Cross - Lifeguard Waterfront Skills Module**

Ages 15 - Adult

The purpose of the American Red Cross - Lifeguard Waterfront Skills Module is to teach lifeguards the skills and knowledge needed to prevent and respond to emergencies in nonsurf, open-water areas found at public parks, resorts, summer camps and campgrounds.

*Prerequisites:* Candidates must have a current American Red Cross certificate for Lifeguarding/ First Aid/CPR/AED.

For schedule and additional information please contact the JCC's Aquatics Director, Eric Hammermeister:  
ehammermeister@shamesjcc.org  
914-366-7898 ext. 1140.

### **Aqua Circuit Training: Cycle, Jog, and Aerobic Combination**

Aqua circuit training uses aqua bikes and aqua treadmills combined with aqua aerobic exercises to bring a low impact, strenuous cardiovascular workout! Aqua circuit training is a great way to prepare for triathlons, get a variety of exercises, or to just relieve stress in a fun energetic environment. This 45-minute class combines a mix of exercises to keep you engaged and burning calories!

#### **Session 1**

5 Mondays, 7:15 PM

September 23 – November 4

*Members: \$105; Non-Members: \$130*

7 Thursdays, 10:00 AM

September 26 – November 14

*Members: \$150; Non-Members: \$180*

No classes on September 29 – October 1; October 8 – 9; October 13 -14; October 31; November 11

#### **Session 2**

7 Mondays, 7:15 PM

November 25 – January 20

*Members: \$150; Non-Members: \$180*

6 Thursdays, 10:00 AM

December 5 – January 23

*Members: \$125; Non-Members: \$155*

No classes on November 27-29;

December 23 – January 23

#### **Session 3**

8 Mondays, 7:15 PM

February 3 – March 30

*Members: \$170; Non-Members: \$210*

9 Thursdays, 10:00 AM

February 6 – April 16

*Members: \$190; Non-Members: \$235*

No classes on February 17 – 23; April 6 - 13

#### **Session 4**

8 Mondays, 7:15 PM

April 27 – June 22

*Members: \$170; Non-Members: \$210*

9 Thursdays, 10:00 AM

April 30 – June 25

*Members: \$190; Non-Members: \$235*

No classes on May 22 - 25

### **Aqua Cycling**

Burn twice the calories in half the time with this paid program that meets 45 minutes once a week for 9 weeks and is open for all swimming abilities and fitness levels. Aqua cycling takes spinning on land to a whole new level! Aqua cycling places stationary bikes underwater at waist level, allowing you to pedal against the resistance of the water, creating a significantly better workout.

#### **Session 1**

6 Tuesdays, 10:45 AM

September 24 – November 12

*Members: \$130; Non-Members: \$160*

7 Wednesdays, 6:30 PM

September 25 – November 13

*Members: \$150; Non-Members: \$185*

7 Thursdays, 5:45 PM

September 26 – November 14

*Members: \$150; Non-Members: \$185*

6 Sundays, 10:45 AM

October 6 – November 17

*Members: \$130; Non-Members: \$160*

No Classes on September 29 – 30.

October 1, October 8 - 9, October 13-14,

October 31, November 11

#### **Session 2**

7 Tuesdays, 10:45 AM

November 26 – January 21

*Members: \$150; Non-Members: \$185*

6 Wednesdays, 6:30 PM  
December 4 – January 22  
*Members: \$130; Non-Members: \$160*

6 Thursdays, 5:45 PM  
December 5 – January 23  
*Members: \$130; Non-Members: \$160*

7 Sundays, 10:45 AM  
December 1 – January 26  
*Members: \$150; Non-Members: \$185*

No classes on November 27-29;  
December 23 – January 5

### **Session 3**

9 Tuesdays, 10:45 AM  
February 4 – April 14  
*Members: \$190; Non-Members: \$235*

9 Wednesdays, 6:30 PM  
February 5 – April 15  
*Members: \$190; Non-Members: \$235*

9 Thursdays, 5:45 PM  
February 6 – April 16  
*Members: \$190; Non-Members: \$235*

9 Sundays, 10:45 AM  
February 9 – April 19  
*Members: \$190; Non-Members: \$235*

No classes on February 17 – 23;  
April 6 - 13

### **Session 4**

9 Tuesdays, 10:45 AM  
April 28 – June 23  
*Members: \$190; Non-Members: \$235*

9 Wednesdays, 6:30 PM  
April 29 – June 24  
*Members: \$190; Non-Members: \$235*

9 Thursdays, 5:45 PM  
April 30 – June 25  
*Members: \$190; Non-Members: \$235*

8 Sundays, 10:45 AM  
May 3 – June 28  
*Members: \$170; Non-Members: \$210*

No classes on May 22 - 25

### **Aqua Jogging**

Reap the benefits of a rigorous cardiovascular workout without creating impact or stress on your joints! People of all swimming abilities and fitness levels are encouraged to join our new 45 minutes classes that meet once a week for 9 weeks. Aqua treadmills combine the benefits of an aquatic, low impact workout. You will improve fitness, mobility, and strength while burning more calories in half the time.

### **Session 1**

6 Tuesdays, 6:00 PM  
September 24 – November 12  
*Members: \$130; Non-Members: \$160*

7 Thursdays, 9:00 AM  
September 26 – November 14  
*Members: \$150; Non-Members: \$185*

6 Sundays, 12:00 PM  
October 6 – November 17  
*Members: \$130; Non-Members: \$160*

No Classes on September 29 – 30,  
October 1, October 8 - 9, October 13-14,  
October 31, November 11

### **Session 2**

7 Tuesdays, 6:00 PM  
November 26 – January 21  
*Members: \$150; Non-Members: \$185*

6 Thursdays, 9:00 AM  
December 5 – January 23  
*Members: \$130; Non-Members: \$160*

7 Sundays, 12:00 PM  
December 1 – January 26  
*Members: \$150; Non-Members: \$185*

No classes on November 27-29; December 23 – January 5

### **Session 3**

9 Tuesdays, 6:00 PM  
February 4 – April 14  
*Members: \$190; Non-Members: \$235*

9 Thursdays, 9:00 AM  
February 6 – April 16  
Members: \$190; Non-Members: \$235

9 Sundays, 12:00 PM  
February 9 – April 19  
Members: \$190; Non-Members: \$235  
No classes on February 17 – 23; April 6 - 13

#### **Session 4**

9 Tuesdays, 6:00 PM  
April 28 – June 23  
Members: \$190; Non-Members: \$235

9 Thursdays, 9:00 AM  
April 30 – June 25  
Members: \$190; Non-Members: \$235

8 Sundays, 12:00 PM  
May 3 – June 26  
Members: \$170; Non-Members: \$210

No classes on May 22 - 25

#### **Aquatic Personal Training: 45 minutes per session**

##### **Private (1 participant to 1 instructor ratio): Members only**

- 1 session: \$55
- 3 sessions: \$155
- 5 sessions: \$260
- 10 sessions: \$500

##### **Semi-Private (2 participant to 1 instructor ratio):**

- 1 session: \$100
- 3 sessions: \$290
- 5 sessions: \$485
- 10 sessions: \$950

By combining aerobics and strength training with the buoyancy of the water, exercises obtain cardiovascular and muscle toning benefits without straining joints and muscles. Aquatic personal training is great for people with joint pain, undergoing rehabilitation, weight loss, or for maintaining your current fitness level. Individuals will work with their trainer to establish what

swim exercises from lap swimming to aqua cycling or jogging and other aquatics exercises to achieve their goals.

#### **Private Swim Lessons**

All levels: Ages 3 & up  
Members:

- 30 Minute Private, Single: \$50; 30 Minute Semi-private single: \$65
- 30 Minute Private, 5 Pack: \$240; 30 Minute Semi-private, 5 pack: \$315

Non-members:

- 30 Minute Private, Single: \$60; 30 Minute Semi-private single: \$75
- 30 Minute Private, 5 Pack: \$290; 30 Minute Semi-private, 5 pack: \$365

For schedule and additional information please contact the JCC's Aquatics Director:

Eric Hammermeister:

ehammermeister@shamesjcc.org

914-366-7898 ext. 1140.

#### **Masters Swimming**

If you are training for a triathlon or just looking to get back into the swim of things, Masters Swimming is one of our growing aquatic programs that's right for you! Enjoy a group swim with set workouts designed to work on skills, endurance, and strength. We welcome all swimming abilities including competitive fitness and triathlon swimmers or individuals looking to add intensity to their workout for all ages 18 and older. The Master Swimming improves freestyle as well as the other three competitive strokes.

#### **Session 1**

September 23, 2019 – November 17, 2019  
20 classes across Mondays, Wednesdays, and Fridays, 6:00 AM – 7:00 AM

No classes on September 29 – October 1; October 8 – 9; October 13 -14; October 31; November 11

*Members: \$240; Non-Members: \$340*

13 classes across Tuesdays, and  
Thursdays, 6:30 PM - 7:30 PM  
*Members: \$155; Non-Members: \$220*

### **Session 2**

November 25, 2019 – January 26, 2020

19 classes across Mondays, Wednesdays,  
and Fridays, 6:00 AM - 7:00 AM  
No classes on November 27-29;  
December 23 – January 5  
*Members: \$230; Non-Members: \$325*

13 classes across Tuesday, and Thursdays,  
6:30 PM - 7:30 PM  
*Members: \$155; Non-Members: \$220*

### **Session 3**

February 3, 2020 – April 19, 2020

No classes on February 17 – 23;  
April 6 - 13

26 Classes across Mondays, Wednesdays,  
and Fridays, 6:00 AM - 7:00 AM  
*Members: \$315; Non-Members: \$440*

18 Classes across Tuesday, and  
Thursdays, 6:30 PM - 7:30 PM  
*Members: \$215; Non-Members: \$305*

### **Session 4**

April 27, 2020 – June 29, 2020

No classes on May 22 - 25

25 Classes across Mondays, Wednesdays,  
and Fridays, 6:00 AM - 7:00 AM  
*Members: \$300; Non-Members: \$425*

18 classes across Tuesday, and Thursdays,  
6:30 PM - 7:30 PM  
*Members: \$215; Non-Members: \$305*

### **Train On Your Own**

*Members: \$15 per session; Non-members  
\$20 per session*

Do our Aqua Cycling or Aqua Jogging  
classes not work with your schedule?

Do you want to workout on your own?

If you have wanted to take our aqua

exercise classes, but the time just did not  
suit your schedule, you can now work out  
independently at almost any time of the  
day, 7 days a week. Your bike or treadmill  
will be set up in the training pool for you to  
enjoy a 30 minute session. See our Aquatic  
Department for more information on how to  
RENT your bike or treadmill!

For additional information please  
contact the JCC's Aquatics Director, Eric  
Hammermeister:  
ehammermeister@shamesjcc.org  
914-366-7898 ext. 1140

## **ART & CRAFT**

### **Crafts with Linda**

Age 18 and up

Selected Mondays, 12:30 PM - 2:00 PM  
*Members and Non-Members welcome: \$5  
per person, per class / Youth Lounge*

September 23: Glass, Cord, and Wire  
Pendant Necklace

October 28: Decoupage Wood Tray

November 18: Mini Terrarium Magnet

December 16: Painted Picture Frame

Drop-in and try a new craft. Beginners  
welcome. Every project looks wonderful.  
Go home with a finished project. Limited  
space available. Advance registration is not  
required but highly recommended to ensure  
your spot. All participants must register at  
the Welcome Desk.

### **Exploring Art Techniques and Materials with Renee Shamosh**

Age 18 and up

4 Fridays, 10:00 AM - 11:45 AM  
*Members \$110.00; Non-Members \$130.00  
Youth Lounge*

Sunday, November 24, 2019  
12:00 PM - 2:00 PM

**Six workouts.  
Six instructors.  
Two hours.**

---

100 percent of the funds raised and goods donated during this event will support the JCC's food donation project we are planning for early 2020.

---

See page 92 for more information

**MOVE  
FOR  
MEALS**

Kick-off the holiday season with a good workout and a good cause!

## NOW COMING TO WESTCHESTER TO THE SHAMES JCC!

**Jewish  
PLAYS  
project**

Join us and dive in to the best of new Jewish drama!

Two Thursdays:

**November 21, 2019 &  
January 16, 2020**

1:00 – 2:30 PM OR  
7:00 – 8:30 PM

*\$10 per person for Members  
and Non-members*



See page 71 for more information

**Session 1:** September 20 - October 11  
Please register by September 13.

**Session 2:** October 18 - November 8  
Please register by October 11.  
Please note the November 1 program starts at 10:30 AM.

**Session 3:** November 15 - December 13  
No program on November 29.  
Please register by November 8.  
Please note December 6 program starts at 10:30 AM.

Relax and unwind while you explore new techniques using pastels, acrylics, watercolors and more. Learn to combine materials, concentrating on what you like best. No fine art skills or previous experience necessary. Materials included.

Renee Shamosh is a multimedia artist with over 30 years of art teaching experience. As a high school chairperson of communication and fine arts, she collaborated with artists specializing in painting, sculpture, ceramics, and photography. An avid gardener, Renee uses elements of nature as inspiration in her work.

### **Embellished Beads - Jewelry Creations with Renee Shamosh**

Ages 16 – Adult  
Monday, November 4, 12:30 PM - 2:30 PM  
Please register by October 28  
Members \$35; Non-members \$40  
Youth Lounge

Learn how to make embellished beads to hang on a cord. Mold, embellish, bake, paint and complete your hand made project during class.

Renee Shamosh is a multimedia artist with over 30 years of art teaching experience. As a high school chairperson of communication and fine arts, she collaborated with artists

specializing in painting, sculpture, ceramics, and photography. An avid gardener, Renee uses elements of nature as inspiration in her work.

## **FITNESS**

### **Personal Training**

Ages 15-Adult

Members only

Wondering whether Personal Training is right for you? Let us work with you to:

- Achieve better & faster results
- Learn proper methods for fat loss & muscle gain
- Reduce risks of injury
- Build toward a lifetime of good exercise habits
- Overcome obstacles

Session packages offered:

- Introductory “Jump Start” package: 4 sessions (60 minutes)
- 5 session package (60 or 30 minutes)
- 10 session package (60 or 30 minutes)
- Single session (60 minute only)

Contact Lisa Bruskin for more information and pricing: [lbruskin@shamesjcc.org](mailto:lbruskin@shamesjcc.org).

### **Partner Training**

Ages 15-Adult

Members only

Come train with a friend or family member!

- 5 sessions package (60 minutes)
- 10 sessions package (60 minutes)
- Single session (60 minutes)

Contact Lisa Bruskin for more information and pricing: [lbruskin@shamesjcc.org](mailto:lbruskin@shamesjcc.org).

### **MES (Medical Exercise Specialist) Training**

Ages 15-Adult

Members only

Medical Exercise Specialists have the knowledge and skills to work with clients

with a wide range of medical conditions and require “medical exercise” or post-rehab exercise. Clients who have been referred to a fitness professional after completion of a rehabilitation program can work with a MES to tailor a fitness program to their particular medical condition. Our MES's are trained to develop safe and effective conditioning programs for clients with musculoskeletal, cardiovascular, neurological or metabolic disorders.

One hour sessions may be purchased in packages of 5 or 10, or as single sessions.

Contact Lisa Bruskin for more information and pricing: [lbruskin@shamesjcc.org](mailto:lbruskin@shamesjcc.org).

### **One-on-One Yoga**

Ages 15-Adult

Members only

Are you new to the practice of yoga or looking to enhance your own journey? We offer exclusive and personalized single sessions or packages that can help guide you safely and effectively through essential poses and help progress you into more advanced movements.

One hour sessions may be purchased in packages of 5 or 10, or as single sessions.

Contact Lisa Bruskin for more information and pricing: [lbruskin@shamesjcc.org](mailto:lbruskin@shamesjcc.org).

### **Triathlon Training Programs**

Are you interested in completing your first triathlon? Are you a seasoned triathlete? We are offering Group, One to One and Partner triathlon training programs to get you ready! Details on all of these options are below. And, come and meet trainer and world-class triathlete Joanne Dondero at one of our Q&A sessions where you can learn more, ask questions, and enroll in the triathlon training program that is right for you!

All of our triathlon training programs are designed according to participants' skill levels, from beginner to veteran triathlete.

All programs include:

- Goal setting/Race Prep
- Open water swimming techniques (stroke evaluation, starts, sighting, exits)
- Transitions (Swim-Bike...Bike -Run)
- Bike and run evaluations
- Weekly workouts
- Program Prerequisites:
- Swim 200 yards (8 lengths) easy with some stopping
- Bike 45 minutes easy
- Run or run/walk 2 miles easy

Coach Joanne Dondero is a veteran triathlete with 30 years' experience. Joanne has completed 8 Ironmans, and qualified 4 times for World Championships in Kona. She has 2 Masters Degrees in Physical Education and Health and has taught for over 32 years. Coach Joanne's certifications include USAT L2 Coaching for over 10 years, USMS Masters in Swim Coaching for over 5 years and ACE Certified Personal Trainer for over 20 years. Please attend the complimentary Q&A sessions prior to the start of the class.

Free Q&A sessions will be held on October 2 and November 13 from 6:30 PM to 7:30 PM in the Fitness Center.

Contact Lisa Bruskin for more information and pricing: [lbruskin@shamesjcc.org](mailto:lbruskin@shamesjcc.org).

### **Triathlon Group Coaching**

Ages 18 - Adult

5 Mondays, 6:00 PM - 7:30 PM

Session 1, October 7 – November 11  
No class on October 14

Session 2, November 18 – December 16  
Members \$200; Non-Members \$250

**One-to-One Triathlon Training**

Ages 18-Adult

*Members: Single session: \$85.00; 5 pack: \$400; 10 pack: \$750***Partner Triathlon Training**

Ages 18-Adult

*Members: Single session: \$160; 5 Pack: \$700; 10 Pack: \$1,250***Small Group Training**

Small Group Training is fun, motivating, challenging and is an effective way for you to reach your goals. Each session focuses on a specialized format designed with the knowledge and expertise to motivate you in a small group setting. Choose one or more of our small group training offerings!

*Contact Lisa Bruskin for more information and pricing: [lbruskin@shamesjcc.org](mailto:lbruskin@shamesjcc.org).*

**Better Balance**

Ages 18 – Adult

5 Thursdays, 12:30 PM - 1:25 PM

**Session 1:** September 12 - October 10**Session 2:** October 24 - November 21*Members: \$80 / Main Studio*

Practice being unsteady to become steadier on your feet. Rehearse strategies to resist a fall and recover your equilibrium from a "misstep". This important program will focus on improving your balance by developing core, postural stability and lower body strength. You'll also learn a variety of fun drills to improve your reaction time as another way to avoid a stumble or bumping into things. By practicing regularly these exercises are designed to progressively challenge you so you will become more confident and therefore less likely to fall.

**Healthy Back**

Ages 18 – Adult

4 Tuesdays, 12:30 PM - 1:15 PM

**Session 1:** October 15 - November 5**Session 2:** November 12 - December 3*Members: \$65 / Main Studio*

Learn how to manage back pain by strengthening your core, elongating muscle fiber and self-massage techniques. Join our fitness specialist to improve your posture and realign your spine.

**Group Fitness**

(Ages 15 – Adult)

Join us for a variety of fitness and wellness classes! For our up-to-date, real-time schedule, please visit our website at [shamesjcc.org](http://shamesjcc.org). Group fitness classes are free for all-inclusive members.

*Barre Stretch:* Full body class incorporating the toned and lengthened muscles of barre, the precision and core strengthening of Pilates and the mindfulness and flexibility of yoga.

*Cardio Circuit:* A combination of cardio and intense muscle work. Guaranteed to give you a total body workout with a focus on calorie burning.

*Cardio Hip Hop:* Learn basic dance moves that will increase your heart rate and tone your body.

*Cardio Kickboxing:* This high energy cardio workout with martial arts mixed in will challenge the beginner and more advanced participants.

*Cycle:* This indoor class is a great cardiovascular workout. Pedal through hill climbs, sprints, and other challenging drills and exercises. All levels are welcome.

*Define:* Get strong by using your body as weight and weights to build strong bones. (Not a cardio workout)

*F.I.T.:* Full body interval training this class

uses a variety of equipment for a full body workout. A challenging resistance workout complemented by intense cardio bursts. Take your endurance to the next level.

*Fit 4 Life:* This arthritis fitness class incorporates sitting or standing positions to improve posture, balance, mobility and core strength.

*Heart Strong:* This class blends step aerobics with body strengthening exercises.

*HIIT:* High Intensity Interval Training is a training technique that gives you intense bursts of exercise, followed by short recovery periods.

*Hi-Lo Sculpt:* This total body workout includes intervals of low impact aerobics, strength training, core and flexibility exercises.

*Piloxing:* A non stop mix of Pilates, dance, and boxing moves that progress in 3 minute rounds, alternating standing sculpting exercises from ballet and Pilates with the power punches and footwork of boxing

*Senior Strength & Cardio:* A low impact workout designed for our active older adults. Class consist of warm-up, cardio routine, muscle strengthening and cool down.

*Step it up:* Incorporates fast paced step routines with free weights.

*Tabata Training:* This high intensity class focuses on timed intervals of strength and cardio with short recovery to challenge the entire body.

*TRX Circuit:* Challenge your workout with high intensity, powerful movements at a faster tempo. Timed interval sets

combining TRX, weights and cardio drills.

*Zumba Gold®:* Active older adults who are looking for a modified Zumba® class that recreates the original moves that people love but at a lower-intensity.

*Zumba®:* Latin-inspired, cardio-dance workout to reach maximum calorie burn. The upbeat music and easy-to-follow dance moves will encourage cardiovascular health and weight loss.

*Chair Yoga:* This is the gentlest form of yoga; it is easier on your muscles, and is for people who find it difficult to get up and down from the floor.

*Gentle Yoga:* Combines yoga postures, breathing and meditation at a beginning level. Provides a beautiful way to gently wake the body up and stretch yourself out.

*Hatha/Hatha Flow Yoga:* A multi-level strength based practice which incorporates a series of poses that flow smoothly. Combines breath and movement during traditional sun salutations.

*Mat Pilates:* Mind-body class that improves flexibility, builds strength and develops control and endurance in the entire body.

*Stretch It Out:* Reduce muscle stiffness and soreness by stretching out the traditional way which will increase mobility and prevent injury.

*Surrender:* A soft style yoga and soft stretch class utilizing yoga poses and meditative breathing to gently mobilize joints and engage muscles.

*Tai Chi:* Our mind/body program uses simplified “24-Step” Yang Style form. Helps improve balance, flexibility, mental focus, concentration and peripheral blood circulation, reducing fall risks and pain.

*Vinyasa Flow*: Open level aims to unite movement with breath through flowing sequences which build on each other culminating with specific pose or message. Modifications provided.

*Yogalates*: Combines Pilates and yoga for a total body workout focused on increasing your fitness level, developing your core strength, and improving your flexibility and muscular strength.

## JEWISH LIFE

### **Challenging Times, Ageless Insights: Wisdom with the Clergy of the Rivertowns Jewish Consortium**

7 Fridays, 9:00 AM - 10:15 AM

November 1, December 6, January 3, February 7, March 6, April 3, May 1

*Members & Non-Members: Free of Charge*

Sponsored by the Rivertowns Jewish Consortium (RJC), "Challenging Times, Ageless Insights" offers participants the opportunity to explore contemporary issues through a Jewish lens, providing insights, discussion, debate, and if we are successful, even more questions! Focusing more on depth than breadth, one can come with existing knowledge or just lots of curiosity. In a welcoming environment, we will challenge and learn from each other. Each month's session will be taught by a different RJC clergy member.

### **Coffee with the Rabbi**

Ages 13 – Adult

6 Tuesdays (every other Tuesday), 11:00 AM – 1:00 PM

Session 1, October 22 – December 31

Session 2, February 11 – April 28. No class on April 7.

*Members & Non-Members: Free of Charge*  
Main Lobby

Have questions about Judaism, spirituality, or philosophy that you never had a chance to ask? Have a cup of coffee with Rabbi Ben Newman, Jewish Life Coordinator at the Shames JCC in an informal session in the Main Lobby.

### **Community Hanukkah Celebration and Market**

Sunday, December 15, 3:00 - 5:00 PM

In preparation for Hanukkah, the Rivertowns Jewish Consortium will be hosting a celebration and vendors' fair. There will be music, food, and a variety of sellers will offer fabulous accessories, handbags, jewelry, Judaica, clothing, stationery, handmade tallit and specialty items. Stock up on gifts for your family and friends!

### **Havdalah on the Hudson: A Spiritual Jam Session**

Select Saturdays, 4:00 PM – 6:00 PM

October 5, November 2, December 7, January 4, February 1, March 7, April 4, May 2, June 6

*Members: \$5 per family; Non-Members: \$10 per family.*

This event is an opportunity to come together in an informal setting to play music, connect in honest conversation, engage in Jewish learning, perform the ritual of Havdalah, and share a meal. This event is kid friendly, so bring the whole family. Newcomers welcome. Please invite your friends!

### **The Ancient Wisdom of the Kabbalah: An Introductory Lecture Series with Rabbi Ben Newman**

4 Thursdays, 10:30 AM – 12:00 PM

October 31 - November 21

*Please register by October 24.*

*Members \$50; Non-members \$65/ Library*

The ancient Hebrew mystical tradition of Kabbalah has been providing spiritual

seekers a unique technology to access our inherent ability to transform ourselves and our world for generations. Though recently Kabbalah has been popularized by The Kabbalah Centre it has a rich history with a wide corpus of literature. This series will provide a basic introduction to some of the history, ideas, texts, and practices of this ancient wisdom, followed by a discussion. Each session of the series will focus on a different topic; General Intro to Thought and History, Introduction to The Zohar, Jewish Meditation and Mystical Practices, Jewish Magic and Folklore and Contemporary Jewish Mysticism.

Rabbi Ben Newman, Jewish Life Coordinator at the Shames JCC is also on staff at Temple Beth Shalom in Hastings, as well as the founder and spiritual leader of Shtiebel, a new paradigm Jewish community in the Rivertowns of Westchester, NY. Rabbi Ben is the author of a series of books for children called The Enchanted Sukkah about a time travelling sukkah. In addition to being a writer and a rabbi, Ben is a singer-songwriter who delights in chanting, playing guitar, and using an Indian instrument called a sruti box.

### **Jewish Meditation in the Four Worlds**

Ages 13 – Adult

12 Thursdays 12:00 PM – 12:45 PM

**Session 1**, October 17 – January 9. No class on January 2.

**Session 2**, February 6 – May 7. No class on February 20, April 9.

*Members: \$5 per class; Non-Members: \$10 per class / Dance Studio*

Kabbalah (Jewish mysticism) teaches that we live in four dimensions or “worlds”—the worlds of the body, heart, mind, and spirit. There is a rich tradition of

kabbalistic meditation in all four. Join Rabbi Ben Newman on a meditative journey towards relaxation and balance in each of these dimensions. Participants should dress comfortably in clothes that allow for light movement. Advance registration is requested but not required.

### **Judaism 101, Semi-Private Tutorial: Unit 2: Justice, Truth, and Peace**

6 classes to be scheduled by participants and Rabbi Ben Newman.

*Members and Non-Members:  
\$425 per person*

Time for a refresh on some of the fundamentals? Exploring Judaism for the first time? This welcoming, inclusive semi-private tutorial is made for you. According to the sages, the world is sustained by three things, justice, truth, and peace. Taught by Rabbi Ben Newman, participants will engage in small group learning (no more than 3 students) and dialogue about the Jewish perspective on the three fundamental ideas of Justice, Truth and Peace. Suitable for people who haven't studied Judaism since b'nai mitzvah, individuals considering conversion, or members of the general community seeking a solid introductory course. Bring your curiosity and expand your knowledge with this engaging program.

## **LITERATURE AND THEATRE**

### **Book Discussion Group with Maureen Petry, Director, Warner Library**

3rd Tuesdays of the Month, 2:15 – 3:15 PM  
September 17 – June 16 / Library

*Free for Members and Non-Members*

Join us to read contemporary and classic fiction, biography and creative non-fiction.

During the group's first meeting, we will discuss preferred genres and specific titles. A list of books to be discussed will then be posted on the JCC's website. Enjoy a lively discussion in a welcoming and supportive group. Advance registration is not required but highly recommended to ensure your spot. All participants must register at the Welcome Desk.

**2019 book selections:**

*September 17:* The Magpie Murders by Anthony Horowitz

*October 15:* Educated by Tara Westover

*November 19:* The Immortalists by Chloe Benjamin

*Further book selections to be announced.*

*Co-sponsored by Warner Library in Tarrytown*

**Jewish Plays Project (JPP): Shames JCC Theater Chavurah**

*(It's a book group for new plays!)*

2 Thursdays, November 21 and January 16, 1:00 PM – 2:30 PM **OR**

2 Thursdays, November 21 and January 16, 7:00 PM – 8:30 PM

*Members & Non-Members: \$10 administrative fee (see below)*

Join the Jewish Plays Project (JPP) - the nation's premiere home for new Jewish plays and musicals— and dive into the best of new Jewish drama. JPP Artistic Director David Winitsky and staff have collected 1,300 plays from 990 writers across 32 states and 9 countries—and bring you 6 of the best. Sign up for the class, read the plays and meet with fellow theater lovers for two engaging, facilitated conversations. We'll ask: What is a Jewish play? Who are the hottest new Jewish playwrights? What are the most important topics for Jewish theater right now? Be part of the JPP's national movement to revolutionize Jewish theater, and make Jewish social justice

part of every theater season. JPP website: [jewishplaysproject.org](http://jewishplaysproject.org).

Register early (in September/October) so you can receive the plays by email with plenty of time to read them before each of the two meetings. This program is made possible by the generous sponsorship of UJA Federation of New York's Upstart Westchester Design Lab. Further, thanks to their support, curriculum and faculty fees for this course are waived.

**Save-the-Date:**

**An Insider's View of Lilith, a Jewish Feminist Magazine, with Susan Weidman Schneider, one of Lilith's founding mothers and Editor-in-Chief.**

Tuesday, October 22, 2019, 7:30 – 9:00 PM

*Members & Non-Members: \$36: includes complimentary issue of Lilith Magazine and one-year subscription. See [shamesjcc.org](http://shamesjcc.org) for additional information.*

**Sundays with George Kraus: Poetry Reading**

Select Sundays: 1:30 – 3:30 PM; September 22, November 10, March 22, and May 24

Members: Free; Non-Members \$10 / Library

Join this popular monthly reading of original poetry by local authors as well as tributes to established poets. Moderated by George Kraus, Ph.D., published author and poet. For more information about the poetry readings, please contact the JCC Welcome Desk and ask for George Kraus.

September 22: Tony Howath and Natalie Safir reading from their recent works

November 10: Ann Cefola, Ann Lauinger, and Beth Gersh-Nesic with their translations of French and Italian poets and writers.

March and May poets to be announced

# LECTURES

## **How Music Works with Barry Wiesenfeld**

4 Fridays, 10:30 PM – 12:00 PM

Start Date: October 4 – October 25

Please register by September 27.

*Members \$50; Non-members \$65*

How Music Works is a series of classes covering many interesting aspects of music: history, characteristics of various eras, milestones and personalities. Mostly addressing the classical world, we cover a significant element of jazz as well, and interestingly, where the two styles overlap and share components - a subject not often addressed. You need have no prior knowledge of music - all you need is a love for the art.

Barry Wiesenfeld has been a musician since childhood, and currently teaches music for SUNY and Ramapo College in addition to maintaining a heavy performing schedule. He has toured in Europe, South America and all over the U.S., performed on radio and TV, and has played with Grammy- and RMI-winning artists. His passion for music is infectious. For more information on Barry, please go to [barrybassist.com](http://barrybassist.com).

## **Economic/Political Philosophies and Systems with Judy Startz Lass**

4 Tuesdays, 10:30 AM – 11:30 AM

Start Date: October 29 – Nov. 19

Please register by October 22.

*Members \$40; Non-members \$50*

Lectures will discuss the political philosophies and economic systems that have affected and effected both the Western and Afro-Asian world. Discussions will include: Communism,

Fascism (Nazism), Socialism, and Capitalism in a democracy.

Judy Startz Lass was a history professor at Concordia College, taught history teaching methods at Fordham University Graduate School of Education and supervised Social Studies Student Teachers at Columbia Teacher's College. She also teaches at UJA-Federation Dorot-University Without Walls.

## **The Ancient Wisdom of the Kabbalah: An Introductory Lecture Series with Rabbi Ben Newman**

4 Thursdays, 10:30 AM – 12:00 PM

October 31 - November 21. Please register by October 24.

*Members \$50; Non-members \$65/ Library*

The ancient Hebrew mystical tradition of Kabbalah has been providing spiritual seekers a unique technology to access our inherent ability to transform ourselves and our world for generations. Though recently Kabbalah has been popularized by The Kabbalah Centre it has a rich history with a wide corpus of literature. This series will provide a basic introduction to some of the history, ideas, texts, and practices of this ancient wisdom, followed by a discussion. Each session of the series will focus on a different topic; General Intro to Thought and History, Introduction to The Zohar, Jewish Meditation and Mystical Practices, Jewish Magic and Folklore and Contemporary Jewish Mysticism.

Rabbi Ben Newman, Jewish Life Coordinator at the Shames JCC is also on staff at Temple Beth Shalom in Hastings, as well as the founder and spiritual leader of Shtiebel, a new paradigm Jewish community in the Rivertowns of Westchester, NY. Rabbi



# INCREASE INCLUSION & SERVICE OFFERINGS TO PEOPLE WITH DISABILITIES & THEIR FAMILIES IN YOUR COMMUNITY!

People of all ages and abilities are part of our community. By broadening and adapting your services to fit their needs, your organization can bring in additional revenue, increase positive positioning in the community, and most importantly, do the right thing.

That is why Beit Issie Shapiro is proud to launch its Halliwick Program. This 5-day course will enable participants to upgrade the aquatic services provided to their community, especially to those with disabilities.

The Halliwick Concept teaches all people, in particular those with physical and/or learning disabilities, to build confidence in the water, to move independently and participate in water activities either for therapeutic, vocational or recreational goals.

### **The course is intended for:**

- Aquatics professionals
- Swimming instructors
- Therapists
- People who have no previous background in the field of treatment or water

### **When:**

**November 4-8, 2019**

### **Where:**

**Shames JCC on the Hudson**

371 S. Broadway, Tarrytown, NY 10591

**For additional information and registration, please visit**

[www.shamesjcc.org/halliwick](http://www.shamesjcc.org/halliwick)

### **About Beit Issie Shapiro:**

For 4 decades, Beit Issie Shapiro has been developing, researching and implementing methodologies and best practices for people with disabilities and those around them.

A world-renowned innovator in the field, our activities impact the lives of over half a million people annually. Beit Issie Shapiro is proud to have Special Consultative Status with the United Nation's Economic and Social Council (ECOSOC) since 2012.



**Beit Issie Shapiro**

Changing the lives of people with disabilities

On the Willie & Celia Trump Campus

Ben is the author of a series of children's books called *The Enchanted Sukkah* about a time travelling sukkah. In addition to being a writer and a rabbi, Ben is a singer-songwriter who delights in chanting, playing guitar, and using an Indian instrument called a sruti box.

## RENARD SERIES

*The Renard Lecture Series is made possible in part by a grant from the Henry H. Renard Foundation, sponsors and program participants.*

Musical concerts and first-person accounts are combined with traditional lectures by scholars and experts in their fields. Presenters offer stimulating, informative, engaging, and unique insights in music, literature, art, history, sports, take out film, archeology, and pop culture, and more. The series is open to all and geared toward people 50 years of age and older seeking a cultural and intellectual experience. Join us once or participate each week!

### **General Information:**

Mondays, 10:00 AM – 11:30 AM; Doors open at 9:30 AM

No program on September 30, October 14, October 21, November 11, December 23

Winter / Spring dates to be announced

*Fee \$5 per person, per presentation/Library*

### **Open House: A Musical Trip Down Memory Lane: Standards of Yesteryear with Gary Solomon & Loren Korevec**

Monday, September 16, 10:00 – 11:30 AM  
*Open House Special: Members & Non-Members, Free of Charge*

Gary Solomon and Loren Korevec perform classic songs from the bygone era of Frank Sinatra, George & Ira Gershwin, Cole Porter, and many others. Gary Solomon, a native New Yorker, has been an internationally

touring musician for over 40 years. Loren Korevec, who hails from California, was the “house pianist” at Elaine’s, one of New York’s most popular restaurants for the rich and famous, for 12 years.

### ***The Passengers: A Documentary Film by Ryan S. Porush***

*Monday, September 23, 10:00 – 11:30 AM*

In Ethiopia, there is a community of over nine thousand Jews. They speak Hebrew, keep kosher and have relatives in Israel, yet Israel continues to deny their appeals for aliyah—the Jewish birthright to become a citizen of Israel. *The Passengers* tells the story of the Ethiopian Jews, and of the struggle for this final community to immigrate to Israel. It follows the amazing journey of two young men, Demoz and Gezi, as they represent their abandoned community on a fateful mission in America.

Ryan S. Porush is a documentary filmmaker and journalist based in Los Angeles. He has produced, filmed and edited documentaries and short films around the world. His award-winning first film, *Two Hundred Percent*, about one young man’s journey to Israel to reunite with his forgotten father screened at film festivals in 2016. Most recently, he has collaborated with Endeavor Films, VICE, GQ, Vocativ, and National Geographic.

### ***The Delta Diaspora: American Blues Music After the 1930s with Michael Shamosh***

Monday, October 7, 10:00 AM – 11:30 AM

From the 1920s through the 1960s, more than 5 million American blacks left the agrarian south for better lives in the industrial north. Sometimes called “The Great Migration” this historic transfer of people and their culture transformed American

music. In cities like Chicago, St. Louis, and Detroit the music absorbed its urban surroundings and birthed three generations of popular music. Join us as we listen to and discuss some of the Mississippi Delta's urban progeny that includes Muddy Waters, Albert King, and John Lee Hooker among others.

Michael Shamosh is a musician and historian of American music. He is a lecturer at Westchester Community College Collegium for Lifelong Learning.

***When Modern Art Was 'Jewish': The Anti-Semitic Campaign against Cubism and the School of Paris with Beth S. Gersh-Nešic***

*Monday, October 28, 10:00 – 11:30 AM*

While Picasso and the Cubists gained the support of art critics, curators and art dealers, a few conservative critics tried to block their ascendance through racist, nationalist and anti-Semitic commentary. This slide lecture provides a short, easy-to-understand introduction to Cubism, their network of supporters, and the anti-Semitic criticism which tried to destroy them.

Art historian and Director of the New York Arts Exchange, Beth S. Gersh-Nešic, Ph.D., has taught numerous undergraduate and graduate courses in NY, RI, and MA. Most of her publications are on Cubism, Picasso and the poet/critic André Salmon. She contributes to the magazine *Bonjour Paris*.

***Searching for Wallenberg with Film Director Robert L. Kimmel***

*Monday, November 4, 10:00 – 11:30 AM*

This 2002 documentary, containing newly discovered archival material and exclusive interviews, describes the heroic efforts of the young Swedish diplomat Raoul Wallenberg who saved tens of thousands

of Hungarian Jews from Nazi deportation and death during WWII. Through clever and courageous action, time and again during his stay in Budapest, Wallenberg was able to thwart efforts by Adolph Eichmann to broaden the Holocaust's toll. He was taken into custody by the Soviet Red Army just before the liberation of the Hungarian capital, January 17, 1945, and never seen in the free world again. Exactly what happened to him remains one of the major mysteries of the Twentieth Century. This film will be followed by a discussion with Mr. Kimmel.

The producer of the documentary and its major writer, Robert Kimmel, of Tarrytown, has a journalism career of more than 50 years, and includes positions such as Director of NBC Network Radio News, Assistant News Director of WINS Radio, writer and reporter at WABC Radio & TV, and correspondent in Paris and Frankfurt for the American Forces Network. He was Chairman of the Editorial Board of *The Hudson Independent*, and continues as a member while being Vice President of the Hudson Valley News Corps., its parent company. Fee \$5.00 per person.

***Great Speeches of the Early 1960s - From Kennedy to King with Jess Velona***

*Monday, November 18, 10:00 – 11:30 AM*

The early 1960s come alive in Jess Velona's fast-paced review of that era's great speeches, which inspired a nation to believe it could be better. Relive the Catholic JFK confronting a roomful of hostile Protestant ministers, the young president's timeless inaugural, his bold call for civil rights, and Martin Luther King's dream. Along the way, Velona takes us behind the scenes to reveal who really wrote those speeches, the lines

that were left out and why, and how last-minute events almost prevented some of those speeches from being delivered at all. He also explores how Kennedy and King deftly targeted different audiences within the same speech, and unveils the rhetorical tools they used to make their words unforgettable even a half-century later.

Jess Velona has practiced law for more than 25 years and is also a Lecturer-in-Law at Columbia Law School, where he teaches oral advocacy and written communication skills. He has published on the relationship between law and politics. Jess was a one-time candidate for public office in Manhattan, surrogate campaign speaker for Bill Clinton, and an aide who drafted speeches for Senator Daniel Patrick Moynihan.

***Re-reading the Classics at a Certain Age: Tolstoy's Anna Karenina with Bill Costanzo***

*Monday, November 25, 10:00 – 11:30 AM*

We are often introduced to the literary classics before we've had enough life experience to appreciate them fully. As a literature major at Columbia College many years ago, the speaker fell in love with Anna Karenina having only an undergraduate's understanding of the book, the characters, and the vicissitudes of love. One of his lifetime goals has been to return to Tolstoy's masterpiece with enough Russian to read it in the original language and a lifetime of life's lessons illuminating the story page by page. He will be sharing his progress toward that goal in the hope that others may undertake their own journeys of rediscovery.

Bill Costanzo is a SUNY Distinguished Teaching Professor of English and Film

and has taught at Westchester Community College for more than forty years. He has published six books on writing and film, including "Great Films and How to Teach Them" (NCTE, 2004), "The Writer's Eye: Composition in the Multimedia Age" (McGraw-Hill, 2007), and "Reading the Movies" (now available on Kindle), and his latest book, "World Cinema Through Global Genres".

***Fire! With Marty O. Cohen***

*Monday, December 2, 10:00 – 11:30 AM*

The mastery of fire may well be the turning point in human history. Not only did it save mankind from probable extinction, but it was the prime mover in man's physical and societal evolutions. In this lecture, we will cover these developments and many more. Marty O. Cohen of Tappan lectures on Jewish History, Bible, Science, and Civilization at the JCC of West Nyack, The Learning Collaborative, Synagogues and Culture Clubs. Fee \$5.00 per person.

***Tragedy in the East River 1904: The Passenger Steamboat The General Slocum with Eugene Boesch***

*Monday, December 9, 10:00 – 11:30 AM*

The Passenger Steamboat General Slocum was a side-wheel passenger boat taking over 1,300 people, mainly from the lower East Side, on a day's outing to Oyster Bay on June 15, 1904. Tragedy struck the boat soon after departing from lower Manhattan with over 1,000 people perishing. It was the greatest loss of life from a single event in New York's history until 9-11. The lecture will discuss the horrible incident which is less well known than the Triangle Shirtwaist Fire or the sinking of the Titanic, other disasters occurring less than a decade later.

Eugene Boesch, of Mahopac, has

undertaken archaeological investigations in the Hudson Valley area for 30 years. His work has primarily focused on Native American cultures and adaptations in the Eastern Woodlands of North America and on early Euro-American settlement in the Hudson Valley region. He has also worked in Israel, California, and the Illinois River Valley. Dr. Boesch teaches at Adelphi University and Westchester Community College, and is a member of the Westchester County Historic Preservation Advisory Committee and the Putnam County Historic Preservation Advisory Commission.

***A Feast in Song with Rahel Musleah***  
Monday, December 16, 10:00 – 11:30 AM

Food is essential in Jewish tradition! Take a Jewish culinary journey around the world: Explore the food and food customs of Jewish communities from Poland to India. Learn about hallah and hamin (Sephardic cholent), manna and matza, potatoes and pilaf, and much more. Listen to songs that feature food that are sung in Hebrew, English, Yiddish and Ladino, for occasions from Shabbat and holidays to ordinary days.

Rahel Musleah is an award-winning journalist, author, singer, speaker, and educator, Rahel is the seventh generation of a Calcutta family who traces her roots to seventeenth century Baghdad. Her multimedia visual, song, and story presentations offer a rare and intimate view of a rich culture little-known to most. She also leads tours of Jewish India informed by her distinctive “insider’s” perspective.

***Jewish Image in American Film - Part 1 with Arthur Aldrich***

Monday, January 6, 10:00 AM – 11:30 AM  
Strangers in a strange land were the Jewish immigrants who landed at Ellis

Island in the early 20th century. They wore their shtetl clothes and spoke Yiddish. And they were prime subjects of early silent film, whose main audiences were immigrants on the Lower East Side of NYC. To introduce this series, we will present films that depict the early immigrant experience and the stereotypes that were created by gentile film makers.

Arthur Aldrich is a media historian and founder, editor, and publisher of “Our Town” newspaper. In the 1950s, he worked in radio and was stage manager of an off-Broadway theater and technical director of the Folksbiene Theater on the Lower East Side. He was an adjunct professor at Rockland Community College and taught more than 60 Elderhostel and adult education courses. He teaches at the Learning Collaborative in Rockland County.

***Music, Light and Sound: Performance and Lecture with Violinist Shem Guibbory***

Monday, January 13, 10:00 – 11:30 AM  
This presentation explores how music and visual images work together. We measure light and sound in terms of frequencies – for example sound increasing from low to high, colors increasing from dark to light. We also experience ways they work together, simultaneously, in performance and in film /video. We will hear Shem and his violin playing, and he will guide us through an exploration of how light and sound work together in art that transforms our experience.

Shem Guibbory is an internationally acclaimed, award winning musician, and creator of mixed-media performance art. Since 1992, Mr. Guibbory has been

Please join other women for this special talk and Q&A with the Editor-in-Chief of *Lilith Magazine*



**Susan Weidman Schneider**  
Editor-in-Chief, *Lilith Magazine*

## "AN INSIDER'S VIEW OF A JEWISH FEMINIST MAGAZINE"

**Tuesday, October 22**

7:30-9:00 PM

\$36 per person (includes a complimentary issue and a one-year subscription to the magazine).

Lilith

Bring your sisters, mother, and girlfriends! This event is open to Members and Non-members

For more information, please email [lmorrison@shamesjcc.org](mailto:lmorrison@shamesjcc.org)

# Rivertowns Women's Networking Project

Select Tuesdays, 7:00 PM – 9:00 PM

**Beginning September 23**

See page 58 for details

a member of the first violin section of the Metropolitan Opera Orchestra. He has appeared as soloist with the New York Philharmonic, the Beethoven Halle Orchestra, the Kansas City Symphony and the Symphony of the New World.

## FILM

### **General Information:**

Advance registration not required but appreciated. All participants must sign in at the Welcome Desk.

*Members & Non-members: \$5 per film per person / Library. Includes light snacks.*

### ***The Passengers: A Documentary Film by Ryan S. Porush***

*Monday, September 23, 10:00 – 11:30 AM  
(A Renard Lecture Series Program)*

In Ethiopia, there is a community of over nine thousand Jews. They speak Hebrew, keep kosher and have relatives in Israel, yet Israel continues to deny their appeals for aliyah - the Jewish birthright to become a citizen of Israel. *The Passengers* tells the story of the Ethiopian Jews, and of the struggle for this final community to immigrate to Israel. It follows the amazing journey of two young men, Demoz and Gezi, as they represent their abandoned community on a fateful mission in America.

### ***He Named Me Malala (2015)***

*Friday, November 1; 10:30 AM – 12:00 PM*

This American documentary film directed by Davis Guggenheim presents the young Pakistani female activist and Nobel Peace Prize laureate Malala Yousafzai. She has spoken out for the rights of girls, especially the right to education, since she was very young. The film also recounts how she miraculously survived and has become even more eloquent in her quest after

being hunted down and shot by a Taliban gunman as part of the organization's violent opposition to girls' education in the Swat Valley in Pakistan. The title refers to the Afghani folk hero Malalai of Maiwand, after whom her father named her.

### ***Searching for Wallenberg with Film Director Robert L. Kimmel***

*Monday, November 4, 10:00 – 11:30 AM  
(A Renard Lecture Series Program)*

This 2002 documentary, containing newly discovered archival material and exclusive interviews, describes the heroic efforts of the young Swedish diplomat Raoul Wallenberg who saved tens of thousands of Hungarian Jews from Nazi deportation and death during WWII. Through clever and courageous action, time and again during his stay in Budapest, Wallenberg was able to thwart efforts by Adolph Eichmann to broaden the Holocaust's toll. He was taken into custody by the Soviet Red Army just before the liberation of the Hungarian capital, January 17, 1945, and never seen in the free world again. Exactly what happened to him remains one of the major mysteries of the Twentieth Century. This film will be followed by a discussion with Mr. Kimmel.

### ***Hearts and Minds (1974)***

*Friday, December, 10:30 AM – 12:30 PM*

A courageous and startling film, Peter Davis' landmark documentary unflinchingly confronts the United States' involvement in Vietnam. Using a wealth of sources—from interviews to newsreels to documentary footage of the conflict at home and abroad—Davis constructs a powerfully affecting portrait of the disastrous effects of war. The controversial winner of the 1974 Academy Award for Best Documentary, the film's

title is based on a quote from President Lyndon B. Johnson: “the ultimate victory will depend on the hearts and minds of the people who actually live out there”.

***And Everything Is Going Fine (2010)***

*Friday, January 10, 10:30 AM – 12:00 PM*

Directed by Steven Soderbergh this film is a look at the art of Spalding Gray who drew from real life experience to create compelling and deeply personal monologues. His death came tragically early, in 2004; this compilation of interview and performance footage, spanning some 20 years, nails his idiosyncratic and irreplaceable brilliance.

***A Tribute to Franco Zeffirelli: His Life and Operas***

Franco Zeffirelli, born in Italy in 1923, died this June. An Italian director, designer, and producer of opera, theatre, motion pictures, and television, he was particularly noted for the authentic details and grand scale of his opera productions and for his film adaptations of Shakespeare.

- *Tea with Mussolini (1999)*

*Thursday, Sept 19; 10:30 AM – 12:30 PM*

A semi-autobiographical film directed by Franco Zeffirelli, scripted by John Mortimer, telling the story of a young Italian boy’s upbringing by a circle of British and American women before and during the Second World War. Cher, Maggie Smith, Judi Dench, and Joan Plowright and Lily Tomlin star.

- *Turandot (2003)*

*Thursday, Oct. 17; 10:30 AM – 12:45 PM*

Acclaimed director of both stage and screen Franco Zeffirelli produced this performance of Puccini’s Turandot by the Metropolitan Opera. With a cast that includes Plácido Domingo, Eva Marton,

and Leona Mitchell, the production also features the Metropolitan Opera Orchestra under conductor James Levine and the Metropolitan Opera Ballet under choreographer Chiang Ching.

- *La Traviata (2008)*

*Thursday, Nov. 21: 10:30 AM- 12:30 PM*

Teresa Stratas is heartbreaking as the dying courtesan Violetta, who turns her back on the love of Alfredo (Plácido Domingo) in order to preserve his family reputation. Set in 1840s Paris, the film features lavish sets and brilliant use of outdoor locations, both of which incorporate lots of interesting period detail. Conductor James Levine brings the music, the great Italian director Franco Zeffirelli brings the images, and together they form what many consider to be the perfect opera film.

- *La Boheme (1965)*

*Thursday, Dec. 19: 10:30 AM- 12:30 PM*

In the early 1960’s two artistic giants, conductor Herbert Von Karajan and director Franco Zeffirelli, joined forces to create this milestone production of Puccini’s masterpiece at Milan’s Teatro alla Scala . This Boheme has been universally acclaimed for its unique theatrical impact and visual splendor. It stars a young Mirella Freni in her career making performance.

## PERFORMING ARTS

### Israeli Dance with Leng

Ages 18 and up

7 Wednesdays per session

Beginners 7:00 PM -7:45 PM (and beginners are welcome to stay later) / Youth Lounge

Intermediate / Open Session 7:45 PM- 9:30 PM / Mind Body Studio

**Session 1:** September 11 – October 30.  
No class October 9.

**Session 2:** November 6 – January 8.  
No class November 27.

**Session 3:** January 15 – February 26.

Purchase a session and save!

*Each session: Members \$72; Non-members \$90.*

*Drop in fee per class: Members \$12; Non-members \$15 each session.*

Share a passion for Israeli music and dance. Israeli dancing is wonderful for your mind, body and spirit as well as a great exercise. Make friends, socialize, have a great time, and enjoy light refreshments. Prior experience not required. Leng Tan is passionate about her love of Israeli folk dance and is known for being a patient instructor. She has been teaching for over 25 years and offers classes in the tri-state area.

### **Aerial Hammock with Westchester Circus Arts: Mixed Level Class**

Ages 18 - Adult

This aerial arts skill uses a silk whose ends have been tied together to form a loop in which students use the fabric to wrap, suspend, drop, swing and spiral their bodies into and out of various positions in the air. Similar to aerial yoga but with more focus on choreography and circus-inspired movement.

#### **Session 1**

7 Mondays, 6:00 PM – 7:00 PM  
September 9 – November 4  
No class on September 30, October 14  
*Members: \$225; Non-members: \$250*  
Gymnasium

#### **Session 2**

6 Mondays, 6:00 PM – 7:00 PM  
November 18 - January 6

No class on December 23, December 30  
*Members: \$195 ; Non-members: \$215*  
Gymnasium

#### **Session 3**

8 Mondays, 6:00 PM – 7:00 PM  
January 27 - March 23  
No class on February 17  
*Members: \$255; Non-members: \$290*  
Gymnasium

#### **Session 4**

8 Mondays, 6:00 PM – 7:00 PM  
March 30 - June 8  
No class on April 6, April 13, May 25  
*Members: \$255; Non-members: \$290*  
Gymnasium

### **Aerial Silks with Westchester Circus Arts: Mixed Level**

Ages 18 - Adult

Aerial silks is a circus-inspired workout using a suspended fabric. Aerial silks will have you twisting, turning, inverting, and climbing your way to a stronger, more limber you.

#### **Session 1**

7 Mondays, 7:00 PM – 8:00 PM  
September 9 – November 4  
No class on September 30, October 14  
*Members: \$225; Non-members: \$250*  
Gymnasium

7 Wednesdays, 6:00 PM – 7:00 PM  
September 11 - October 30  
No class on October 9  
*Members: \$225; Non-members: \$250*  
Gymnasium

8 Sundays, 3:00 PM – 4:00 PM  
September 15 - November 17  
No class on September 29, October 13  
*Members: \$255; Non-members: \$290*  
Gymnasium

#### **Session 2**

6 Mondays, 7:00 PM – 8:00 PM  
November 18 - January 6

No class on December 23, December 30  
*Members: \$195 ; Non-members: \$215*  
 Gymnasium

8 Wednesdays, 6:00 PM – 7:00 PM  
 November 6 - January 15  
 No class on November 27, December 25,  
 January 1  
*Members: \$255; Non-members: \$290*  
 Gymnasium

6 Sundays, 3:00 PM – 4:00 PM  
 November 24 - January 19  
 No class on December 1, December 22,  
 December 29  
*Members: \$195 ; Non-members: \$215*  
 Gymnasium

### **Session 3**

8 Mondays, 7:00 PM – 8:00 PM  
 January 27 - March 23  
 No class on February 17  
*Members: \$255; Non-members: \$290*  
 Gymnasium

9 Wednesdays, 6:00 PM – 7:00 PM  
 January 29 - April 1  
 No class on February 19  
*Members: \$290; Non-members: \$325*  
 Gymnasium

7 Sundays, 3:00 PM – 4:00 PM  
 February 2 - March 29  
 No class on February 16, February 23  
*Members: \$225; Non-members: \$250*  
 Gymnasium

### **Session 4**

8 Mondays, 7:00 PM – 8:00 PM  
 March 30 - June 8  
 No class on April 6, April 13, May 25  
*Members: \$255; Non-members: \$290 /*  
 Gymnasium

9 Wednesdays, 6:00 PM – 7:00 PM  
 April 15 - June 10  
*Members: \$290; Non-members: \$325 /*  
 Gymnasium

7 Sundays, 3:00 PM – 4:00 PM  
 April 19 - June 7

No class on May 24  
*Members: \$225; Non-members: \$250 /*  
 Gymnasium

### **Hula Hooping**

Ages 13 - Adult

Hula Hooping is a circus act that combines dance and acrobatics with hula hoops. Students will learn on-body and off-body sequences, manipulations, transitions, and choreography.

Hula-hooping students have the option of participating in the Circus Arts, Spring Student Showcase scheduled for June 14, 2020. Additional fees apply. Please contact Mike Pearson, JCC Director of Sports & Recreation, for additional information.

### **Session 1**

7 Mondays, 6:00 PM – 7:00 PM  
 September 9 – November 4  
 No class on September 30, October 14  
*Members: \$195; Non-members: \$225 /*  
 Gymnasium

### **Session 2**

6 Mondays, 6:00 PM – 7:00 PM  
 November 18 - January 6  
 No class on December 23, December 30  
*Members: \$170 ; Non-members: \$195 /*  
 Gymnasium

### **Session 3**

8 Mondays, 6:00 PM – 7:00 PM  
 January 27 - March 23  
 No class on February 17  
*Members: \$225; Non-members: \$255 /*  
 Gymnasium

### **Session 4**

8 Mondays, 6:00 PM – 7:00 PM  
 March 30 - June 8  
 No class on April 6, April 13, May 25  
*Members: \$225; Non-members: \$255 /*  
 Gymnasium

**Juggling - Mixed Level**

Ages 13 - Adult

Juggling is the art of keeping more objects in the air than you have hands. In this class you will learn one, two and three ball juggling using our unique way of teaching this skill. Students will learn the basics of ball, scarf and club juggling. Juggling is terrific for brain development and hand-eye coordination.

Every artist in the circus learns how to juggle as their first skill. Students will also learn how to juggle in partnership with other jugglers.

Juggling students have the option of participating in the Circus Arts, Spring Student Showcase scheduled for June 14, 2020. Additional fees apply. Please contact Mike Pearson, Director of Sports & Recreation, for additional information: mpearson@shamesjcc.org.

**Session 1**7 Wednesdays, 7:00 PM – 8:00 PM  
September 11 - October 30

No class on October 9

*Members: \$195; Non-members: \$225 /  
Gymnasium***Session 2**8 Wednesdays, 7:00 PM – 8:00 PM  
November 6 - January 15No class on November 27, December 25,  
January 1*Members: \$225; Non-members: \$255 /  
Gymnasium***Session 3**9 Wednesdays, 7:00 PM – 8:00 PM  
January 29 - April 1

No class on February 19

*Members: \$250; Non-members: \$290 /  
Gymnasium***Session 4**

9 Wednesdays, 7:00 PM – 8:00 PM

April 15 - June 10

*Members: \$250; Non-members: \$290 /  
Gymnasium***Lyra and Trapeze with Westchester Circus Arts - Mixed Level**

Ages 18 - Adult

Aerial Hoop (Lyra) & Static Trapeze is a circus-inspired work-out that uses bar apparatuses for a fun, total body work-out. Build core, upper body, and flexibility through fun and challenging aerial skill sequences and choreography.

**Session 1**

8 Sundays, 4:00 PM – 5:00 PM

September 15 - November 17

No class on September 29, October 13

*Members: \$255; Non-members: \$290  
Gymnasium***Session 2**

9 Sundays, 4:00 PM – 5:00 PM

November 24 - January 19

*Members: \$290; Non-members: \$325  
Gymnasium***Session 3**

7 Sundays, 4:00 PM – 5:00 PM

February 2 - March 29

No class on February 16, February 23

*Members: \$225; Non-members: \$250  
Gymnasium***Session 4**

7 Sundays, 4:00 PM – 5:00 PM

April 19 - June 7

No class on May 24

*Members: \$225; Non-members: \$250  
Gymnasium*

# SCHOOL OF MUSIC

**Private Music Lessons**

All Ages

*Fall session: September 9 - January 27*

Recital: January 26

Spring session: February 3 - June 15

Recital: June 14

- 30 minutes lessons: \$665
- 45 minutes lessons: \$830
- 60 minutes lessons: \$1,030

16 lessons per package.

Packages may be prorated.

*Non-member add \$25 registration fee.*

One-on-one instruction in piano, violin, guitar, flute, saxophone, trumpet, clarinet, cello, viola and voice is taught by professionals who have comprehensive knowledge of their instrument, as well as expertise in performance practice, music history, and music theory. Our instructors are enthusiastic and passionate about music and teaching students of all abilities.

Register at any time! Tuition is prorated for the number of weeks remaining in the semester.

## SELF EXPLORATIONS

A selection of programs to thoughtfully and creatively explore one's self within the context of family, paths taken and not, looking into the future, and more. From where we've been...to where we're going – join us!

### **Creative Memoirs with Jennifer Convissor, LCSW**

6 Fridays, 1:00 PM – 2:15 PM

October 4 - November 8. Please register by September 27.

*Members \$60; Non-members \$75/ Library*

Have you ever wanted to creatively capture important moments of your life, for your own reflection, for your loved ones, or for the sake of art itself? This series seeks to

get you started on this journey. Unlike standard memoir writing groups, participants are not constrained by pen on paper, though classic narratives are still welcome! Come with your own talents and interests, may it be illustrated pages, a play, short documentary clips, or creative non-fiction. It's your life; relate your experiences in whatever means feels right to you.

### **Life Map: Journaling for Growth with Jennifer Convissor, LCSW**

4 Fridays, 1:00 PM – 2:15 PM

November 15 - December 13.

No program November 29

Register by November 8

*Members \$50; Non-members \$65/ Library*

Be the conscious author of your life story.

Use your journal to create and adjust your life path. We explore the basic types of journaling (creative, idea, dream, date), to its uses for self-assessment, meditation, and manifestation.

### **Looking Ahead: Whether, When and Where to Move with Irene Kleinsinger**

3 Thursdays, 10:30 AM – 12:00 Noon

December 19 - January 9

No program December 26.

Please register by December 12

*Members \$40; Non-members \$50 / Library*

50 and over? Consider the various living options and the pros and cons of each – independent living, assisted living, continuing care communities, and less well-known possibilities such as co-housing and more. What considerations will impact your decision?

A graduate of Cornell University, Irene Kleinsinger has over 25 years experience as a coach and workshop leader. Among other areas of expertise, she currently focuses on helping individuals with decision-making related to life transitions.

### **Mental Wellness Services with Jennifer Convissor, LCSW**

Generously funded by the UJA Federation of New York, Shames JCC offers mental wellness services with counseling and referrals for our community. The offerings include three free individual / family counseling sessions; on-going and customizable support groups, and unlimited referrals to local social services.

*By appointment:* Monday, Wednesday, and Friday at 10:00 AM – 4:00 PM

*Walk-in hours:* Fridays 10:00 AM – 12:00 PM

Jennifer Convissor is a licensed clinical social worker (LCSW), with a bachelor's degree (BA) from Sarah Lawrence College, a Master of Social Work (MSW) degree from Fordham University and clinical supervision certification (SIFI) from NYU. She has extensive experience in group-work with every age group from babies to senior citizens. She has practiced professionally in the Bronx, Brooklyn, Manhattan and Westchester. Jennifer currently sees private clients in her wellness center in White Plains and satellite office in Tarrytown. Through a generous grant from the UJA, she serves as Partners-in-Caring social worker for the Shames JCC on the Hudson, providing direct mental health services to members and employees.

### **Reflections Collage with Linda Paver, LCSW**

3 Fridays, 10:30 AM – 12:00 Noon  
January 17 - 31. Register by January 10.  
*Members \$40; Non-members \$50 / Library*

How do we see ourselves? What is our outlook on the world? How does our personality frame our actions? While cutting and pasting pictures and words, let's discuss our reflections to see

ourselves clearly.

Linda Paver is a licensed clinical social worker with a master's degree from Yeshiva University's Wurzweiler School of Social Work. Presently she is the Director of the Renard Lecture Series and the Adult Program Specialist at the Shames JCC.

### **Bringing Yoga into Everyday Life: Cultivating Inner Peace**

Ages 18 and up

Thursday, October 10, 2019

12:30 PM - 1:30 PM

*"Calming the mind is Yoga. Not just standing on your head" — Swami Satchidanada.*

In this class, we will learn some of the practices of a rich yoga tradition that will help to cultivate in inner peace. Through breathing practices, mindfulness techniques, and some deliberate movements of the body each student will experience and bring home simple practices that can be integrated into daily life. This class will be done seated in a chair and is open to all levels. Hand-outs will be provided.

Bari Ruck has been teaching yoga for over 10 years. She has taught in a Cancer Center, Community College, yoga studios and corporate environments. She has been the chair yoga instructor here at the J for the last 2 years. Currently, her classes are on Wednesdays at 12:15 and Thursdays at 11:15.

In addition to being a yoga Instructor, she is also a Licensed Massage Therapist. She finds teaching Yoga to others brings her a lot of joy.

### **Did you know?**

The Shames JCC has about 700 hours of spin classes a year. That's like biking here to California and back!

# SPECIAL NEEDS

## Our Mission

The Shames JCC is a welcoming and supportive environment for people of all abilities and is dedicated to serving individuals with special needs across their life spans. We offer a wide range of inclusive and specialized programs for individuals with varying special needs and their families.

Intakes and IEP/504 are required. Funding for the special needs programs is provided through generous grants from the J.E. and Z.B. Butler Foundation, UJA Federation, Westchester County Department of Community Mental Health, The FAR Fund and Individual Contributions.

For more information, please contact Amanda Gabel, Director of Special Needs Services, at [agabel@shamesjcc.org](mailto:agabel@shamesjcc.org).

## Inclusion and Specialized Programs for Teens and Adults (Ages 14-25)

### Zemach

Sundays, 11:00 AM - 2:00 PM  
October 6 – May 31

No program on October 13, November 10, December 22, December 29, January 19, February 9, March 22, April 12, May 10, May 24

*Members \$635; Non-Members \$690*

Zemach is a recreational, drop-off program geared towards children, teens and young adults on the autism spectrum or with related developmental disabilities. Younger participants engage in entertaining, engaging and intentional programming that encourages each participant to learn new skills, build self-confidence, enhance social skills and increase self-

awareness and emotional expression. For older participants, we cultivate peer-to-peer relationships, create social justice experiences, and work on pre-vocational and life skills, where each participant practices the necessary skill sets that encourage them to reach their most independent potentials.

Zemach is organized according to age, enabling staff to focus on developmental needs and help cultivate peer-to-peer relationships.

### Zemach Groups:

Mayim (Water): Ages 5-7

Adamah (Earth): Ages 8-13

Shemesh (Sun): Ages 14-17

Avir (Air): Ages 18-25

Zemach is a 2:1 staffing ratio setting.

Intakes and IEP/504 is required.

Participants must bring their own lunch.

Interested in learning more? Please contact Tracey Weiner, Program Manager, at [twiener@shamesjcc.org](mailto:twiener@shamesjcc.org)

### Etz Chayim

Ages 14 to 25

Program dates and times vary.

*Members \$500; Non-Members \$550 plus additional fee per trip*

Etz Chayim is a social program for teens and adults on the autism spectrum or with related developmental disabilities.

Participants build friendships and experience new adventures through field trip experiences. From riding the train to Cold Spring, NY, knocking down the pins at Bowlmor Lanes, playing games at Rye Playland, visiting the Bronx Zoo, and more, participants have a blast and revel in their sense of freedom.

TRIPS DO NOT DEPART FROM THE JCC. Prior to the program start date an email will be distributed to those registered with the official schedule and information regarding each trip; we will communicate specific times, additional fees per trip and the meet up spots for drop-off and pick-up. Etz Chayim is organized according to age, enabling staff to focus on developmental needs and help cultivate peer-to-peer relationships.

#### *Etz Chayim Groups:*

Anaf (Branch): Ages 14 - 17

Ahle (Leaf): Ages 18 – 25

Etz Chayim requires an intake evaluation and IEP/504 plan.

Interested in learning more about Etz Chayim? Please contact Tricia Gressel, Program Specialist, at [tricia.gressel@shamesjcc.org](mailto:tricia.gressel@shamesjcc.org).

#### **Prichah Internship Program**

Ages 18 to 25

Overseen by Amanda Gabel, Director of Special Needs Services, Prichah is a paid summer internship and training program for young adults with special needs. This program, generously supported by The FAR Fund, provides a structured, supportive experience for up to 4 interns. Building upon the foundation of job-related skills practiced in our Zemach program, interns learn together and work alongside JCC staff across several of the agency's departments. Eligible participants must be enrolled in Zemach "Avir" when applying for Prichah. For more information please contact Amanda Gabel, Director of Special Needs Services, at [agabel@shamesjcc.org](mailto:agabel@shamesjcc.org).

## SPORTS & RECREATION

### **Basketball Private Lessons**

Ages 5 and up

#### *Members:*

- 60 Minute Private, Single: \$70
- 60 Minute Semi-Private (2-3 participants, must come as a group), Single: \$100
- 60 Minute Private, 3 sessions: \$190
- 60 Minute Semi-Private (2-3 participants, must come as a group), 3 sessions: \$290

#### *Non-Members:*

- 60 Minute Private, Single: \$80
- 60 Minute Semi-Private (2-3 participants, must come as a group), Single: \$120
- 60 Minute Private, 3 sessions: \$220
- 60 Minute Semi-Private (2-3 participants, must come as a group), 3 sessions: \$320

Skills coaching and training for individuals or small groups is ideal for serious players that want to hone in on specific areas of play. Private coaching lessons can focus on ball handling, shooting form, accuracy, footwork, balance, post or perimeter scoring moves, defensive principles, strengthening, conditioning and rebounding. Private instruction can also help boost overall basketball IQ, confidence, aggressiveness, and mental toughness. Small group sessions incorporate team play.

### **Open-Run Basketball**

Ages 18 - Adult

Wednesdays, 10:30 AM – 12:30 PM

*Members: Free; Non-members \$10.00 / Gymnasium*

Join our full-court, open-run pick-up basketball on Wednesday mornings.

### **Men's Basketball League**

Ages 21 and up

Tuesdays and Thursdays, 7:30 – 10:00 PM

*Members: \$115; Non-members: \$135  
Gymnasium*

Join our competitive men's league! Come as a free agent or with a team, and we will outfit you with team jerseys for a six game season plus playoffs (all teams make playoffs). Games will feature 2 referees, scorekeeper and stat book, website, league news, player of the week, and video clips! Shames JCC Jersey required: \$15 each. To purchase the Shames JCC Jersey, please contact Mike Pearson, Director of Sports & Recreation at [mpearson@shamesjcc.org](mailto:mpearson@shamesjcc.org).

### **Pickleball - Mixed Level**

Ages 18 – Adult

Mondays & Fridays

9:30 AM - 1:30 PM

*Members: \$5; Non-members: \$10 /  
Gymnasium*

Recreational pickleball is available for pick-up games or practicing with friends. Individuals and groups welcome; the emphasis is on fun, fellowship, skill development and exercise. Please come out and join the fun! Pre-registration is not required but before you play, please check-in with the Welcome Desk. Pickleball is a paddle sport (similar to a racquet sport) that combines elements of badminton, tennis, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a Wiffle ball, over a net.

### **Drop-in Volleyball**

Ages 14 – Adult

Wednesdays, 8:15 PM – 10:00 PM

*Members: Free; Non-members: \$10 /  
Gymnasium*

Recreational volleyball is scheduled for pick-up games. Individuals and teams welcome, emphasis on fun, fellowship, skill development and exercise. Please come out and join the fun! Drop in every Wednesday and have a fun night of playing volleyball. All skill levels are welcome! Pre-registration is not required but before you play, please check-in with the Welcome Desk.

### **Did you know?**

The students at the Children's Garden Center put together 90 chemo care packages for children undergoing chemotherapy at MSK Pediatric Center in NYC. CGC children decorated the bags, made cards and helped fill the bags with a variety of goodies!



## FAMILIES

At the Shames JCC, we encourage families to spend time with one another doing fun and meaningful activities, and form connections with other families. You can take swim lessons with your baby, practice yoga with your child, or Hula Hoop with your teen in a Circus Arts class. Time spent with your family at the J is quality time and special moments for everyone.

**Unless otherwise noted, online registration closes 3 business days prior to the start date.**

After this time, please call the Welcome Desk at 914-366-7898 to register.

Many of our programs can be pro-rated after they begin as long as space is available.

## AQUATICS

### Parent & Child Aquatics Level 1

Ages 6 - 18 months  
(10 participants)

#### Session 1

8 Saturdays, 8:00 AM - 8:30 AM  
September 28 – November 16  
Members: \$190; Non-members: \$230

6 Sundays, 8:00 AM - 8:30 AM  
October 6 – November 17

No class on October 13  
Members: \$140; Non-members: \$170

#### Session 2

7 Saturdays, 8:00 AM - 8:30 AM  
November 30 – January 25

No class on December 28, January 4  
Members: \$165; Non-members: \$200

7 Sundays, 8:00 AM - 8:30 AM  
December 1 – January 26

No class on December 29 – January 5  
Members: \$165; Non-members: \$200

#### Session 3

9 Saturdays, 8:00 AM - 8:30 AM  
February 8 – April 4  
Members: \$210; Non-members: \$255

9 Sundays, 8:00 AM - 8:30 AM  
February 9 – April 19

No class on February 23, April 12  
Members: \$210; Non-members: \$255

#### Session 4

8 Saturdays, 8:00 AM - 8:30 AM  
May 2 – June 27

No class on May 23

Members: \$190; Non-members: \$230

8 Sundays, 8:00 AM - 8:30 AM  
May 3 – June 28

No class on May 24  
Members: \$190; Non-members: \$230

Parents (or caregivers) and babies or toddlers have fun in the water together! Games and songs are used to help tots become comfortable and learn basic water skills. Skills introduced: Exploring buoyancy, body position, floating and gliding, basic stroke action, and breathing control (blowing bubbles or holding breath underwater). All non-potty trained children will be required to wear a tight fitting swim diaper.

### Parent & Child Aquatics Level 2

Ages 19 - 36 months  
(10 participants)

#### Session 1

8 Saturdays, 8:40 AM - 9:10 AM  
September 28 – November 16  
Members: \$190; Non-members: \$230

6 Sundays, 8:40 AM - 9:10 AM  
October 6 – November 17

No class on October 13  
Members: \$140; Non-members: \$170

#### Session 2

7 Saturdays, 8:40 AM - 9:10 AM  
November 30 – January 25

No class on December 28, January 4  
Members: \$165; Non-members: \$200

7 Sundays, 8:40 AM - 9:10 AM  
December 1 – January 26

No class on December 29 – January 5  
Members: \$165; Non-members: \$200

#### Session 3

9 Saturdays, 8:40 AM - 9:10 AM  
February 8 – April 4  
Members: \$210; Non-members: \$255

9 Sundays, 8:40 AM - 9:10 AM

February 9 – April 19

No class on February 23, April 12

Members: \$210; Non-members: \$255

#### **Session 4**

8 Saturdays, 8:40 AM - 9:10 AM

May 2 – June 27

No class on May 23

Members: \$190; Non-members: \$230

8 Sundays, 8:40 AM - 9:10 AM

May 3 – June 28

No class on May 24

Members: \$190; Non-members: \$230

Parents (or caregivers) and babies or toddlers have fun in the water together! Games and songs are used to help tots become comfortable and learn basic water skills. Skills introduced: Exploring buoyancy, body position, floating and gliding, basic stroke action, and breathing control (blowing bubbles or holding breath underwater). All non-potty trained children will be required to wear a tight fitting swim diaper.

## ART

### **Parent and Child Mini Scribblers**

Ages 18 months – 3 years with parent or caregiver

#### **Session 1**

6 Wednesdays, 11:00 AM – 11:45 AM

September 18 – October 30

No class on October 9

Members: \$160; Non-members: \$180 /

Dance Studio

#### **Session 2**

7 Wednesdays, 11:00 AM – 11:45 AM

November 13 – January 15

No class on November 27, December 25, January 1

Members: \$190; Non-members: \$210 /

Dance Studio

#### **Session 3**

8 Wednesdays, 11:00 AM – 11:45 AM

January 29 – March 25

No class on February 19

Members: \$215; Non-members: \$240 /

Dance Studio

#### **Session 4**

8 Wednesdays, 11:00 AM – 11:45 AM

April 15 – June 3

Members: \$215; Non-members: \$240 /

Dance Studio

This 45 minute class is a great opportunity for parents or caregivers to guide their toddlers through the exploration of materials perfectly suited to their innate interests. They'll be drawing with special crayons that glide on the page, using stamps big enough for feet and hands, watercolors that vividly demonstrate color-mixing, glue that's easy to spread, fabric that's soft and bright in color, scissors that are easier to hold, and the list goes on and on. We make it a priority to seek out the best art materials for our youngest artists! Every material and project is carefully selected to complement the unique characteristics that define "toddlerhood". This class is great for developing socialization, fine and gross motor skills, understanding of cause and effect, language acquisition and an emerging awareness of themselves as artists.

*Please note that children must be accompanied by a parent/caregiver at all times during this class.*

## FAMILY ENGAGEMENT

### **Early Childhood Parenting Support**

Every 2nd Thursday, 9:15 AM - 10:30 AM

September 12 – June 11

No program on April 16

Members Free; Non Members \$10

Children's Garden Center, Temple Beth Abraham

Self-help parenting books are great, but unfortunately no one wrote a handbook for your unique child. This group serves to support parents of children ages 5 and younger, who are working hard to raise happy, self-reliant children, with strong ethical values and compassion for themselves and others. Through a generous grant from UJA Federation of NY, Jennifer Convisor, LCSW can provide free education and support for all parents of the Shames JCC Early Childhood programs. Of all the multiplicity of decisions parents must make every day, joining this group may be the easiest one. For more information, contact Jennifer at [jconvisor@shamesjcc.org](mailto:jconvisor@shamesjcc.org)

### **Family Yoga**

Families with Children 12 and under

Sunday, September 22, 2019

3:30 PM - 4:30 PM

*Members \$5 per person; Non-Members \$10 per person*

Part of the JCC's Health & Wellness program, this engaging class features two of our favorite, local children's yoga instructors - Michelle Frank and Leslie Seery. With partner poses and fun breathing exercises, families will explore mindfulness and movement together. Advance registration required for children and adults.

### **Move for Meals**

Teens (15 and up) and Adults

Sunday, November 24, 2019

12:00 PM - 2:00 PM

*Members and Non-Members: \$36 donation per person*

Move with a purpose during this fun fitness sampler. We'll have 6 teachers, teaching 6 different types of classes—20 minutes

each. A perfect opportunity to try that fitness class you haven't yet walked into or to get some extra time with your favorite instructor. Come for 20 minutes or the entire 2 hours! And the best part - 100 percent of the funds raised during this event will support the JCC's food donation project we are planning for early 2020. Before preparing for your Thanksgiving holiday this year, come move with us and contribute to a meal for those in need. Advance registration required for teens and adults.

### **New Parents, New Babies with Jennifer Convisor, LCSW**

Infants (up to 9 months) and their parent(s)

#### **Session 1**

8 Fridays, 10:30 AM - 11:45 AM

October 4 – November 22

Members: \$45; Non-members: \$85

#### **Session 2**

January 10 – March 6

No class on February 21

Members: \$45; Non-members: \$85

#### **Session 3**

March 13 – May 8

No class on April 10

Members: \$45; Non-members: \$85

A baby changes our lives in expected ways (Diapers! Crying! Bottles!), but also in ways that catch us completely unprepared. For all these reasons and more, new parents need to connect with other new parents. Sometimes the only ones who can truly understand, are those who are also in the thick of it. This family program at the Shames JCC on the Hudson brings new parents together to make personal connections, learn from each other's experiences and create the opportunity for pre-crawling babies and parents to socialize in a safe, fun environment. These groups are

facilitated by Jennifer Convissor, LCSW.  
Contact Jennifer for more information:  
jconvissor@shamesjcc.org,  
914-366-7898 x 1162.

## JEWISH LIFE

### Coffee with the Rabbi

Ages 13 – Adult  
6 Tuesdays (every other Tuesday), 11:00  
AM – 1:00 PM

**Session 1:** October 22 – December 31

**Session 2:** February 11 – April 28. No  
class on April 7.

*Members & Non-Members: Free of Charge  
Main Lobby*

Have questions about Judaism, spirituality,  
or philosophy that you never had a chance  
to ask? Have a cup of coffee with Rabbi  
Ben Newman, Jewish Life Coordinator at  
the Shames JCC in an informal session in  
the Main Lobby.

### Community Hanukkah Celebration and Market

Sunday, December 15, 3:00 - 5:00 PM

In preparation for Hanukkah, the Rivertowns  
Jewish Consortium will be hosting a  
celebration and vendors' fair. There will be  
music, food, and a variety of sellers will offer  
fabulous accessories, handbags, jewelry,  
Judaica, clothing, stationery, handmade tallit  
and specialty items. Stock up on gifts for  
your family and friends!

### Havdalah on the Hudson: A Spiritual Jam Session

Select Saturdays, 4:00 PM – 6:00 PM  
October 5, November 2, December 7,  
January 4, February 1, March 7, April 4,  
May 2, June 6

*Members: \$5 per family; Non-Members:  
\$10 per family.*

This event is an opportunity to come  
together in an informal setting to play music,  
connect in honest conversation, engage  
in Jewish learning, perform the ritual of  
Havdalah, and share a meal.

This event is kid friendly, so bring the whole  
family. Newcomers welcome. Please invite  
your friends!

### Jewish Meditation in the Four Worlds

Ages 13 – Adult  
12 Thursdays 12:00 PM – 12:45 PM

**Session 1:** October 17 – January 9. No  
class on January 2.

**Session 2:** February 20 – May 7. No class  
on February 20, April 9.  
*Members: \$5 per class; Non-Members: \$10  
per class / Dance Studio*

Kabbalah (Jewish mysticism) teaches that  
we live in four dimensions or “worlds”–  
the worlds of the body, heart, mind, and  
spirit. There is a rich tradition of kabbalistic  
meditation in all four. Join Rabbi Ben  
Newman on a meditative journey towards  
relaxation and balance in each of these  
dimensions. Participants should dress  
comfortably in clothes that allow for  
light movement. Advance registration is  
requested but not required.

## PERFORMING ARTS

### Hula Hooping

Ages 13 - Adult

#### Session 1

7 Mondays, 6:00 PM – 7:00 PM  
September 9 – November 4  
No class on September 30, October 14  
*Members: \$195; Non-members: \$225  
Gymnasium*

# Calming the mind is yoga.

# Not just standing on your head.

-Swami Satchidanada.

## Upcoming Health & Wellness Programs



**22**  
**SEP**

### Family Yoga

*Families with Children 12 & under*  
See page 84 for details.



**10**  
**OCT**

### Bringing Yoga Into Everyday Life:

**Cultivating Inner Peace**  
See page 85 for details.



Stay tuned to [shamesjcc.org](http://shamesjcc.org) for more announcements in this series

**Session 2**

6 Mondays, 6:00 PM – 7:00 PM

November 18 - January 6

No class on December 23, December 30

*Members: \$170 ; Non-members: \$195 /*

*Gymnasium*

**Session 3**

8 Mondays, 6:00 PM – 7:00 PM

January 27 - March 23

No class on February 17

*Members: \$225; Non-members: \$255 /*

*Gymnasium*

**Session 4**

8 Mondays, 6:00 PM – 7:00 PM

March 30 - June 8

No class on April 6, April 13, May 25

*Members: \$225; Non-members: \$255 /*

*Gymnasium*

Hula Hooping is a circus act that combines dance and acrobatics with hula hoops. Students will learn on-body and off-body sequences, manipulations, transitions, and choreography.

Hula-hooping students have the option of participating in the Circus Arts, Spring Student Showcase scheduled for June 14, 2020. Additional fees apply. Please contact Mike Pearson, JCC Director of Sports & Recreation, for additional information.

**Juggling - Mixed Level**

Ages 13 - Adult

Juggling is the art of keeping more objects in the air than you have hands. In this class you will learn one, two and three ball juggling using our unique way of teaching this skill. Students will learn the basics of ball, scarf and club juggling. Juggling is terrific for brain development and hand-eye coordination.

Every artist in the circus learns how to juggle as their first skill. Students will also

learn how to juggle in partnership with other jugglers.

Juggling students have the option of participating in the Circus Arts, Spring Student Showcase scheduled for June 14, 2020. Additional fees apply. Please contact Mike Pearson, Director of Sports & Recreation, for additional information.

**Session 1**

7 Wednesdays, 7:00 PM – 8:00 PM

September 11 - October 30

No class on October 9

*Members: \$195; Non-members: \$225 /*

*Gymnasium*

**Session 2**

8 Wednesdays, 7:00 PM – 8:00 PM

November 6 - January 15

No class on November 27, December 25, January 1

*Members: \$225; Non-members: \$255 /*

*Gymnasium*

**Session 3**

9 Wednesdays, 7:00 PM – 8:00 PM

January 29 - April 1

No class on February 19

*Members: \$250; Non-members: \$290 /*

*Gymnasium*

**Session 4**

9 Wednesdays, 7:00 PM – 8:00 PM

April 15 - June 10

*Members: \$250; Non-members: \$290*

*Gymnasium*

## SPORTS & RECREATION

**Tumbling Toddlers**

Ages 24 months - 36 months (child must be able to walk) with parent or caregiver

**Session 1**

6 Tuesdays, 10:00 AM – 10:45 AM

October 15 – November 19

Members: \$130; Non-members: \$140 /  
JCC Gymnasium

6 Thursdays, 10:00AM – 10:45 AM

October 10 – November 21

No class on October 31

*Members: \$130; Non-members: \$140 /  
JCC Gymnasium*

### **Session 2**

6 Tuesdays, 10:00 AM – 10:45 AM

November 26 - January 14

No class on December 24, December 31

*Members: \$130; Non-members: \$140 /  
JCC Gymnasium*

5 Thursdays, 10:00AM – 10:45 AM

December 5 - January 16

No class on November 28, December 26,  
January 2

*Members: \$110; Non-members: \$120 /  
JCC Gymnasium*

### **Session 3**

9 Tuesdays, 10:00 AM – 10:45 PM

January 28 - March 31

No class on February 18

*Members: \$190; Non-members: \$210 /  
JCC Gymnasium*

9 Thursdays, 10:00 AM – 10:45 AM

January 30 – April 2

No class on February 20

*Members: \$190; Non-members: \$210 /  
JCC Gymnasium*

### **Session 4**

9 Tuesdays, 10:00 AM – 10:45 PM

April 14 - June 9

*Members: \$190; Non-members: \$210 /  
JCC Gymnasium*

9 Thursdays, 10:00 AM – 10:45 AM

April 16 - June 11

*Members: \$190; Non-members: \$210 /  
JCC Gymnasium*

It's never too early for your little one to start learning and having fun at the JCC! This first timer's class offers an opportunity for parents or caregivers to have fun with their

kids as they develop gross motor skills, practice listening and work on socialization!

Our toddler and parent classes at the Shames JCC promote early development and provide a strong foundation for your child's future activities. Since you're along for the ride, you'll be right there to celebrate every discovery with smiles, hugs and the occasional adult-sized giggle. The class will include but is not limited to obstacle courses and working with specialty apparatus to promote basic gymnastics skills and a great time for everyone involved!

*Please note that children must be accompanied by a parent/caregiver at all times during this class.*

## Did you know?

The Shames JCC sent more than 60 athletes to the Maccabi Games in Atlanta, Detroit, and Philadelphia this summer. The basketball team at all events medaled with a Gold, Silver, and Bronze and the girls swim team took home a treasure trove of medals in Detroit! If you'd like to be involved reach out to Steve Weisbrot: [sweisbrot@shamesjcc.org](mailto:sweisbrot@shamesjcc.org).

# The Shames JCC is not just a fitness center. We are a community.

Because of your affiliation and support, we are a community that provides services to those with special needs, gives teens a safe place to hang-out and get involved, offers clinical social work to parents and children, gives adults and children of all ages and abilities programs that enrich their minds as well as their bodies.

As a non-profit agency, 501(c)3, the Shames JCC relies on your support...



...for social action projects that aid food pantries, senior centers, immigrant families and health care agencies.



...so children from families less financially fortunate can attend day camp and early childhood programs.



...so people at all stages of life can look forward to healthier and happier days.

**Our membership dollars and program fees provide 80% of our budget. Your generosity can make up the rest.**

If you haven't given a tax-deductible donation to our annual campaign, please consider doing it now.

**Whether you give \$18 or \$180,000, your contribution will make a lasting impact and help us create a stronger community for everyone!**

To make a gift, please contact Leslie Meyers at [lmeyers@shamesjcc.org](mailto:lmeyers@shamesjcc.org). Contributions can also be made online at [shamesjcc.org/giving-shames-jcc](http://shamesjcc.org/giving-shames-jcc) and...**THANK YOU!**

# LEADERSHIP

## Board of Governors

### *Chair*

Peter Boritz

### *Vice Chair*

Brad Schwartz

### *Treasurer*

Ruth Friedman Manuel

### *Secretary*

Jason Rimland

### *General Board*

Ted Birkhahn

Lisa Cohen

Charles B. Friedman

Allen Halpern

Steve Kasoff

Rick Lehrer

Barbara Livenstein

Nancy Lonky

Barry Reichgott

Josh Rikon

Rebecca Schleifer

## Executive Leadership

### *Executive Director*

Leslie Meyers

### *Chief Financial Officer*

Wendy Antini

### *Chief Program Officer*

Lauren Bergida-Morrison

### *Director of Marketing &*

*Communications*

Jen Josephs

### *General Manager*

Lisa Pincus Hamroff

# FUNDING

Special thanks to

## **UJA-Federation**

of New York, whose support makes the following programs possible:

Affiliation Grant: After School Expansion for

Children with Special Needs

Camp Twelve Trails

Engage Service Corps.

MusicWorks

Partners in Caring

Sports for Youth

Tzahal Shalom

Edwin S. Soforenko Foundation

Kids Club

J.E. and Z.B. Butler Foundation

Jewish Communal Fund

Martin and Steven Reider Camp

Scholarship Fund

Renard Family Foundation

The Covenant Foundation

The Far Fund

Westchester County Department

of Community Mental Health

**And generous donors  
like you!**

## SOCIAL WORK SERVICES

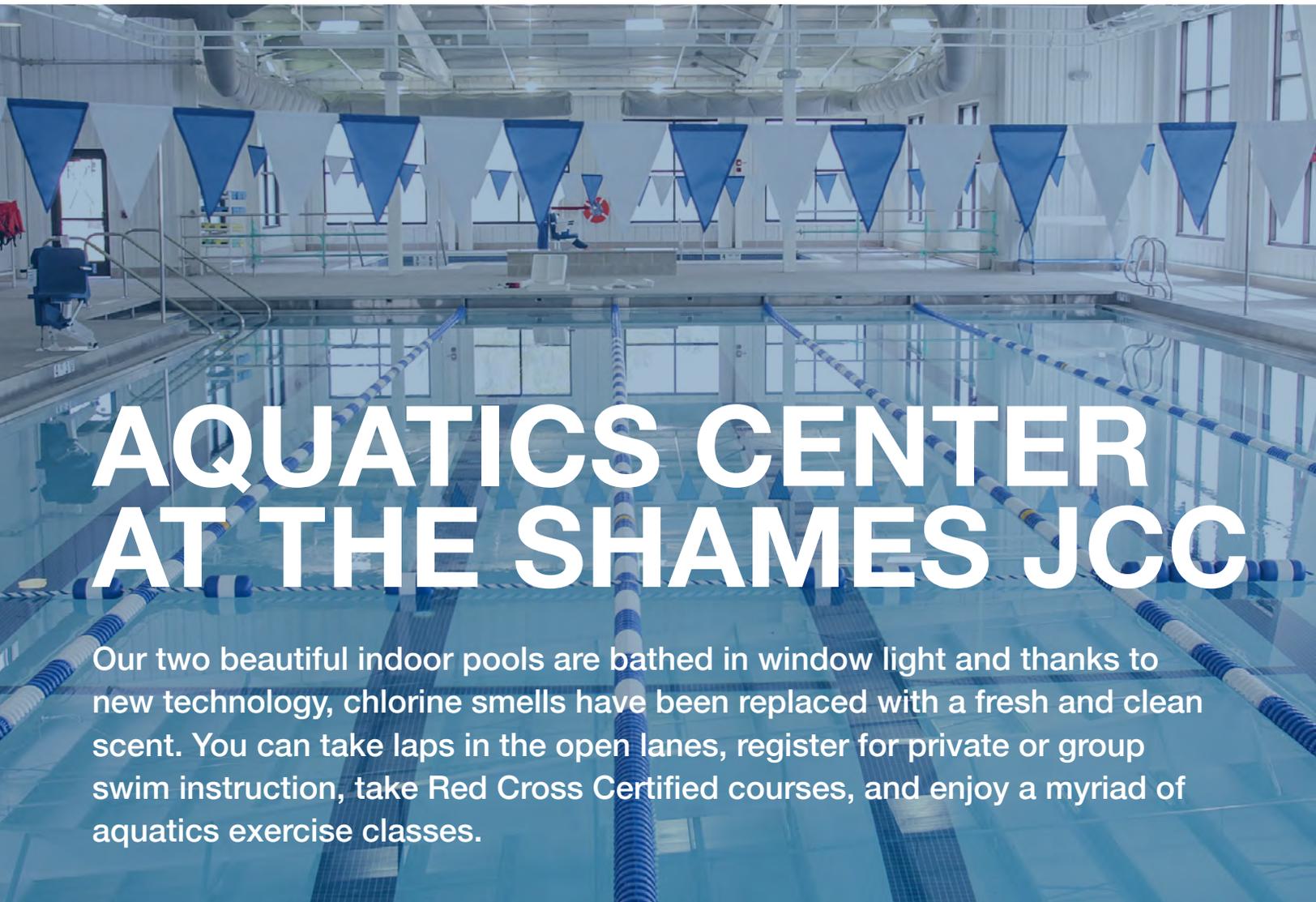
Our staff social worker, Jennifer Convissor, LCSW is at the J to provide free mental health services—counseling, support services and referrals for any member, any age. This Partners in Caring Program is funded by a generous grant from UJA Federation of New York. Jennifer earned her Masters of Social Work (MSW) degree from Fordham, and her professional background includes individual, couples and family counseling, play therapy, psychosocial assessment, and crisis intervention. She sees private clients in addition to serving the Shames JCC family. With enough interest, Jennifer is also available to develop tailored therapeutic groups, including psycho-educational, wellness related or specific lifestyle support. For information, reach out to Jennifer at [jconvissor@shamesjcc.org](mailto:jconvissor@shamesjcc.org).



Harold & Elaine  
**Shames  
Jewish  
Community  
Center**  
on the Hudson

371 South Broadway  
Tarrytown, NY 10591  
shamesjcc.org  
914.371.7898

**Register for classes online at [shamesjcc.org](http://shamesjcc.org) or  
by calling the Welcome Desk at 914.366.7898.**



# AQUATICS CENTER AT THE SHAMES JCC

Our two beautiful indoor pools are bathed in window light and thanks to new technology, chlorine smells have been replaced with a fresh and clean scent. You can take laps in the open lanes, register for private or group swim instruction, take Red Cross Certified courses, and enjoy a myriad of aquatics exercise classes.