

# Spring

Mini-Guide 2002



“Something for everyone!”

Spring 2002

**JCC**  
north shore

Spring 2002

Dear Center Members,

We really are a community of active participants. In fact, we have so many different programs, events, and classes happening this spring, we decided to publish this special guide to make sure you get the picture...



You might see yourself or your children in any one of these places because of your membership at the JCCNS:

- Tennis court
- Poolside
- Gym class
- Showhouse
- Golf Outing
- Aerobics Studio
- Interfaith Seder
- SAJE
- Passover Workshop
- Fitness Center

Take a good look...we think you'll like what you see!

Sincerely,

Sandy Sheckman  
Executive Director

## Our Mission...

The Jewish Community Center of the North Shore is dedicated to maintaining and enriching Jewish identity; enhancing personal, social and physical development; developing leadership ability and participating in and contributing to the welfare of the total community.

JCC  
north shore



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## Hours of Operation\*

Building Hours	
Monday - Thursday	5:30 am - 10:00 pm
Friday	5:30 am - 5:00 pm
Saturday	1:00 pm - 7:00 pm
Sunday	6:30 am - 9:00 pm
Administrative Hours	
Monday - Thursday	8:30 am - 9:00 pm
Friday	8:30 am - 5:00 pm
Sunday	9:00 am - 4:00 pm

*\* Please see the **Sports, Health & Fitness** section for schedule details about the Roberta & Bernie Kline Fitness Center; **Teen** section for the Teen Center hours. All other schedules (Zimman Pool, Gymnasium, Ossoff Men's Health Center, Women's Health Center), please check at the lobby.*



*We have checked for accuracy throughout this Program Guide; however, we are not responsible for typographical errors and/or omissions.*

# Who's Who at the JCC

	<u>Name</u>	<u>Extension</u>	<u>e-mail</u>	<u>Title</u>
Administrative Staff	Bach, Stephen	113	sbach@jccns.com	Marketing Director
	Baker, Jo Ann	108	jbaker@jccns.com	Office Manager/Membership Coordinator
	Barnett, Jodie	0	jbarnett@jccns.com	Receptionist
	Frankston, Perry	107	pfrankston@jccns.com	Controller
	Fromson, Nancy	104	nfromson@jccns.com	Office Assistant
	Kvitnitsky, Lydia	124	lydiak@jccns.com	Payroll/Bookkeeper
	Myers, Stephanie	105	smyers@jccns.com	Bookkeeper
	Pacak, Linda	142	lpacak@jccns.com	Executive Administrative Assistant
	Ruscio, Sandra	149	sruscio@jccns.com	Membership Desk/Rentals/Creative Display Coordinator
	Ruderman, Emily	106	eruderman@jccns.com	Accounting Assistant
	Sheckman, Sandy	111	ssheckman@jccns.com	Executive Director
Program Staff	Shutzer, Carole	112	cshutzer@jccns.com	Membership Director
	Twiss, Peter	122		Maintenance Director
	Berger, Carrie	150	choffman@jccns.com	Children's Department Director/Associate Camp Director
	Calla, Maria	134	mcalla@jccns.com	Aerobics and Dance Director
	Colpitts, Janice	109	jcolpitts@jccns.com	Infant Toddler Co-Director
	Corman, Stacie	132	scorman@jccns.com	Kid's Corner Coordinator
	Epstein, Marilyn	118	mepstein@jccns.com	Preschool Administrative Assistant
	Hoffman, Sandy	152	shoffman@jccns.com	Children's Program Director/Jewish Educator
	Kadish, Scott	138	skadish@jccns.com	Teen Director
	Kirkman, Rob	144	rkirkman@jccns.com	Aquatics Director
	Muise, Bart	133	bmuise@jccns.com	Assistant Fitness Director
	Myers, Jim	116	jmyers@jccns.com	Assistant SHF Director - Sports
	Smith, Lisa	109	ssmith@jccns.com	Infant Toddler Co-Director
	Steigman, Susan	114	ssteigman@jccns.com	Adult & Senior Adult Director
	Sudenfield, Dawn	123	dsudenfield@jccns.com	Preschool Director
Villegas, Julian	151	jvillegas@jccns.com	Recreation Director of Aquatics and Aerobics	

Who's Who



# Registration Information

## Registration for all classes

- **On-line:** Register on-line through our secure website at [www.jccns.org](http://www.jccns.org).  
MASTERCARD AND VISA ARE NOW ACCEPTED ON-LINE!
- **Fax-in:** Fax your completed registration form and payment by credit card (Mastercard and Visa accepted) to (781) 631-8181.
- **Drop off:** Registration mail box will be in the lobby.
- **Mail-in:** Send your completed registration form and payment to:  
JCCNS, 4 Community Road, Marblehead, MA 01945

**Members will be notified by Program Staff about class enrollment via mail or phone.**

## REGISTRATION NOTES

- Participation in classes is open to Center members only except when noted. To register for a class, you must be a member in good standing.
- Children's classes and leagues do not meet during school vacations.
- In the event of inclement weather, please call the JCC Cancellation Line at (781) 631-8330, ext. 555.
- All classes must meet minimum registration requirements. You will be notified in case of cancellation or delay.
- If you cancel prior to the first class, a \$10 bookkeeping fee will be deducted. Because of the Center's commitment to instructors and other costs, there will be no refunds after the first class.

### When to Register:

**PRIORITY REGISTRATION:** March 3-8. For current participants to sign up for the continuing Spring session of that class.

**OPEN REGISTRATION:** March 10-22. Open to ALL JCC members.

***AFTER MARCH 22: To insure proper class enrollments and safety, registration for all programs and classes must be approved by individual department head/program director. NO drop-ins or unapproved registrations can be accepted.***



*The Jewish Community Center of the North Shore is a beneficiary agency of the Jewish Federation of the North Shore.*

The JCC web site can be found at [www.jccns.org](http://www.jccns.org)

# Children

Carrie Berger, Director



## Kids Corner After School Program

**Ages:** Grades K - 5  
**Days:** Monday - Thursday (2:30 pm - 6:00 pm)  
Friday (1:30 pm - 6:00 pm)  
**Billing:** Monthly

**A few spaces are available this Spring.**

Kids Corner provides a safe, fun and nurturing atmosphere for school age children. We provide snacks, games, group activities and quiet time for homework. Those children who sign up for classes will be escorted to and from classes by one of our Kids Corner group leaders.

The Kids Corner Parent Handbook describes in detail our school age afterschool program. Sign-up preference will be given to those families currently attending Kids Corner or JCCNS preschool.

Kids Corner will also be open on the following times:

Early release days . . . . . 12:30 pm–6:00 pm  
School holidays . . . . . :8:00 am-6:00 pm  
Special programs for school vacations . . :8:00 am–6:00 pm

## Arts & Crafts at the JCCNS

**Ages:** Grades K - 2 and 3-5  
**Days:** Tuesdays  
**Times:** 3:30-4:30pm (K-2)  
4:30-5:30pm (3-5)  
**Price:** \$90  
**Code:** 014-0014 (K-2)  
**Code:** 014-0015 (3-5)

Explore a variety of arts and crafts projects in a fun environment. Paint, sculpt, draw, and more.....

## Scholastic Chess Tournaments

**Ages:** Grades K - 8  
**Dates:** March 17, April 7, May 19  
**Times:** 11:00 am – 3:00 pm (snack included)  
**Price:** Members: \$10 in advance/\$15 at the door  
Non-members: \$15 advance/\$20 at door  
**Code:** 014-0004

- Compete in two categories: K – 3 and 4 – 8
- 3 trophies will be awarded in each division
- Tournament is a 4 round Swiss – each competitor plays four games
- Please bring a chess clock if you have one

## JCC Vacation Camps

*Sign up for all five days of camp and receive a 5% discount. There is no discount on extended hours. Applications are available at the front desk*

### Camp JCC

**Ages:** Grades K - 5  
**Dates:** April 15-19  
**Times:** 9:00 am - 4:00 pm (extended hours available 8am - 9am and 4pm - 6pm)  
**Price:** \$42 per day • Extended hours: \$5.80/hr.

We will have sports competitions, arts and crafts, swimming and more. Lunch will be provided daily. Please send your child with a towel, bathing cap and sneakers.

### Travel Camp

**Ages:** Grades K - 5  
**Dates:** April 15-19  
**Times:** 9:00 am - 4:00 pm (extended hours available 8am - 9am and 4pm - 6pm)  
**Price:** \$58 per day • Extended hours: \$5.80/hr

**Space is limited to 15 children.**

We will take the JCC mini-bus to exciting locations in the area. Past trips have included: Fleet Center, Memory Box, bowling, ice skating, Children's Museum, and many others.

## Birthday Parties

## Children

*New rates below are effective 4/1/02.*

### Romp & Roll Parties

**Ages:** Ages 3 - 5 and 6 - up (see below)  
**Price:** \$195 for up to 15 children  
(\$8 each additional child)  
**Time:** Time is flexible based on gym availability

Join us for specialized gym activities designed for your child's age and interests. Arrive in the party room and be escorted to the gym by one of our birthday party staff. The gym activity lasts from 45 – 60 minutes, followed by 30 – 45 minutes of cake, ice cream and fun.

**Ages 3 – 5:** Parachute activities, musical games, free play on an indoor playground and ball games.

**Ages 6 and up:** Parachute games, relay races, obstacle courses and sports.

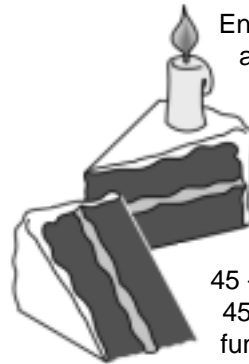
### Wonderfully Wet Pool Party

**Ages:** 6 and up (with good swimming ability)  
**Price:** \$230 for up to 15 children  
(\$8 each additional child)  
**Time:** Time is flexible based on pool availability

Meet in the party room. Our staff person will bring you and your children to the JCC pool to change and have a splashing good time for 60 minutes. Recreational swim and games will be coordinated by our staff. To save time, have your child come in his or her bathing suit, with towel and bathing cap ready. Come back to the party room for 30 minutes of cake, ice cream and fun.

### Creative Arts Party

**Ages:** 5 and up  
**Price:** \$230 for up to 15 children  
(\$8.00 each additional child)  
**Time:** Time is flexible



Enjoy this intricate arts workshop and create masks, crazy hats, tissue flowers, fancy baskets, plastic jewelry, puppets, sand art, flower pot decorations or arrange your own special art activity with our party staff. The art activity will range from 45 – 60 minutes followed by 30 – 45 minutes of cake, ice cream and fun.

### Saturday Night Party

**Ages:** 7 and up  
**Price:** \$2450 for up to 15 children  
(\$9.50 for each additional child)  
**Time:** Party begins 30 minutes after Shabbat ends and runs for three hours

This new party option is just what the older kids are looking for! Come to the JCC on Saturday night and enjoy a swim, gym activity, art project and a movie. The party staff and your child will work together to make his or her birthday party the best one ever!

*Gymnastics and other specialty gym parties can be arranged. Please call the children's department at (781) 631-8330 extension 150 for more information.*



## JCC TEEN PROGRAM

The mission of the JCCNS Teen Department is to provide social, recreational, community service, and informal Jewish educational programs for JCC teen members that will serve to create a group of ethical young adults committed to their own well-being, the well-being of people in the surrounding communities, and to the JCC.

### The Derek Sheckman Teen Center

The Derek Sheckman Teen Center is staffed by an adult JCC staff person trained to work with teens. The teen center is equipped with 5 computers with internet access & AOL Instant Messenger, a pool table, ping pong, fooseball, stereo, and cable TV. There is also a snack bar that has pizza, ice cream, and more for sale.

*Hours of operation:*

*Sunday:* 1:00 pm - 8:00 pm

*Monday - Thursday:* 2:30 pm - 9:00 pm

*Friday:* 1:45 pm - 5:00 pm

For teens in grades 6 - 12

### JCCNS Teen Council

*Ages:* Grades 6 - 12  
*Day:* Last Sunday of every month

The JCCNS Teen Council is designed to provide leadership opportunities for JCC teen members. The group will meet once a month to plan activities, make suggestions about the teen center, and have special youth leadership training opportunities. Teen council members are asked to make a one-year commitment. The commitment entails monthly meetings, participation in teen events, and other responsibilities. Join the JCCNS Teen Council and be a leader!

### American Red Cross Babysitting Class

*Ages:* 11 or older  
*Dates:* Session I: Tuesdays March 5, 12, 19  
Session II: Tuesdays April 30, May 7, May 14  
*Times:* 3:00 pm - 6:30 pm  
*Price:* \$105  
*Code:* Session I: 071-0005  
Session II: 071-0013

Get certified by the American Red Cross to baby-sit. Taught by an American Red Cross Instructor, teens learn to provide basic child care, recreational activities for children, prevent accidents, give simple first aid, and to identify community resources for emergency help.

### Teen Dance

*Ages:* Grades 7 - 8  
*Dates:* Saturday, March 16 (7-10:00 pm)  
*Price:* \$6 for members/\$9 for non-members

Dee jays from Cohen productions will spin your favorite tunes and take requests. Adult chaperones will be present to ensure a safe, fun evening for all!

Don't forget the North Shore Interfaith Passover Seder on March 20. See page 11 for details.

### Mitzvah Corps

*Jewish Food Pantry of the North Shore*

*Ages:* Grades 6 - 12  
*Dates:* Sunday, April 7  
*Times:* 11:00am-12:30pm

Help sort food, and set up food for distribution at Jewish Food Pantry at Temple Beth Shalom in Salem. Other ongoing Mitzvah Corps opportunities include assisting children with homework in the JCC after school program. For more information, call Scott Kadish at (781) 631-8330 x138.



## Special Events

### Princeton Review



**Date:** March 7  
**Times:** 7:00 pm - 8:30 pm  
**Price:** FREE introduction

The Princeton Review is proud to hold SAT courses at the Marblehead JCC. We offer the most dynamic teachers, up-to-date materials, and smallest class size. Our course is the most efficient and effective SAT program, combining a thorough review of the concepts on the test with revolutionary test-taking techniques.. Call for more information or to register:  
(800) 2-REVIEW.



**Ages:** Grades 6 - up  
**Date:** Saturday, March 9  
**Times:** 7:30pm-10:30pm  
**Place:** JCC Pool  
**Price:** \$15

Watch this classic scary film while swimming in the pool! Don't get too comfortable on your raft! RSVP by Monday, March 4.

### Saturday Night Teen Birthday Parties

**Ages:** Grades 6 and up  
**Price:** \$125 for 8 teens  
(\$10 each additional teen)

Calling Teens with Birthdays! Having another ordinary Birthday party? How about having your birthday at the JCCNS? Basic party includes 3 hours in the teen center and gym, birthday cake, snacks, and party decorations. A JCCNS staff person will supervise the party. (Pizza and Swimming Pool available at extra charge).  
*Note: Saturday birthday parties will start one hour after Shabbat ends on Saturdays.*

## Teens

### JCCNS Maccabi Games

**Ages:** 13 - 16 years old as of August 1, 2002  
**Dates:** August 18-23, 2002 • Springfield, MA  
**Price:** TBA

Join the JCCNS Maccabi Delegation and over a thousand Jewish teens from the United States, Canada, Israel, and Great Britain for an incredible week of athletic competition, social activities, and community service in Springfield, MA. Cost includes registration, room and board, round trip coach bus transportation, uniforms, and more!

Team sports for boys: 16 & under basketball, 16 & under soccer, and 14 & under baseball.

Team sports for girls: 16 & under: basketball, softball, and soccer

- Tryouts for team sports will be held in March.

Individual sports for boys and girls: golf, swimming, table tennis, tennis, bowling, dance, track & field and racquetball

- Tryouts may be held for individual sports depending on the number of teens who register for Maccabi.

### Scorekeep Basketball at the JCC

**Ages:** Grades 7-12 (for Sunday games)  
and Grades 9-12 (for Tuesday and Thursday games)

Do volunteer community service and have fun at the same time. Scorers needed for youth basketball. Game times are 3:15-4:30pm, 4:45-6:00pm, 6:30-7:30pm, 7:45-8:45pm. Help is also needed on Tuesday and Thursday nights from 7:30-9:30 pm for the Men's Over 30 league. Call Scott @ Ext. 138 to register.

# Jewish Life

Sandy Hoffman, Jewish Educator



## Jewish Celebrations in the JCC Lobby

**Dates:** Monday, February 25th – Purim  
Monday, March 25th – Passover  
Wednesday, May 15th - Shavuot  
**Times:** 11:15 am - 12:15 pm & 3 - 4:00 pm

As we prepare for each Jewish holiday, we invite you to come and join us in the lobby of the JCC. There will be Jewish crafts, foods and activities for everyone to celebrate. You and your child can enjoy an activity together. See you there!

## Sharing Shabbat

**Day:** Fridays  
**Time:** 3:30 pm  
**Location:** JCCNS Lobby

Please join us in the lobby to share Shabbat as we sing Shabbat songs and blessings. We will share challah, grape juice and light candles. You are welcome to share a special story of the week with us too!

## Israeli Dancing

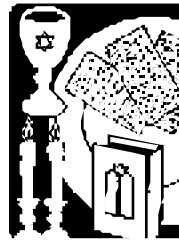
**Day/Dates:** 5 weeks: April 4,11,25, May 2, 9  
**Time:** 7:00 pm - 8:00 pm  
**Instructor:** Phyllis Eidelman  
**Cost:** \$45  
**Code:** 046-0001

Come join the fun and let's dance! No experience necessary! We will share in the Jewish culture of Israeli dancing and music. All levels are welcome. We'll learn the basic steps and dances. It's aerobic and fun too!

## A Passover Experience:

**A Workshop For Families • Sunday, March 10**

**Time:** 2 pm



Please join us for a model Seder as we bring the Passover story to life! We will have our own special Haggadah, use special props, sing songs and you will create your own Passover memories.

This workshop is designed for preschool children and their families. Please RSVP to Sandy Hoffman at 781-631-8330 ext.152.

*This program is funded in part with a Family Educational Grant from the Jewish Federation of the North Shore, which sponsors programs that help keep our children Jewish.*



## Let's Get Ready for Shavuot!

**Day/Date:** Sunday, April 28  
**Time:** 10:00 a.m.  
**Cost:** \$6 per person/\$18 max per family  
*Please RSVP by April 22 to Sandy Hoffman (781) 631-8330 ext. 152*

Shavuot comes seven weeks after Passover. This year it begins the evening of May 16th & is observed for two days (May 17th & 18th). Shavuot celebrates two important events: the harvesting of the first fruits and the giving of the Torah. It is customary to eat foods made with milk and cheese. At this time, we also thank God for all the good things God has given us.

Please join us as we prepare for Shavuot. We'll discuss, create a project that will have a special meaning for you and enjoy a delicious dairy brunch!

Save the Date for our community  
Yom Ha'Atzmaut celebration:  
Sunday, April 21  
Watch for Details!



Susan Steigman, Adult Director

# Adults at the JCCNS

## Passover Interfaith Seder 2002



On Wednesday, March 20, 2002, all members of the community are invited to the 10th Annual North Shore Interfaith Seder here at the JCCNS. On this very special evening, we will enjoy a traditional Passover Seder

from 6 -9pm. (Doors open at 5:00pm)

The Seder celebrates a universal theme: *freedom*. The story of the exodus will be told during the traditional service which will be officiated by one of our local rabbis. This is certain to be a true interfaith event which will include a representation of many faiths.

At the Seder, **Helaine R. Hazlett** and **Padraic O'Hare** will be presented with The 2002 **Leonard P. Zakim Humanitarian Award**, in recognition of the unique ways in which each has challenged prejudice, anti-Semitism and bigotry, and built bridges to understanding.

*We look forward to having you participate in this very unique and special evening. Reserved seats are \$12; \$7.50 for students. Reserve your place now!*

## S.A.J.E. XVIII

"To Life, To Life, L'Chaim"  
Celebrating Jewish Continuity...its  
struggles and triumphs

May 8, May 15, 22, 29, 2002 at Temple  
Beth-El in Swampscott

Our 18th SAJE series is a celebration in the L'Chaim spirit! Our featured speakers include Rabbi Moshe Woldoks from Temple Beth Zion, Brookline on May 8; Larry Tye, a resident of Boston and author of the recently published **Home Lands: Portrait of the New Jewish Diaspora** on May 15th; Rabbi Myron S. Geller of the Gerim Institute of Conservative Judaism joins us on May 22nd. May 29th promises to be a fun and joyous culmination of the series with a special party including the **Zaitchik Brothers**. *So save the dates!*

## Community Forum Breakfast

**Day/Date:** Sunday, March 24  
**Time:** 9:30 am  
**Price:** \$5, purchase tickets in advance  
**Speaker:** Nancy Kaufman, Executive Director of JCRC (Jewish Community Relations Council)

Call extension 114 for more information.

## Water Color with Nordia Kay

**Days:** Tuesdays and Thursdays  
**Dates:** 6 sessions beginning April 9  
6 sessions beginning April 11  
**Times:** 9:30 am - 12:30 pm  
**Price:** Members \$92/Non-members \$138  
**Instructor:** Nordia Kay  
**Code:** 040-0001 (April 9 session)  
040-0002 (April 11 session)

One of Marblehead's most famous artists, Nordia Kay is one of the Center's favorite teachers! Course explores color and composition and is a delightful time out from a busy life.

Students supply their own paints and materials.

SAVE THE DATE!  
April 18 at the JCC • 1:00 P.M.

## RUACH

(Religious Understanding and Community Harmony)

RUACH is an interfaith, educational/spiritual program developed to provide a forum where elders may address questions of spiritual importance.

RUACH also provides a resource where understanding of spiritual beliefs, their similarities and differences will be supported and respected.

# Registration Forms

Please use only one form per class.  
For additional copies, photocopy this form or stop by the JCC.  
You can also register on line at [www.jccns.org](http://www.jccns.org)

*In order to process your registration, ALL information must be filled out.  
NEW: PLEASE BE SURE TO INCLUDE CLASS CODE(S).*

FAX IN    MAIL IN    DROP OFF

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Day Tel # \_\_\_\_\_ Night Tel # \_\_\_\_\_

Member # \_\_\_\_\_ Expiration Date \_\_\_\_\_

If under 18, Parent Name (Last, first) \_\_\_\_\_

Age of Child \_\_\_\_\_ Emergency Contact \_\_\_\_\_

Home # \_\_\_\_\_ Work # \_\_\_\_\_ Email: \_\_\_\_\_

Class Title	Code	Day/Time	Fee

Name on charge card \_\_\_\_\_

Visa/MasterCard # \_\_\_\_\_ Exp. \_\_\_\_\_

For Office Use Only: <input type="checkbox"/> Check <input type="checkbox"/> Cash   Date _____   Batch # _____			
Trans # _____	Receipt # _____	Entered by _____	

*In order to process your registration, ALL information must be filled out.  
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FAX IN    MAIL IN    DROP OFF

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Day Tel # \_\_\_\_\_ Night Tel # \_\_\_\_\_

Member # \_\_\_\_\_ Expiration Date \_\_\_\_\_

If under 18, Parent Name (Last, first) \_\_\_\_\_

Age of Child \_\_\_\_\_ Emergency Contact \_\_\_\_\_

Home # \_\_\_\_\_ Work # \_\_\_\_\_ Email: \_\_\_\_\_

Class Title	Code	Day/Time	Fee

Name on charge card \_\_\_\_\_

Visa or MasterCard # \_\_\_\_\_ Exp. \_\_\_\_\_

For Office Use Only: <input type="checkbox"/> Check <input type="checkbox"/> Cash   Date _____   Batch # _____			
Trans # _____	Receipt # _____	Entered by _____	

## Refunds/Cancellations

You will be notified if we are unable to offer a class or activity. Full refund will be given if the JCC cancels a class/activity because of insufficient enrollment. Early enrollment will assure class placement. If you cancel prior to the beginning of the class, you will receive a full refund less a \$10 processing fee. Refunds will be credited to your account if there is a balance due. Otherwise, the refund will be mailed out within 30 days of the cancellation.

**NO REFUNDS WILL BE GIVEN  
AFTER THE FIRST DAY OF CLASS.**

The JCC is unable to refund tickets and/or reservations for Center trips and programs.  
Thank You for your cooperation.

### Mail to:

**JCC  
4 Community Road  
Marblehead MA 01945  
or fax OR go on line.**

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Marblehead MA 01945  
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The JCC web site can be found at [www.jccns.org](http://www.jccns.org)



Maria Calla, Aerobics/Dance Director

# Group Exercise & Dance

*“Our bodies are made to move. The JCCNS Group Exercise & Dance Department is committed to providing a progressive, fun, and balanced menu of classes to allow you the freedom to express yourself!”*

## Specialty Classes

### POWERHOUSE Pilates w/Maria



### POWERHOUSE Pilates w/Kimberly

*Day:* Tuesday & Thursday mornings  
(12 lessons for 6 weeks)  
*Dates:* 2nd session starts February 26  
3rd session starts April 23  
*Times:* 9:30 – 10:30 am  
*Price:* \$85 per session  
*Instructor:* Maria Calla, Certified Powerhouse  
Pilates Instructor  
*Code:* 052-0023/Session 2  
*Code:* 052-0023/Session 3

*Day:* Monday & Wednesday evenings  
(12 lessons for 6 weeks)  
*Dates:* 2nd session starts February 25  
3rd session starts April 22  
*Times:* 5:15 – 6:15 pm  
*Price:* \$85 per session  
*Instructor:* Kimberly Auvil, Certified Powerhouse  
Pilates Instructor  
*Code:* 052-0025/Session 2  
*Code:* 052-0025/Session 3

The workout Hollywood is raving about! Powerhouse Pilates is the perfect method of Body Conditioning for strengthening, lengthening, and toning your body while at the same time treating it with kindness and respect.

## SPECIAL NEW CLASS !!! African Dance Class

*Day:* Wednesdays  
*Dates:* Starts March 13 for 10 weeks  
*Times:* 7:30 – 9 pm  
*Price:* \$100  
*Instructor:* Mohamed Kalifa Kamara  
*Code:* 052-0030

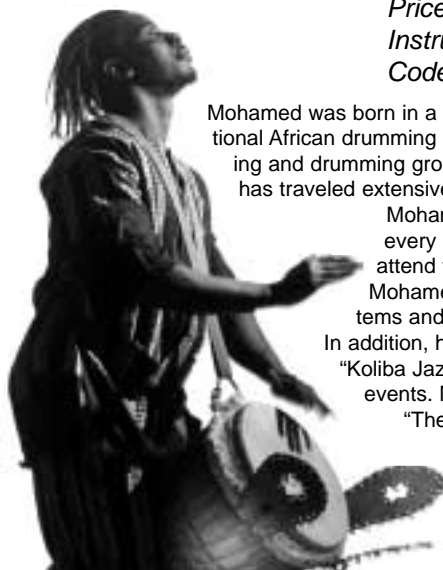
Mohamed was born in a village in Guinea, West Africa into the Camara family, which is known for its traditional African drumming and dancing. He began his career in the Gambia where he started his own dancing and drumming group. He is the former artistic director of the African Ballet of Gambia. Mohamed has traveled extensively through Africa, Europe, and the United States performing and teaching his art.

Mohamed served as lead teacher for Chuck Davis's Cultural Art Safari, which is held every summer in the Gambia. Students interested in learning African drum and dance attend from all over the United States and Europe.

Mohamed continues to teach dancing and drumming all over New England in school systems and at various Universities. He is an Assistant Professor at Berklee College of Music.

In addition, he performs with his groups "The Spirit of Africa" Traditional Afro Manding, and "Koliba Jazz" Afropop, for festivals, in schools, in big halls, in museums and at cultural events. Mohamed is in charge of the West African Choreography, dance, and music for

"The Art of Black Dance and Music". This group works in various schools to promote multicultural experience rich in African, Afro-Cuban, Caribbean, and African-American culture. He played for the World Trade Organization in Singapore in December 1977. From all his hard work and dedication to his art, Mohamed was awarded the Commonwealth Award by Governor Weld for fostering cultural education in Massachusetts.



The JCC web site can be found at [www.jccns.org](http://www.jccns.org)

# Group Exercise & Dance

## Meditation and Health

**Day:** Thursdays for 5 weeks  
**Dates:** 2nd session starts February 28  
3rd session starts April 25  
**Times:** 10:30 am - 11:30 am  
**Price:** \$62.50  
**Instructor:** Laura Hoffman  
**Code:** 052-0004/Session 2  
052-0004/Session 3

This experiential course provides you an opportunity to learn and practice meditation techniques that will help you reduce stress and experience profound positive effects on your health and well being.

Laura Hoffman has been a teacher of meditation and yoga for 25 years and a student for 28 years. Laura holds degrees in Counseling, Muscular Therapy, various alternative therapies, and training from Harvard Medical School's Mind/Body Medical Institute.

## Spinning



A high intensity cardio and strength workout on a specially designed stationary bike. This group cycling class will challenge your body and mind while experiencing hills, flat terrain and jumps! Spinning is for everyone, at any age, any fitness level.

### Helpful Hints

- Arrive early to class to ensure proper set up on your bike
- Bring a water bottle and towel to each class
- Padded bike shorts and/or gel seat cover are recommended for your own riding comfort

### Reservations

- You may make a reservation for Spinning classes up to three days in advance
- Please call (781) 631-8330 ext. 147 to make your reservation or stop by the membership Services Desk

*Cancellations must be made 2 hours prior to the start of class. If you wish to cancel a 6 am class, please call the night before.*

# Tae Kwon Do

*Students will be introduced to the self-defense skills of Tae Kwon Do, incorporating kicks, punches and blocks. Classes will build self-confidence, enhance self-control, while developing concentration skills. While focus is on discipline, students will enjoy a fun, safe environment!*

## Children's Tae Kwon Do

**Ages:** 5 - 6  
**Days:** Wednesdays for 10 weeks  
**Dates:** 2nd Session starts April 10  
**Times:** 3:15 pm - 4:00 pm  
**Price:** \$100  
**Instructor:** Dennis Goldsmith  
**Code:** 052-0006/Session 2

## Youth Tae Kwon Do

**Ages:** 7 - Up  
**Days:** Wednesdays and Fridays  
(2 days/week; 10 week sessions)  
**Dates:** 2nd Session starts April 10  
**Times:** 4:00 pm – 5:00 pm (Weds)  
3:15 - 4:15 pm (Fri)  
**Price:** \$180  
**Instructor:** Dennis Goldsmith  
**Code:** 052-0007/Session 2

*Additional classes can be provided as needed!  
For more information, call Maria Calla at Extension 134.*

### About Dennis Goldsmith...



children. He holds a M.Ed. in Counseling and Consulting Psychology from Harvard University.

Dennis holds a 5th degree black belt in Tae Kwon Do. He has studied martial arts for over 25 years and currently runs classes at the Dance Complex in Cambridge for children and adults. Along with his martial arts experience, Dennis has an outstanding and lifelong reputation for working with

Please note that students who register into the dance classes in September have first consideration for the following sessions. The dance program runs from September through June and is broken up into sessions for accounting purposes. Some of the classes may offer a summer session or camp. Rhythm, Movement and Dance with Yurate Mikshite, has an extended season allowing the children to dance all year long if they choose. This dance program is very popular and space is limited. Please register early to guarantee your space in the class.

## Children's Dance Program with *A Dancer's Dream* (10 week Sessions)

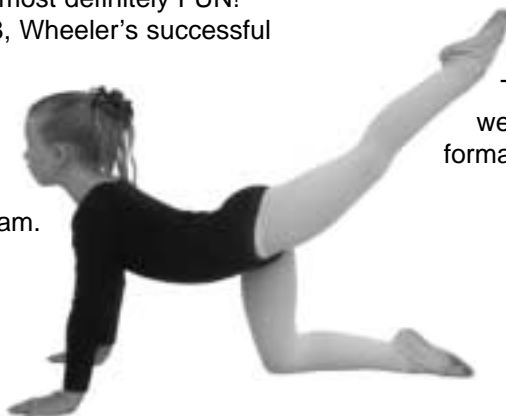
### PS Dancemix

**Ages:** 2.5 - 3  
**Day:** Tuesdays  
**Dates:** Starts March 26  
**Times:** 3:15 pm - 3:40 pm  
**Price:** \$90 per session  
**Instructors:** Beth Wheeler and Sarah Cook  
**Code:** 052-0008

Created for the little ones who just can't wait to dance! Original games and activities introduce Basic Ballet, Jazz, Tumbling and more. (White ballet slippers required.)

**About Beth Wheeler.:** Miss Beth (as she is so lovingly hailed by her tiniest of dancers) is a highly regarded professional dancer and performing artist, with exceptional teaching experience. She cultivates enthusiasm in her students through her own joy of the dance and out of her sincere love for children.

A Dancer's Dream curriculum was designed by Ms. Wheeler to welcome students of all abilities to expand their creativity. The goal throughout the years has been to introduce Dance Arts in such a way that is always a pleasure, usually a challenge and most definitely FUN! Established in Marblehead in 1988, Wheeler's successful school has built a loyal and enthusiastic following of dance families. We proudly welcome A Dancer's Dream to our glorious facility by offering children's dance classes as part of the studio program.



### PR Dancemix Ages 4-5

**Ages:** 4 - 5  
**Day:** Tuesdays  
**Dates:** Starts March 26  
**Times:** 3:45 pm - 4:40 pm  
**Instructors:** Beth Wheeler and Sarah Cook  
**Price:** \$110  
**Code:** 052-0011

A program built for fun! Combines classic and original exercises to introduce and expand the child's view of Ballet, Tap, Jazz and Tumbling. (White ballet slippers and tap shoes required.)

### PR Dancemix Ages 5-6

**Ages:** 5 - 6  
**Day:** Tuesdays  
**Dates:** Starts March 26  
**Times:** 4:45 pm - 5:40 pm  
**Instructors:** Beth Wheeler and Sarah Cook  
**Price:** \$110  
**Code:** 052-0028

A bit more focused on the propagation of the dancer's technique within the traditional dance forms of Ballet, Tap, Jazz and Tumbling. Of course, we still present the program in a game format to provide for a ton of fun!

Traditional dancewear (leotard and tights) is required. Due to the artistic nature of the program, the color is up to the parents and/or the dancer. It is important that your dancer's hair is neatly secured with elastics and barrettes. Scrunchies and hair-bands are too slippery for our kind of fun.

## Rhythm, Movement & Dance with Yurate Mikshite (8 WEEK SESSIONS)

### Rhythm and Dance

**Ages:** 4 - 5  
**Day:** Sundays  
**Dates:** 2nd Session starts February 24  
 3rd Session starts April 21  
**Times:** 10:00 am - 11:00 am  
**Price:** \$56 per session • \$7 per hour  
**Code:** 052-0012/Session 2  
 052-0012/Session 3

A spontaneous and creative class where children will explore how their bodies move "in place" - stretching, bending, turning, etc., and in "locomotor" movements - jumping, skipping, rolling, crawling, etc. Breathing exercises, relaxation and simulation, gymnastics with music, visual meditation and creative movement are also introduced.

### Rhythm and Movement

**Ages:** 6 - 8  
**Day:** Sundays  
**Dates:** 2nd Session starts February 24  
 3rd Session starts April 21  
**Times:** 11:00 am - 1:00 pm  
**Price:** \$112 per session • \$7 per hour  
**Code:** 052-0014/Session 2  
 052-0014/Session 3

A spontaneous and creative class where children will explore how their bodies move "in place" and in "locomotor" movements. Breathing exercises, relaxation and simulation, gymnastics with music, visual meditation and creative movement are also introduced.

### Rhythm and Movement

**Ages:** 9 - 11  
**Day:** Sundays  
**Dates:** 2nd Session starts February 24  
 3rd Session starts April 21  
**Times:** 1:00 pm - 3:00 pm  
**Price:** \$112 per session • \$7 per hour  
**Code:** 052-0013/Session 2  
 052-0013/Session 3

Children will learn rhythm, movement, dance and improvisation, as well as the elements of aerobics, modern choreography and pantomime. Advanced students receive option of third hour, at no charge.

### Advanced Rhythm and Movement

**Ages:** 12 - 14  
**Day:** Sundays  
**Dates:** 2nd Session starts February 24  
 3rd Session starts April 21  
**Times:** 3:00 pm - 5:00 pm  
**Price:** \$112 per session • \$7 per hour  
**Code:** 052-0015/Session 1  
 052-0015/Session 2  
 052-0015/Session 3

Children learn the essential building blocks for dances, make them up, then teach the dances to the other students. If a performance is needed, the "advanced group" is always ready to perform. **Experience and permission from the instructor are needed to be involved in this class.**

**Black gymnastics shoes, black jazz pants and black bodysuit required for all dancers.**

**Yurate Mikshite**, who received her education from the Russia Academy of Arts, has many years of experience performing and instructing the performing arts. For more information about these classes, please call Yurate at (781) 593-9956.

**A PERFORMANCE DANCE IS PLANNED FOR THE END OF THE SEASON FOR FAMILY, FRIENDS and JCC MEMBERS**



**Children's Ballroom Dance**

This class will teach your child how to DANCE FOR A LIFETIME! Tricia Sampson-Reyes encourages boys and girls to attend. This 45 minute class will introduce gentle stretching, balance and coordination drills, and dance basics. The focus will be on Ballroom including Swing and Waltz, and Latin including Merengue, Cha Cha, Mambo/Salsa, and Rhumba! Tricia is a dedicated teacher and performer who knows the importance of encouraging children to learn to dance. "We all attend parties, proms, dances, and holiday gatherings where dancing is an integral part of the event. Children can attain the confidence by instruction and practice so they will never feel uncomfortable in a social environment". (White or black ballet or jazz shoes required. No jeans or sneakers please. Black jazz pants for girls.) *A performance is planned for the end of the season for family, friends and JCC members!*

*Ages:* 5 - 7  
*Day:* Wednesdays for 10 weeks  
*Dates:* 2nd session starts April 10  
*Times:* 3:15 - 3:45 pm  
*Price:* \$100 per session  
*Code:* 052-0018

*Ages:* 8 & up  
*Day:* Wednesdays for 10 weeks  
*Dates:* 2nd session starts April 10  
*Times:* 3:45 - 4:30 pm  
*Price:* \$100 per session  
*Code:* 052-0019



# Fitness Center

Bart Muese, Fitness Director



## Bernie & Roberta Kline Fitness Center Hours

- Sunday: 6:30 am - 9:00 pm
- Monday - Thursday: 5:30 am - 10:00 pm
- Friday: 5:30 am - 5:00 pm
- Saturday: 1:00 pm - 7:00 pm

Please Note: Due to building regulations, it may be necessary to limit the number of users in the Fitness Center.

### Shape up and keep fit while using our expanded state-of-the-art equipment, which includes:

- 14 LifeFitness & StarTrack Treadmills
- 10 Stairmasters
- NordicTracks
- 5 Schwinn Airdynes
- 4 Concept II Rowers
- 6 LifeFitness, StairMaster & Universal Recumbent Bikes
- 6 LifeFitness & StairMaster Upright Bikes
- Cybex Upper Body Ergometer
- 2 Precor Elliptical Trainers
- 4 LifeFitness XTrainers
- Reebok Body Trek XTRainer

The Fitness Center has a complete line of Cybex VR and VR2 strength training equipment. We also have recently added a Smith Machine and Cable Crossover to our free weight room.

### Fitness Center Orientations

Our professional Fitness Staff will meet with you for a one-on-one consultation to design your fitness program and help you achieve your personal health & fitness goals. Please contact the Fitness Staff at Extension 133 to make an appointment.

### Workout Spice

Make an appointment with one of our Fitness Staff and we will review your exercise program and show you how to improve your current workout.

This free session is for current members only and can be used once every three months.

### Personal Training at the "J"

- Day: By appointment only
- Price: \$35/hour • \$150 for 5 sessions
- Please see Fitness Staff for details.

*Please make an appointment with our Professional Fitness Staff for a complimentary Fitness Orientation and Personal Training session.*

### Wellness Programs

Wellness is the ability to live life to its fullest potential. At the JCC, we have a wide variety of equipment, programs, and staff to help you achieve this goal. Programs available to members include:

**Reflexology.** An ancient art practiced by all cultures, based on the science that there are zones and reflex areas in the feet which correspond to all glands, organs, and systems of the body. This practice results in the reduction of stress and promotes physiological changes in the body. Call Ann Wettlaufer, Board Certified Reflexologist, at (781) 631-8330 x410 to make an appointment.

**Massage Therapy.** The JCC offers a variety of massage therapy services, all with the therapeutic benefits of

increased circulation, flexibility, and stress reduction. Whether you're recovering from a tough workout our just want to relieve tension, we can meet your needs. Treat yourself or someone you love to a session by calling (781) 631-8330 x137.

The JCC Fitness Staff can also provide you with information on a variety of health/wellness topics, such as:

- Low Back Care • Cholesterol • Nutrition
- Weight Loss • Stress Management
- Alcohol/Drug Awareness • Smoking Cessation

Stop by the fitness center or call (781) 631-8330 x133 to arrange for a consultation with our staff and we will help you get on the right track to health and wellness today.

**Be sure to look for our bi-monthly Fitness Challenges and special events!!**

### **Body Composition Health Risk Assessment: Are YOU at Risk?**

Schedule your assessment now to determine your current health status.

Physical components tested include:

- Body Weight
- Height
- Body Fat Percentage (fat vs. lean tissue)
- Body Mass Index
- Waist / Hip Ratio
- Body Frame Size
- Blood Pressure



The outcome of this examination will allow your JCC fitness trainer to recommend an ideal body mass index, weight and fat percentage to work towards, that will enable a healthier life for you to enjoy tomorrow. *By appointment only; \$10.00.*

Or, for a more comprehensive health and fitness assessment, individuals can schedule an appointment that includes the above components, plus the following fitness tests:

- Predicted VO2 Max (aerobic capacity)
- Prescribed target heart rate training zone based on VO2 Score
- Core strength and endurance
- Girth Measurements
- Low back and hamstring flexibility
- Upper body strength and endurance
- Rotator cuff flexibility

*Fee: \$50, by appointment only.*

To set up an appointment, please call Bart Muise at (781) 631-8330 x 133.

### **Fitness Evaluations for YOUTH!**

Youth ages 10-17 can utilize this fitness assessment to obtain pertinent base-line data on their current fitness levels and receive professional advice that will improve their sports performance and overall health and wellness. Fitness components tested include the same as adults, but utilizing youth formulas based on age and gender.

To set up an appointment, please call Bart Muise at (781) 631-8330 x133.

Fee: \$35

## **Fitness Center**

### **The Therapy Center of Marblehead**

In collaboration with Shaughnessy-Kaplan Rehabilitation Hospital, physical therapy services are now conveniently offered at the JCC. Enjoy the convenience of treating sports injuries, back/neck pain, or other post-surgery and musculoskeletal disorders before or after your work-out. This expanded department is located on the 2nd floor overlooking the main lobby. In addition, some clients may be able to use the pool to facilitate their recovery. A licensed Physical Therapist creates specific, individualized exercises in the water to adjunct the program created "on land". Physician orders/referral are required.

For more information, please call (781) 639-1131.



### **The Donald Silverman Cardiac Maintenance Program**

Participants are expected to attend at least 2 classes per week, during the following expanded times:

Monday/Wednesday/Friday

7:00 am - 8:00 am

12:00 pm - 1:00 pm

5:00 pm - 6:00 pm

Tuesday/Thursday

7:00 am - 8:00 am

5:00 pm - 6:00 pm

*The Monday and Wednesday 5 pm class will focus on strength training for the cardiac member. Medical clearance is required. See staff for details.*

*Price: \$18 per month*

The Cardiac Maintenance Program is in our 13th year of existence. To enter this Phase IV Cardiac Program, you must have permission from your Cardiologist or be a recent graduate of a cardiac rehabilitation program. This lifelong program enables the member to improve cardiovascular conditioning and flexibility.

# Fitness Center

## JCC's Fit Kids

**Ages:** 10 - 13  
**Days:** Mon., Weds or Thursdays  
**Times:** 3:30 pm - 4:15 pm  
**Price:** \$45  
**Code:** 049-0001 (Mon)/049-0005(Weds)  
049-0006 (Thurs)

**Space is limited.**

This popular health and fitness program is specially designed for our younger members who would like to utilize the fitness center in a safe and effective manner. This 8 week Fit-Kids Program encompasses a variety of age-appropriate health related components, such as:

- Fitness guidelines
- Muscular strength and endurance
- Target heart rate training
- Flexibility
- Nutrition
- Improving body composition
- Fitness equipment orientation

*Successful graduates of this program will get a JCC Fitness Card that will allow them to exercise between the hours of 3:00 pm – 5:00 pm (Mon - Fri) and 1:00 pm to 7:00 pm (Sat - Sun).*

## Women's Strength Training

**Days/Times:** Wednesdays:  
9:00 am - 10:00 am (Level 1)  
Fridays:  
9:00 am - 10:00 am (Level 2)  
**Price:** \$45 for 8 classes  
**Code:** 049-0002 (Level 1)  
049-0003 (Level 2)

This program is ideal for women who want to learn how to add free-weight training to their exercise routine. Proper technique and muscle toning are the main focus of this 8-week program. Perfect for the beginner or for those who are ready to challenge themselves with new resistance exercises.

## "On the Go" Conditioning Class

**Days:** Tuesdays & Thursdays  
**Times:** 9:15 am - 10:00 am  
**Price:** \$45 for 8 classes  
**Code:** 049-0004

**Space is limited.**

This conditioning class is designed with busy moms and others in mind with a 45 minute full-body workout that incorporates the basic, yet sometimes intricate, fundamentals of free-weight training to improve muscle tone, enhance caloric expenditure, and increase cardiovascular endurance.

## S.T.E.P.S. II

**Days:** Monday/Wednesday/Friday  
**Times:** 8:00 am - 12:00 noon  
**Price:** \$24 per month

This is a total fitness program, especially for the older adult, that combines stretching, strengthening and cardio-respiratory fitness. Designed for those who have graduated from our highly successful STEPS program, or anyone who wants to increase his/her activity level in a safe, effective and socially interactive environment!

Class meets three times each week.

## RubberBand-Tastic Weighted Workout Class

**Days:** Sundays  
**Times:** 11: am - noon  
**Price:** \$40 for 8 classes  
**Code:** 049-0010



This one-hour class begins with a 15-minute aerobic warm-up with our certified JCC trainer discussing American College of Sports Medicine Guidelines to maximize your aerobic benefits. The RubberBand and weight segment will safely allow all participants to effectively strengthen all major muscle groups.

Let's all "Band" together and sign up for this easy to follow strength class.

## "When Seconds Count" CPR & First Aid Training

## Special Programs

### Session 1: Heart Saver Adult CPR

*Day/Date:* Tuesday, May 7  
*Times:* 7 - 10:00 pm  
*Price:* \$35

**Space is limited.**

This course is designed to teach you Rescue Breathing, Choke Saving skills and CPR for people over the age of 8. You will learn what to do in an emergency and First Aid for a Heart Attack and a Stroke. Class includes a book, materials, exam and course completion card valid for (2) years upon successful completion of the course.

### Session 2: Infant & Child CPR

*Day/Date:* Wednesday, May 8  
*Times:* 7 - 10:00 pm  
*Price:* \$45

**Space is limited.**

This course is designed to teach you Rescue Breathing, Choke Saving skills and CPR for children under the age of 8. You will learn ways to prevent childhood injuries and what to do in an emergency. Class includes a book, materials, exam and course completion card valid for (2) years upon successful completion of the course.

### Session 3: Standard First Aid

*Day/Date:* Thursday, May 9  
*Times:* 7 - 10:00 pm  
*Price:* \$52

**Space is limited.**

This course is designed to teach you the necessary skills to help an injured or suddenly ill adult. Class includes a book, practical materials, exam and course completion certificate valid for (3) years upon successful completion of the course.

### Combination Offer

For Session 1 & 2, \$52  
For either CPR Session and First Aid, \$62  
For all three, \$72

For more info, call (781) 631-8330 x121

*And don't forget to start preparing for The 2nd Annual JCCNS/SKRH  
Triathlon By The Sea • Sunday, May 19*



The JCC web site can be found at [www.jccns.org](http://www.jccns.org)

# Aquatics

Julian Villegas, Recreation Director  
of Aquatics and Aerobics



**Spring Session: March 31-June 14** Classes will not meet on the following days:  
Wed April 3 -Thurs April 4 (last two days of Passover), Sun-Fri. April 15-19 (school vacation)  
Sun May 26, Monday May 27-Memorial Day.  
**MINIMUM ENROLLMENT OF 3 NEEDED TO HOLD A CLASS.**

## Infant and Toddler Swim Classes (Ages 6 - 36 months)

### Baby Dip Class

Parent and child are introduced to the basics of water safety and water skills. *Prerequisite for class: Plastic pants are required and can be purchased at the front desk.*

<u>Day</u>	<u>Time</u>	<u>Cost</u>	<u>Code</u>
Sun	9:30 am - 10:00 am	\$90	032-0001
Mon	11:00 am - 11:30 am	\$90	032-0002
Wed	11:00 am - 11:30 am	\$90	032-0004

### Parent and Tot Swim

This class is for children who are not comfortable in a class situation without a parent or guardian. Parent and child participate together in the pool. *Prerequisite for class: Plastic pants are required and can be purchased at the front desk.*

<u>Day</u>	<u>Time</u>	<u>Cost</u>	<u>Code</u>
Sun	9:00 am - 9:30 am	\$90	032-0006
Mon	11:30 am - 12:00 pm	\$90	032-0007
Fri	11:30 am - 12:00 pm	\$90	032-0008

## Preschool Swim Classes (Ages 3 - 5 years)

### Starfish (Level 1A) "Water Exploration"

A safe and fun introduction to water.

<u>Day</u>	<u>Time</u>	<u>Cost</u>	<u>Code</u>
Sun	10:00 am -10:30 am	\$90	032-0009
Mon	2:30 pm - 3:00 pm	\$90	032-0010
Tue	1:15 pm - 1:45 pm	\$100	032-0011
Tue	2:30 pm - 3:00 pm	\$100	032-0012
Wed	3:00 pm - 3:30 pm	\$90	032-0013

### Seahorse (Level 2A) "Primary Skills"

This level marks the beginning of true locomotion skills and adds to self-help and basic rescue skills begun in level 1. *Prerequisite for class: Submerge face and shoulders in the water, front and back kick with support or successful completion of level 1A.*

<u>Day</u>	<u>Time</u>	<u>Cost</u>	<u>Code</u>
Sun	10:30 am -11:00 am	\$90	032-0014
Sun	11:00 am -11:30 am	\$90	032-0015
Mon	3:00 pm - 3:30 pm	\$90	032-0016
Wed	3:00 pm - 3:30 pm	\$90	032-0017
Thur	3:00 pm - 3:30 pm	\$90	032-0018

### Barracuda (Level 3A) "Stroke Readiness"

Introduction of the front crawl and backstroke float and kick are taught at this level. *Prerequisite for class: Successful completion of Level 2 or prone flat, back float, crawl kick without support.*

<u>Day</u>	<u>Time</u>	<u>Cost</u>	<u>Code</u>
Sun	11:30 am -12:00 pm	\$90	032-0019
Mon	3:30 pm - 4:00 pm	\$90	032-0020
Wed	3:30 pm - 4:00 pm	\$90	032-0021

### Dolphin (Level 4A) "Stroke Development"

Through guided practice, we build on skills developed in Level 3. Diving and additional safety skills are also introduced. *Prerequisite for class: Successful completion of Level 3 or basics of front crawl, back float and must be comfortable in deep water.*

<u>Day</u>	<u>Time</u>	<u>Cost</u>	<u>Code</u>
Sun	12:00 pm -12:30 pm	\$90	032-0022
Mon	4:00 pm - 4:45 pm	\$100	032-0023
Thur	3:15 pm - 4:00 pm	\$100	032-0024



Rob Kirkman, Aquatics Director  
and Assistant Swim Coach

# Aquatics

Showers and bathing caps are required before attending swim classes or utilizing our pool facility.

## Youth/Teen Swim Classes (Ages 6 - 14)

### Seahorse (Level 2B) "Primary Skills"

This level marks the beginning of true locomotion and adds to self-help and basic rescue skills. *Prerequisite for class: Submerge face and shoulders in the water, front and back kick with support.*

<u>Day</u>	<u>Time</u>	<u>Cost</u>	<u>Code</u>
Tue	3:00 pm -3:30 pm	\$100	032-0025
Thur	3:00 pm -3:30 pm	\$90	032-0026

### Barracuda (Level 3B) "Stroke Readiness"

Introduction of the front crawl and backstroke float and kick are taught at this level. *Prerequisite for class: Successful completion of Level 2 or prone float, back float, crawl kick without support.*

<u>Day</u>	<u>Time</u>	<u>Cost</u>	<u>Code</u>
Tue	3:30 pm -4:00 pm	\$100	032-0031
Thur	3:30 pm -4:00 pm	\$90	032-0032

### Dolphin (Level 4B) "Stroke Development"

Through guided practice, we build on skills developed in Level 3B. Diving and additional safety skills are also introduced.

<u>Day</u>	<u>Time</u>	<u>Cost</u>	<u>Code</u>
Tue	3:15 pm -4:00 pm	\$110	032-0027
Wed	3:15 pm -4:40 pm	\$100	032-0028

### Sharks 5B

At this level we develop confidence and endurance by swimming familiar strokes for greater distances. Breaststroke and sidestroke are introduced. Diving skills are enhanced. *Prerequisite for class: Successful completion of level 4B or should have knowledge of front crawl, backstroke, elementary back, treading in deep water and diving.*

<u>Day</u>	<u>Time</u>	<u>Cost</u>	<u>Code</u>
Wed	4:00 pm - 4:45 pm	\$100	032-0034
Thur	4:00 pm - 4:45 pm	\$100	032-0035

### Pre-Piranhas 6B

Swim team quality training for the ones who have outgrown all other swim classes and are ready to take on tougher strokes. This class will teach the butterfly stroke and will work on more familiar strokes while increasing strength and endurance. *Prerequisite for class: Successful completion of Level 5.*

<u>Day</u>	<u>Time</u>	<u>Cost</u>	<u>Code</u>
Mon	3:15 pm -4:00 pm	\$100	032-0029
Wed	3:15 pm -4:00 pm	\$100	032-0030

### Diving (Ages 6 - 12)

Learn correctly and safely: forwards, backwards, flips, twists, jumps, tucks, pikes and more! Safety and fun are stressed in this class. All you need is the desire to learn. *(Knowing how to swim is required.)*

*Monday Class is for boys and girls 7 to 10 years old.  
Wednesday Class is for boys and girls 11 and older.*

<u>Day</u>	<u>Time</u>	<u>Cost</u>	<u>Code</u>
Mon	3:15 pm -4:00 pm	\$90	032-0036
Wed	3:15 pm -4:00 pm	\$90	032-0037

### Youth & Teen Water Polo Club at the JCC

Come and Join our JCC Youth and Teen Water Polo Club. This is an entry level program that will focus on basic rules, skills and concepts. All equipment is provided. All you need to do is the desire to learn how to play. *Prerequisite for class: good to strong swimming skills in order to participate. For ages 11 & up, male or female. Call Robert Kirkman at ext. 144 for further details.*

<u>Day</u>	<u>Time</u>	<u>Cost</u>	<u>Code</u>
Tues	3:45 pm - 4:45 pm	\$100	032-0046

### Synchronized Swim Class (Ages 10 - up)

Participants will delight in the unique and rare opportunity to learn this specialized art form from world champion Louise Wing. A variety of figures and forms will be introduced to swimmers of intermediate swimming levels or higher levels. Participants will learn to maintain body balance underwater while improving physical condition.

<u>Day</u>	<u>Time</u>	<u>Cost</u>	<u>Code</u>
Sun	7:00 pm - 8:30 pm	\$100	032-0038

The JCC web site can be found at [www.jccns.org](http://www.jccns.org)

# Aquatics

## Beginner Swim Lessons

Students will learn basic swimming skills like prone and back floating, crawl and back kicking, introduction to crawl stroke, backstroke and confidence in deep water.

<u>Day</u>	<u>Time</u>	<u>Cost</u>	<u>Code</u>
Wed	7:30 pm - 8:15 pm	\$90	032-0039

## Lap Swim (Ages 11 - up)

Continuous lap swimming only. Please refer to schedule for details on availability of lanes. Check pool schedule for dates and times.

## Adult Lap Swim

Continuous lap swimming only. Please refer to schedule for details on availability of lanes. Check pool schedule for dates and times.



## Wave Runners Waterjogging

Join our "wave runners" class, water jog to upbeat music, have fun and get fit! Waterjogging belts are provided by the JCC or you can bring your own. Class is limited to 15 participants. Class is now FREE. *Sign up one hour prior to class.*

*See Group Exercise class schedule for class availability*

## Adult Aquatics (Age 15 - Up)

## Early Birds

Adults who enjoy morning workouts will love this well-organized lap swim. The pool is open only for early bird swimmers. *Price: \$90.00 per calendar year. (Otherwise, pro-rated to January.)*

<u>Day</u>	<u>Time</u>	<u>Code</u>
M-F	5:30 am - 7:30 am	032-0044

## Adult Recreational Swim

For recreational swimming only. A section of the pool is devoted to recreational use for adults ages 18 and up. Please see schedule for availability of lanes. Check pool schedule for dates and times.



## Aquaerobics

Get fit and healthy through rhythmic water exercises. Aquaerobics is an enjoyable way to exercise while toning and trimming. Class is now FREE. *Sign up one hour prior to class.*

Monday, Wednesday and Friday 10:15 am - 11:00am

## A.R.C. Lifeguarding Today

American Red Cross lifeguarding training course. The course also certifies the participants in Standard First Aid and CPR for the Professional Rescuer. Participants must have strong swimming skills prior to registration. Class includes all class materials and American Red Cross certifications upon completion of the course. Written and skills test must be passed in the areas of Lifeguarding, Standard First Aid, and CPR for the Professional Rescuer before certificate can be awarded. Mandatory 100% attendance. *Prerequisite: Must be able to swim 500 yards.*

<u>Day</u>	<u>Time</u>	<u>Spring</u>	<u>Code</u>
Mon & Weds	4:30 pm - 8:00 pm	\$200	032-0045

*Class will run April 1 - May 22*



# Aquatics

## Aquaerobics



Get fit and healthy through rhythmic water exercises. Aquaerobics is an enjoyable way to exercise while toning and trimming. Class is now FREE. Sign up one hour prior to class.

Day                      Time  
Mon, Wed, Fri            10:15 am - 11:00am

## Kick, Punch & Splash



Splash your way through your favorite kickboxing moves! This class combines the resistance of the water with the technique of kickboxing and the discipline of martial arts! Energizing! Powerful! Uplifting!

Day                      Time  
Wednesday              7:30 pm - 8:15 pm



## Parent & Tot Swim

Parents or guardians must accompany children under 4 years old in the pool to enjoy recreational swimming. Please see pool schedule for availability, dates and times.

## Family Swim

Recreational swim for all. Children under 10 years old must be accompanied by an adult in the water. There is no lap swimming allowed in the family swim lane. Check pool schedule for dates and times.



## NORTH SHORE PIRANHAS

*Spring and Summer Season runs  
April 29 - August 9*

Participate in competitive swimming with boys and girls that have reached an intermediate swimming level or higher level. The swim season includes regular practice sessions to improve and master strokes, develop competitive skills and build endurance. Swim team members can participate in swim meets with US swimming teams. This program is designed for swimmers who want to achieve their maximum potential.

<u>Level</u>	<u>Cost</u>	<u>Code</u>
Seniors	\$350	032-0048
Advanced	\$250	032-0049
Gold	\$200	032-0050
Novice/Silver	\$200	032-0051

*If you have any questions regarding The North Shore Piranhas Swim Team, please contact Julian Villegas at Ext. 151*

# Registration Forms

Please use only one form per class.  
For additional copies, photocopy this form or stop by the JCC.  
You can also register on line at [www.jccns.org](http://www.jccns.org)

*In order to process your registration, ALL information must be filled out.  
NEW: PLEASE BE SURE TO INCLUDE CLASS CODE(S).*

FAX IN    MAIL IN    DROP OFF

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Day Tel # \_\_\_\_\_ Night Tel # \_\_\_\_\_

Member # \_\_\_\_\_ Expiration Date \_\_\_\_\_

If under 18, Parent Name (Last, first) \_\_\_\_\_

Age of Child \_\_\_\_\_ Emergency Contact \_\_\_\_\_

Home # \_\_\_\_\_ Work # \_\_\_\_\_ Email: \_\_\_\_\_

Class Title	Code	Day/Time	Fee

Name on charge card \_\_\_\_\_

Visa/MasterCard # \_\_\_\_\_ Exp. \_\_\_\_\_

For Office Use Only: <input type="checkbox"/> Check <input type="checkbox"/> Cash   Date _____   Batch # _____			
Trans # _____	Receipt # _____	Entered by _____	

*In order to process your registration, ALL information must be filled out.  
NEW: PLEASE BE SURE TO INCLUDE CLASS CODE(S).*

FAX IN    MAIL IN    DROP OFF

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Day Tel # \_\_\_\_\_ Night Tel # \_\_\_\_\_

Member # \_\_\_\_\_ Expiration Date \_\_\_\_\_

If under 18, Parent Name (Last, first) \_\_\_\_\_

Age of Child \_\_\_\_\_ Emergency Contact \_\_\_\_\_

Home # \_\_\_\_\_ Work # \_\_\_\_\_ Email: \_\_\_\_\_

Class Title	Code	Day/Time	Fee

Name on charge card \_\_\_\_\_

Visa or MasterCard # \_\_\_\_\_ Exp. \_\_\_\_\_

For Office Use Only: <input type="checkbox"/> Check <input type="checkbox"/> Cash   Date _____   Batch # _____			
Trans # _____	Receipt # _____	Entered by _____	

## Refunds/Cancellations

You will be notified if we are unable to offer a class or activity. Full refund will be given if the JCC cancels a class/activity because of insufficient enrollment. Early enrollment will assure class placement. If you cancel prior to the beginning of the class, you will receive a full refund less a \$10 processing fee. Refunds will be credited to your account if there is a balance due. Otherwise, the refund will be mailed out within 30 days of the cancellation.

**NO REFUNDS WILL BE GIVEN AFTER THE FIRST DAY OF CLASS.**

The JCC is unable to refund tickets and/or reservations for Center trips and programs. Thank You for your cooperation.

**Mail to:**

**JCC**  
4 Community Road  
Marblehead MA 01945  
or fax OR go on line.

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**JCC**  
4 Community Road  
Marblehead MA 01945  
or fax OR go on line.



Jim Myers, Asst SHF Director-Sports

# Sports



## Adult Volleyball

*Days:* Sundays & Thursdays  
*Times:* 11:00 am - 1:00 pm (Sundays)  
8:00 pm - 10:00 pm (Thursdays)  
*Price:* Free to members

Pickup games are organized each session. Plenty of fast-paced action including bumping and spiking.



## Adult Rec Basketball

*Days:* Sundays  
*Times:* 9:00 am - 11:30 am  
*Price:* Free to members

Pick up teams, call your own fouls, plenty of action for all. Run by staff person Jim Myers.

## Badminton Open Play



*Days:* Sunday  
*Times:* 7:00 am - 9:00 am  
*Price:* Free to members

Bring your own racquet and shuttlecocks for recreational play.

## Sports & Gym Classes for Kids

### Parent & Child Hoop Jamboree



*Ages:* 8 - 13 (Kids) and 30+ (Adults)  
*Days:* Saturday & Sunday  
*Dates:* March 30 - 31  
*Times:* 6 - 8 pm (Sat., Ages 12 -13)  
1:15 - 3:15 pm (Sun, Ages 8 -9)  
4 - 6 pm (Sun, Ages 10 -11)  
*Price:* \$20 per team  
*Code:* 029-0034 (Ages 12-13)  
029-0035 (Ages 8-9)  
029-0036 (Ages 10-11)

Our 1st Annual Jamboree matches family teams in tournament format. Refreshments and prizes included.

### Preschool Gym Jamboree

*Age:* 3  
*Days:* Tuesdays  
*Dates:* April 9 - June 11  
*Times:* 3:00 pm - 3:30 pm  
*Price:* \$80  
*Code:* 029-0004

Your child will explore his/her motor skills and learn basic gymnastic movements on all equipment. Includes parachute games, gym games, sports skills and music.

### Sports Rangers

*Ages:* 4 - 5  
*Days:* Mondays & Wednesdays  
*Dates:* April 12 - June 12  
*Times:* 2:45 pm - 3:30 pm  
*Price:* \$80  
*Code:* 029-0007

Sports instruction and gym activities highlight this lighthearted romp into the world of sports and gym.

### After School Wide World of Sports

*Ages:* 7 - 10  
*Days:* Thursdays  
*Dates:* April 11 - June 13 (Session 2)  
*Times:* 4:30 pm - 5:30 pm  
*Price:* \$80  
*Code:* 029-0006

Participants will be divided into teams and play a variety of sports-basketball, soccer, floor hockey, as well as non-competitive gym games.



### Afterschool Gymnastics Classes

#### Boy's Rookie Gymnastics

*Ages:* 5 - 7  
*Days:* Tuesdays  
*Dates:* April 9 - June 11  
*Times:* 3:30 pm - 4:30 pm  
*Price:* \$80  
*Code:* 029-0014

Boys will love this challenging and athletic class. They will learn basic gymnastic skills, as well as a sense of discipline and independence.

#### Tiny Tumblers

*Ages:* 4 - 5  
*Days:* Thursdays  
*Dates:* April 11 - June 13  
*Times:* 3:00 - 3:45 pm & 3:45 - 4:30 pm  
*Price:* \$80  
*Code:* 029-0012

Preschoolers will learn and master basic gymnastic skills in a fun environment that promotes self-confidence and independence.

#### Gymnastars

*Ages:* 6 - 10  
*Days:* Tuesdays  
*Dates:* April 9 - June 11  
*Times:* 4:30 pm - 5:30 pm  
*Price:* \$80  
*Code:* 029-0013

In this intermediate class, girls will refine basic skills. They will also learn more advanced skills using a variety of apparatus, with an emphasis on strength, flexibility, confidence, body image and coordination.

#### Tumble Weeds

*Ages:* 5 - 8  
*Days:* Thursdays  
*Dates:* April 11 - June 13  
*Times:* 4:30 pm - 5:30 pm  
*Price:* \$80  
*Code:* 029-0015

A beginner gymnastics class teaching basic skills and body positions, with an emphasis on discipline and safety.

**Springtime Sports Classes**

**Below the Rim Basketball**

*Ages:* 5 - 6  
*Days:* Tuesdays  
*Dates:* May 7 - June 4 (Rain date June 11)  
*Times:* 3:30 - 4:15 pm  
*Price:* \$40  
*Code:* 029-0029

A fun oriented introduction to the game of basketball. Classes will be held on the JCC outdoor basketball courts, with 7 foot basket height. With Jim Myers.

**JCC T-Ball**

*Ages:* 5 - 6  
*Days:* Sundays  
*Dates:* April 28 - June 9  
*Times:* 1 pm - 2 pm  
*Price:* \$40 (includes t-shirt)  
*Code:* 029-0032

Learn the fundamentals of America's great pastime. Games will be held at the newly conditioned JCC lower field. With Jim Myers. *Parental coaching help is needed.*

**Afterschool Club Med**

*Ages:* 6 - 10  
*Days:* Mondays (5 weeks)  
*Dates:* April 29 - June 10  
*Times:* 3:30 - 5:30 pm  
*Price:* \$75  
*Code:* 029-0030

Afternoons of fun around the North Shore. We will travel by mini-bus to explore exotic places like Metro Bowl, Castle Creek and Salem Willows. Price includes admissions and snack.

**Soccerama**

*Ages:* 6 - 12  
*Days:* Sundays  
*Dates:* April 28 - June 9  
*Times:* 2:00 - 3:00 pm  
*Price:* \$40 (includes t-shirt)  
*Code:* 029-0033

Join Salem State College soccer goalie Kelli Reardon for an hour of instruction and game play. Program will be held at the newly conditioned JCC lower field.

**Junior Golf**

*Ages:* 7 - 12  
*Days:* Wednesdays (5 weeks)  
*Dates:* May 8 - June 5 (Raindate June 12)  
*Times:* 3:30 - 5:30 pm  
*Price:* \$85  
*Code:* 029-0031

Great introduction to a game that can be played for a lifetime. Includes lessons in putting, driving and chipping, as well as 3 holes of golf during the final 2 weeks. Price includes golf pros, transportation and snack. Supervised by Jim Myers.



# Sports

## Clinics and leagues with Barbara Maitland Six weeks starting Monday, April 8

### About Barbara . . .

Barbara Maitland has been teaching tennis and has owned and operated Maitland Tennis for more than 20 years. She runs summer USTA/NJTL and Play Tennis America programs, as well as fall and spring leagues and clinics. In the winter she runs Team Tennis and Busy Bee leagues, round robins, aerobic tennis and cooperative tournaments for players of all ages and skill levels. She has spoken for the USTA, Eastern District Alliance for Health, Physical Education, Recreation and Dance(AAHPERD) and the USPTA Division on Empower Your Groups to Coach and Learn Together and other group techniques. She is a member of USPTR, USPTA and AAHPERD. *If you have any questions about Barbara's classes, please contact her directly at (978) 745-7371.*

### For Juniors Ages 4 - 6

*Days:* Mondays  
*Times:* 3:30 pm - 4:15 pm  
*Price:* \$38  
*Code:* 035-0001

### For Juniors Ages 6 - 9

*Days:* Mondays  
*Times:* 4:30 pm - 5:30 pm  
*Price:* \$38  
*Code:* 035-0002

### For Juniors Ages 10 - 15

*Days:* Mondays  
*Times:* 5:30 pm - 6:30 pm  
*Price:* \$38  
*Code:* 035-0003

### For Adults

#### Drill & Play (Tennis USA)

*Days/Times:* Mondays • 9:00 am - 10:30 am  
Tuesdays • 9:30-11am & 6:30 - 8pm  
*Price:* \$55  
*Code:* 035-0004

#### Play Only

*Days/Times:* Mondays • 10:30 am - Noon  
Tuesdays • 8:00 pm - 9:30 pm  
*Price:* \$40  
*Code:* 035-0005

# Tennis

## Classes and Lessons with Joel Droker Starting Thursday, May 2

### About Joel . . .

Joel Droker graduated from the Dennis Van DerMeer Tennis University in Hilton Head, South Carolina. He is certified by USPTR and is a member of the USPTR & USTA. Joel is the head teaching Pro in five communities in Palm Beach County, Florida. He has been the Head Teaching Pro at the JCC for the past ten years.

### For Juniors

#### Beginner Tennis Ages 7 - Up

*Days:* Thursdays (6 weeks-Rain date June 13)  
*Times:* 3:15 pm - 4:00 pm  
*Price:* \$50  
*Code:* 035-0007

#### Intermediate/Advanced Ages 7 - 12

*Days:* Thursdays (6 weeks-Rain date June 13)  
*Times:* 4:15 pm - 5:00 pm  
*Price:* \$50  
*Code:* 035-0008

#### Mixed Round Robin Doubles w/ Joel

*Days:* Wednesdays  
*Times:* 7:00 pm - 9:30 pm  
*Price:* \$5 per person per session

Sign-up by calling Joel, or show up and play on a first-come, first-served basis.

#### Private, semi-private, and group lessons with Joel

Available lesson times are Mon - Thurs • 7 am -9 pm and Friday • 7:00 am - 6:00 pm

**By appointment only. Call Joel at (978) 741-2551.**

#### Rates

Private: \$35/hour • \$18/half-hour  
Semi-private: (2 people): \$35/hour • \$18/half-hour  
Group: (3 or more people): \$35/hour • \$18/half-hour



## Summer Camps!

**Horseback Camp:** Children will learn to groom, bath, tack, saddle and ride the horses with an experienced staff. Daily transportation included.

**Tennis Camp:** Camp includes tennis instruction, round robin tennis play and skills. Games from 9am-1pm daily. Trophies will be awarded to all participants. Led by JCC Head Tennis Pro Joel Droker.

**Teen Tennis Camp:** Camp includes tennis instruction, round robin and skills.

**Junior Golf Camp:** Children will go to driving range, putting green, have lessons from various golf pros, and play at a three hole course. Campers should own a basic set of golf clubs (driver, iron, pitching wedge, and a putter). (Afternoon field trips to...beach, Salem Willows, mini-golf and bowling.) Trophies awarded to all campers. Camp leaders are Scott Kadish and Jimmy Myers. Limit 12 campers.

**Golf Camp:** A great opportunity to learn a lifetime sport. Activities include professional instruction, 9 holes of golf each day and swimming (when time permits). Campers should own a basic set of golf clubs (driver, iron, pitching wedge, and a putter). Camp leaders are Scott Kadish and Jimmy Myers. Limit 12 campers

**Summer Adventure Camp:** Experience the many adventures summer provides! Our destinations include Water Country, the thrills at Canobie Lake Park, a trip to the Boardwalk at Hampton Beach, and other exciting trips! Limit 15 campers. Trip leaders are Scott Kadish and Jimmy Myers.

**JCC Soccer Camp:** The staff of soccer "pros" and teachers will create an atmosphere of fun and learning while assisting young players in developing their skills, confidence and knowledge of the game. Self-confidence and self-esteem will be built through teamwork and sportsmanship. An emphasis is placed on individual skills such as ball control and tactics.

**Sailing Camp:** The course will cover fundamentals of sailing which include: boat handling, terminology, safety, and navigation. Even if your child has little or no experience, the course will build confidence through hands on instruction. In the case of a rainy day, we will reschedule another day for sailing. If it rains for two or more consecutive days, families will be refunded for that period of time.

Sailing camp director: Captain Allan Waldman  
Captain Waldman has 20 years of sailing experience and a love for sailing that is contagious.

**New!! Museum Camp:** Visit fun exciting museums including the Museum of Transportation, the Museum of Science, the Children's Museum, and the New England Aquarium. Morning and afternoon snack provided. Trip leaders are Scott Kadish and Jim Myers.

**New!! Señora Evans' Spanish Camp:** Señora Evans Interactive Spanish Camp is tailored to young children. Introduce your child to the exciting world of Latin culture and Spanish Language in a fun learning environment. Activities will include: Music, Games, Art, Culture and more all conducted in the Spanish Language. Come learn the fastest growing language in the United States. Don't be left behind!! Adios!

Señora Vanessa Evans is a native Spanish Speaker. She has BA from The University of Massachusetts Amherst in Spanish has studied at the Universidad de Seville, Spain and also has studied at Universal Language Center in Cuernavaca, Mexico. She has taught for several years as a certified Spanish teacher in public and private schools.

## Specialty Camp Preview

**Chess Camp:** With Michael and Eugene Perelshtein

Michael is a chess master and professional chess coach with 25 years of teaching experience. Eugene is a chess master, and one of the top players in the United States! Program includes daily chess lessons, chess tournaments, swimming and other recreational activities. Located at the JCC outdoor pool area.

For more information, call Michael or Eugene at (781) 595-7198 or Scott Kadish at the JCC, (781) 631-8330 ext. 138

**JCC Travel Camp:** Join us for some exciting trips including, Swan Boat Ride and lunch on the Boston Common, Museum of Science and Omni Theatre, Fenway Park Tours, a New England Historical Tour to Bunker Hill, USS Constitution and much more.

**JCC Computer Camp:** Taught by Eugene Perelshtein, Computer Expert

Campers will learn to make their own home pages, write HTML and play interactive games on the internet. Located in the Derek Sheckman Teen Center at the JCCNS. Limit 12 campers

**2002 JCC College Coaches Basketball Camp:**

NCAA Coaches and college athletes will be teaching the campers fundamentals of basketball, and when appropriate, advanced skills and strategy of the game. Campers will participate in drills, skill contests, individual and group instruction, lectures and game competition. The camp mission is for all to have fun and learn more about the wonderful game of basketball.

**Basketball Camp Directors**

Kevin O'Brien is currently the Head Coach of Stonehill College Division 2 Men's Basketball Team. Kevin has also been the Assistant Men's Coach of both Harvard University and Boston University. From 1987-1992, he was Head Coach of the Brandeis Men's Basketball team. He has previously run one of the top teaching basketball camps in the Boston area. Kevin is also our Baseball Director (see below).

Jimmy Myers brings many years of basketball knowledge to camp and is better known as the guru of JCC Basketball League and Programs.

For more information and registration form, call Jimmy at (781) 631-8330 x 116.

**Baseball Camp:** A week long camp emphasizing fundamentals, strategies of the game and daily scrimmage games. This program will be held at Gatchell's Field in Marblehead.

**Baseball Director: Kevin O'Brien**

- Professional player with the New York Yankees Organization
  - New England Collegiate All-Star
  - Cape Cod League All-Star
  - Coached at Brandeis University and Cape Cod League
- Many other top notch staff with coaching experience will be present at the camp.

For more information call Jim Myers at  
(781) 631-8330 ext. 116 or  
Scott Kadish at ext. 138

Explore room after room  
decorated by New England's  
most talented interior designers.  
Listen closely and you might even  
hear the whispers of  
long ago visitors.



The purchase of a ticket package in Guidebook is the best way to support Showhouse. There are many levels of support to choose from. For complete details, visit our web site at [www.jccns.org/showhouse](http://www.jccns.org/showhouse) or pick up a guidebook contract form at the main office.

GET INVOLVED. VOLUNTEER TO SERVE ON THE COMMITTEE OF YOUR CHOICE. SIGN UP IN THE LOBBY OR ON LINE.

[WWW.JCCNS.ORG/SHOWHOUSE](http://WWW.JCCNS.ORG/SHOWHOUSE)



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