JCCMW BY THE NUMBERS

NUMBER OF INDIVIDUALS IMPACTED

160 PRE-SCHOOL CHILDREN EDUCATED

1696 KIDS DEPEND ON US FOR AFTER SCHOOL ACTIVITIES

309 TODDLERS TO TEENS IN OUR CAMPS

2600 JEWISH CULTURAL PROGRAM PARTICIPANTS

178 TOWARD TOMORROW KIDS

OVER 100 TEEN VOLUNTEERS FOR SUNDAY FUNDAY

145 SENIORS MEET WEEKLY

3000 ATTEND ARTS & TALKS

OVER 1500 ENJOY THE POOL AND FITNESS CENTER

GIRLS GYMNASTICS OVER 700

350 DANCERS

MORE THAN 800 BENDHEIM THEATRE PERFORMERS

22 COMMUNITY ORGANIZATIONS USE OUR FACILITY FOR EVENTS
You may have noticed that JCC of Mid-Westchester never stops growing!

If you have been at the JCC recently, surely you have noticed and enjoyed the changes: New staff members greeting you, extensive new cardio equipment in the fitness center and our expanded garden and outdoor seating area, just to name a few. And there is even more on the way: a new afternoon initiative where your children can be supervised before and after their JCC activities, giving working parents and grandparents more flexibility with after-school hours. Plus we are enhancing the programming for our community Seniors with art and technology added to the weekly schedule of programs.

JCCMW continues to forge ahead in the digital world: Whether on your computer or your smart phone, our website is your JCCMW source, with online registration and program/class updates and changes in real time. Or maybe take a moment to check out our new self-service kiosks throughout the building and take a virtual tour, find out about our sales or promotions, or register family members online for activities.

As wonderful as digital can be, sometimes low tech is the way to go. Parents asked for an easier tool to schedule all their children in our after school programs. We heard you! In this guide is Kids Programming Day By Day, an easy to use grid to help you schedule multiple activities at the same time for all the children in your family.

But don’t take my word for it – come and see for yourself why JCCMW is well on track to becoming Westchester’s preeminent family-centric multi-generational community center.

Warmly,
Karen Kolodny
Executive Director
kolodnyk@jccmw.org

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**Hours & Registration**

<table>
<thead>
<tr>
<th></th>
<th>Fitness Center</th>
<th>Front Desk Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday—Thursday</td>
<td>6:00am - 9:45pm</td>
<td>8:30am – 7:30pm</td>
</tr>
<tr>
<td>Friday</td>
<td>6:00am - 5:45pm</td>
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</tr>
<tr>
<td>Saturday*</td>
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<tr>
<td>Sunday</td>
<td>8:00am – 5:45pm</td>
<td>8:00am – 4:00pm</td>
</tr>
</tbody>
</table>

* Money is not exchanged on Saturdays.

The Front Desk is closed on Saturdays and Jewish holidays. Most classes are not held on Jewish holidays; please check the website for holiday schedules. See our website for cancellation policies.

JCCMW Building and Fitness Center closed on these days 2019-2020:
- Labor Day – Monday, September 2, 2019
- Rosh Hashanah – September 30- October 1, 2019 (Early closing 9/29)
- Yom Kippur – October 9, 2019 (Early closing 10/8)
- Thanksgiving – Thursday, November 28, 2019
- Passover – April 9 & 10, 2020 (Early closing 4/8)
- July 4

**Scheduling and/or pricing subject to change without notice.**

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**Special Classes**

<table>
<thead>
<tr>
<th>Category</th>
<th>Dates</th>
<th>Register By</th>
</tr>
</thead>
<tbody>
<tr>
<td>All other classes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Health + Fitness</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aquatics</td>
<td></td>
<td></td>
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<tr>
<td>Gymnastics</td>
<td></td>
<td></td>
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<tr>
<td>Art Classes/Theatre</td>
<td></td>
<td></td>
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<tr>
<td>The Dance School</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Early Childhood</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids</td>
<td>9-12</td>
<td></td>
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<tr>
<td>Jewish Life</td>
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<tr>
<td>Adults</td>
<td>15</td>
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<tr>
<td>Camp</td>
<td>16-17</td>
<td></td>
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<tr>
<td>Teens</td>
<td>18</td>
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<tr>
<td>Special Needs</td>
<td>19</td>
<td></td>
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<tr>
<td>Support the Community</td>
<td>21</td>
<td></td>
</tr>
</tbody>
</table>

Learn more about our membership advantages at jccmw.org/about-the-jcc

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**JCC Mid-Westchester**

**Convenient Online Registration**
Health + Fitness
Re-energize Your Body and Mind at JCCMW

Fitness Membership
To refresh your outlook, why not start with recharging your body at JCCMW? We have a full line of strength equipment, a cycling studio with 19 bikes and a personal training studio with free weights, resistance bands, a speed bag and more. And now our Fitness center has 12 new Cardio Fitness machines with individual TVs! Not quite in the mood to use the equipment? Fitness membership also provides access to our indoor pool and group fitness classes.

Full Range of Group Fitness Classes
Whether you’re an experienced exerciser or just starting to work out, with more than 45 group fitness classes per week, JCCMW will help you re-energize your life from day one. With soothing Yoga, Meditation, Tai-Chi and specialized classes for balance and mobility, Barre, Hip Hop, serious Cycling, Strength Training, challenging Bootcamps, full body TRX workouts, High Intensity Interval Training (HIIT) and hip-shaking Zumba, we’ve got your exercise needs covered for every level and time of day.

There’s so much more - discover your personal best mindset through movement and recovery at the JCCMW:

Personal Training: Private or Small Group
Looking to get stronger, faster, increase your flexibility or balance? We have certified personal trainers ready to work with you and provide you with customized routines to maximize your results. Whether it’s to build muscle, instruct you in proper weight loss, reduce risk of injury, or laying the groundwork to establish a lifetime exercise habit, we have a trainer to suit your exact goals one-on-one or in a small group setting.

Pre-teen & Teen Fitness
Coming in January 2020: A specially designed after school fitness program meeting 2-3 days/week for ages 12 and up.

Pilates
Our private Pilates studio is fully equipped with classical Pilates equipment. Let our experienced instructors help you strengthen your body and improve your posture, balance, coordination, flexibility and endurance. Individual and duet sessions available.

Massage
Let our licensed massage therapists get your muscles on the road to recovery. Our massage therapists specialize in Swedish, deep tissue, trigger point and sports massages as well as Reiki for body and mind cleansing.

NEW!

Please welcome Danielle Wright, our new Fitness Director!

Learn more about our membership advantages at jccmw.org/health-and-fitness

Danielle Wright
Fitness Director
wrightd@jccmw.org
(914) 472-7529

www.jccmw.org      (914) 472-3300      Open To All 7 Days/Week
Aquatics
The Fun, Exercise and Learning Never Stop at Our Indoor Pool!

Our aquatics programs offer something for everyone:
Parent & child, group classes for all levels, competitive stroke classes, and our competitive team; the Stingrays. Our private and semi-private lessons cater to all abilities and our aquacise classes keep our fitness buffs in step, too! We also pride ourselves in partnering with the USA Swimming Foundation: “Saving children’s lives through swim lessons”.

Open registration for Fall 2019 classes happening now. 2020 Winter registration starts November 18th.

Adults

Aquacise Classes
Enjoy the benefits of a low-impact workout by using water resistance to enhance your flexibility, muscle balance, and cardiovascular fitness.

Masters’ Swim
For those enthusiasts looking to improve their technique and level of conditioning.

At JCCMW, our philosophy is that swimming is an enjoyable and necessary life skill. Our Red Cross Certified Water Safety Instructors build self-confidence and proficiency with proven learn-to-swim water safety skills and technique-improvement methods, all provided in a safe environment. Whatever your swim-ability, we want you to love the water as much as we do!

Kids

Little Goldfish
Parent/Child classes 8 months to 2⅔ years
Children learn to become comfortable in the water with basic skills such as bubble blowing, kicking and big arms working together with their grown up. All children must wear swim diapers.

Drop-off Group Swim Lessons
Grouped by ability

<table>
<thead>
<tr>
<th>Level</th>
<th>Preschool Aquatics 3 - 5 years</th>
<th>Tadpoles 3 - 10 years</th>
<th>Nemos 4 - 10 years</th>
<th>Minnows 4 - 10 years</th>
<th>Leapfrog 5 - 10 years</th>
<th>Seahorses 6 - 14 years</th>
<th>Starfish 7 - 14 years</th>
<th>Seals 8 - 15 years</th>
</tr>
</thead>
</table>

JCCMW Swim Team:
The Stingrays
6 to 17 years
Our competitive swim team builds and develops serious swimmers into the best they can be!

Rising Rays NEW!
8 years and up
Aspiring swim teamers will get individualized instructional swim drills with a competitive component. Featuring race days and invites to our Stingray Swim Team meets that will surely keep them motivated.

Special Needs
Small Group Swim Instruction
All Ages
Learn basic swim skills - Lessons designed to help children become more comfortable and safe in the water.

American Red Cross Lifeguard Certification and Recertification Classes
15 years and older
Learn how to save a life and acquire marketable skills!

American Red Cross Water Safety Instructor
16 years and older
Have you mastered your own abilities? Why not learn how to teach others to swim! This certification is the gold standard and provides the most comprehensive training for swim instructors.

For class days and times for swim classes, visit jccmw.org/aquatics

Marlena Rykala
Director of Aquatics
rykalam@jccmw.org
(914) 472-7287

For convenient online registration, visit jccmw.org/aquatics
Gymnastics
Levels for All Ages and Abilities!

700 participants, 25 preschool classes, 50 youth classes and our dynamic, award-winning competitive (USAG: Junior Olympic and Xcel) teams. All ages and abilities, from infants to adults, from beginner to advanced. State-of-the-art equipment and experienced, professional instructors build strength, flexibility and discipline. Small instructor to student ratio.

Recreational

Youth Classes
Get ready for serious fun! Classes instill skill, technique, strength and discipline and reinforce gym safety and awareness.

Kindergarten Gymnastics
Jr. Gymnastics Beginner 6 – 7 years
Jr. Gymnastics Intermediate 6 – 7 years
Girls Beginner 8 – 10 years
Girls Intermediate 8 – 10 years
Girls Advanced 8 – 10 years
Boys Beginner/Intermediate 8 – 12 years
Teen Beginner 11 – 18 years
Teen Intermediate 11 – 18 years
Teen Advanced 11 – 18 years

Competitive

Training Program
Our vigorous training program follows USA Gymnastics rules and guidelines. Prerequisites to becoming a member of the JCCMW Gymnastics Team: A natural ability and exceptional talent, hard work and commitment. Have you got what it takes?

Hot Tots 3 – 6 years
Junior Gems Kindergarten +

Competitive Teams — JCCMW Gymnastics
The ultimate competitive gymnastics program for gymnasts competing under the USA Gymnastics Junior Olympic and Xcel programs. Our JCCMW Gymnastics team members train at the highest level, display exceptional values within our program and shine as they learn advanced gymnastics skills and routines for the developmental, compulsory and optional USAG and Xcel levels.

Preschool

Ready, Set, Roll
newborn – 1 ½ years
Promote gross motor skill development in a safe, fun environment.

Parent/Tot
1½ – 3 years
Introduce your toddler to gymnastics equipment and fitness fun!

Tots
3 – 5 years
Learn age-appropriate gymnastics, movements and concepts. Work off those wiggles in an organized and structured environment.

Tiffany Smith
Gymnastics Director
smitht@jccmw.org
(914) 472-7526
Art Classes
See Your Creativity Blossom at JCCMW!
Fall classes start September 10th - register now!

Whether beginner or advanced and whatever your age, our expert art faculty and professional studios, including a state-of-the-art ceramics studio, will help you realize the artist within.

Adults

Wheel Throwing
Come and get your hands dirty — learn or master pottery wheel basics: throwing, trimming, glazing and more. Find out why we added a second class due to popular demand!

Ceramic Pottery Workshop
Individualized instruction for potters and sculptors of all levels.

Painting and Mixed Media
Explore your creativity in every medium, from watercolors and acrylics to collage and charcoal drawings.

Children

Drawing and Painting with Pat
7 – 10 years & 11 – 17 years
Watch your individual style emerge! Basic principles and techniques.

Wheel Throwing for Young Adults
11 years and up
Come and get your hands dirty - learn or master pottery wheel basics with our professional instructor: throwing, trimming, glazing and more.

Internships
High School students: Looking to fulfill your school’s community service requirements? Assist JCCMW instructors in afterschool children’s art classes!

For class days and times, visit jccmw.org/art

Tobe Sevush
Director, Art School and Theatre Coordinator
sevusht@jccmw.org
(914) 472-3300 x346

Theatre

JCCMW and Sandbox Theatre – an artistic partnership supporting acting and theatre instruction for aspiring Westchester thespians of all ages!

Children
The children’s theater company gives young performers a chance to shine and share their love of performance with their peers and family. Sandbox offers performing opportunities for three age groups:

KIDS – Grades K-5
TWEENS- Grades 5-8
TEENS- Grades 8-12

All Ages
The Westchester Sandbox Theatre’s branch of community and family theatre, Pail and Shovel Productions, is proud to call the Bendheim Performing Arts Center at JCCMW its artistic home. Maybe you saw the musicals Rent, Hair, Bare or most recently, Sweet Charity? Make sure you don’t miss the next production: Ticket discounts for all shows are always available for JCCMW patrons!

The Bendheim Performing Arts Center
Discover one of Westchester’s unique rental venues! Our 200 seat theatre is the perfect spot for any event. Rental includes use of the theatre, lobby area and two large, free parking lots. Make your next event a memorable one at the Bendheim.
**Birthday Parties at the JCC**

**Sports Parties**: ages 4-7  
**Gymnastics Parties**: ages 4-10  
**Pool Parties**: ages 5-10  
**Art Parties**: ages 4 and up  
**Dance Parties**: ages 4-9  
**Zumba Parties**: ages 5 and up

**For Adults Too!!!**  
Spin Parties  
Zumba Parties  
Art Parties

call 914-472-3300, or email birthdayparties@jccmw.org to schedule your party today!
A New World of Fitness and Health

FOR ADULTS, TEENS, KIDS

A Full-Service Fitness Center for Adults
+Zumba, Tai Chi, Spin, H.I.I.T., Yoga, TRX
+Certified Personal Trainers
+Latest Cardio and Strength Equipment
+Indoor Cycling Studio
+Pilates Reformer
+Massage and Reiki
+Indoor Swimming Pool
+Personal Training Studio

Classes and Fun for Kids and Teens
+Swim Lessons, Family Swim Times
+Gymnastics, Dance, Soccer and Karate

To become a member or for a free guest pass, call 914.472.3300 ext. 326, or email wrightd@jccmw.org
The Dance School at JCCMW
A Vital Part of the Community for Over 50 Years

Westchester’s premier Dance School provides recreational and pre-professional students with comprehensive, holistic training for a variety of dance styles and classes. Over 70 classes each week are taught by instructors who are professionals in their field and have years of teaching/performing experience. Three state-of-the-art dance studios and piano accompaniment for many ballet classes further set The Dance School at JCCMW apart from all other area dance schools.

Our instructors provide the highest quality dance education to students of all ages, from Tiny Toes for preschool through advanced Ballet for teens and adults, as well as Hip Hop, tap, modern and contemporary classes for children and teens.

The Dance School at JCCMW offers a solid technical foundation, an atmosphere of concentrated focus, a progressive curriculum, individualized attention, mutual support—and great fun! Our many second- and third-generation students reflect this strong history in the community. Past Dance School students have gone on to successful careers in ballet, Hip Hop, Broadway, and theatre.

What makes us different and special? We take boys and girls from beginner through advanced levels of various dance disciplines.

Our dance education encompasses a safe, hands-on, methodical curriculum based on a well-established syllabus.

Piano accompaniment adds an important element of musicality and passion.

The Bendheim Performing Arts Center is our in-house theatre for dance performances and numerous other events.

Performance and Dance Concert Opportunities
Westchester Theatre of Dance (WTD) is the performance company of The Dance School at JCCMW. Our dancers learn the creative process of choreography from beginning to end, as well as the exciting experience of performing on stage. Ballet students in levels 1 through 5, as well as Hip Hop and Tap Workshop students, are encouraged to perform in our highly regarded WTD Annual Spring Concert. Participation is optional. No student is required to perform. There is an additional fee for production, technical, and costume expenses for all participants in the dance concert. Performances take place in our very own Bendheim Theatre.

Preschool Classes
3 – 5 years old
Tiny Toes & Creative Ballet
The perfect introduction to dance, inspired by stories, songs, sports, and nature.

Children and Teens
5 years old – Teens
Ballet
From Ballet for K to advanced Ballet with Pointe/Male and Female Variations.

Modern, Tap, Contemporary, Hip Hop & Boys Only Hip Hop
Classes offered for various levels.

Adults
Ballet
Classes from Basic Beginner to Beginner Pointe to Intermediate/Advanced offered Monday – Saturday.

Beginner Tap
Basic tap steps, vocabulary and fun!

Israeli Folk Dancing
Learn the latest dances and all the old favorites!

Level 4 and Level 5 Unlimited Dance
Exactly as it sounds. Our new Unlimited dance option enables level 4 and level 5 Ballet students to sign up for any/all level ballet classes as well as the modern class. This includes adult ballet classes, which meet during school holidays and Saturdays, and Hip Hop and tap classes, too (with instructor approval). Fill your entire year with dance!

For class days and times, visit jccmw.org/danceschool

Save the Dates!
WTD March 21 & 22, 2020
Parent Observation Weeks:
December 2 – 7, 2019
& May 11 – 16, 2020

Kristen McGrew
Director, Dance School
mcgrewk@jccmw.org
(914) 472-3300 x320

www.jccmw.org (914) 472-3300 Open To All 7 Days/Week
Early Childhood

Early Childhood at JCCMW starts at the very beginning, with Gymnastics, Aquatics and Music classes for infants and toddlers and continues through the preschool years with our progressive Nursery School programs for 2s, 3s and 4s. Summer and vacation camps extend your child’s programming options to all year round! We provide what parents value most:

### A Welcoming, Inclusive Education

Excellent programming, a flexible school day, a warm and nurturing environment, easy drop-off and pick-up, and many additional activities all under one roof. Regardless of your family’s religion, ethnicity, race, sexual preference, or nationality, JCCMW is an exceptionally welcoming community — come see why Early Childhood at JCCMW is the perfect start for your family!

### Infant/Toddler Classes

<table>
<thead>
<tr>
<th>Class</th>
<th>Age Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Little Goldfish Swim Class</td>
<td>12 – 33 months</td>
</tr>
<tr>
<td>Ready, Set, Roll Gymnastics</td>
<td>newborn – 18 months</td>
</tr>
<tr>
<td>Parent/Tot Gymnastics</td>
<td>18 – 36 months</td>
</tr>
</tbody>
</table>

### Nursery School

Our preschool offers morning only for 2s with full day options for 3s and 4s. We follow the Get Set for School® curriculum, which is part of Handwriting Without Tears™. Our students LOVE it! We get our students singing, dancing, coloring, building and exploring as they develop age-appropriate knowledge that sets them up for success in Kindergarten. Don’t be surprised when your preschooler tells you all about it en Español — that’s why we introduced Español Explorers last year!

At JCCMW, we nurture every aspect of your child’s development. In our new garden, students grow and blossom alongside their plants. Our teachers are trained in mindfulness-based practices and last year we fully integrated our Mindfulness Initiative - creating Healthy Minds and Bodies into everything we do. And to tie it all together, we participate in Holistic Kids, a monthly program using multi-sensory lessons to help our students recognize and explore how their mind and body are interconnected.

Preschool students enjoy learning to swim in our indoor heated pool, working off energy in our fully-equipped gymnium, and climbing in our new nursery school playground. Extended day enrichment options include a snack and explore themed activities in Science, Math, Culture, Art, Music and Literature.

And of course, Nursery School families participate in a variety of events, such as the annual Pajama Party, Nursery School Art Show, Holiday Parties and School Visiting Day, and are invited to share a Friday Shabbat with their child’s class.

### Lunch Bunch

Lunch Bunch can serve as an extended day or bridge the gap between activities such as school and JCCMW classes. Arrangements can be made for children to be escorted from Lunch Bunch to regularly scheduled JCCMW classes.

Whether after morning preschool or before activities, it’s always delicious!

### Kid’s Place

**Afterschool Fun at JCCMW for ages 3 – 5!**

Let us fill your child’s afternoon with friendship and fun! Kid’s Place offers after-school games and activities, both indoor and outdoor, and a snack. Does your child take an afternoon class at the JCCMW? Let Kid’s Place escort your child to/from the class. Our warm, nurturing staff provides children with a safe and loving after-school environment.

### Back by popular demand!

**Itsy Bitsy Story Time, Play & Crafts**

**Ages:** 12 months - 18 months

Drop in, Free and Open to All. See JCCMW.org for dates and times

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For more information, visit jccmw.org/preschool

Caryn Symons
Nursery School Director
symonsc@jccmw.org
(914) 472-3300 x412

We understand that people move into our community throughout the year; be sure to contact us regarding availability.

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Ask us about our significant discounts and other special benefits for JCCMW nursery school families.
Kids Programming

We’ve Got You Covered!

Whether preschool or school age, JCCMW has the perfect classes and programs to fill out your child’s schedule every day of the week!

For class days and times, visit More jccmw.org/STEAM

Kids’ Sports Classes

Karate
Beginner/Intermediate/Advanced

Beginner
White/Purple Belts

Lower Intermediate
Purple Belts

Advanced Intermediate
Red/Brown Belts

Advanced
Brown/Black Belts

Super Soccer Stars
2½ – 3 years, 3 – 4 years, 4 – 5 years
Age-specific classes introduce your child to the world’s most popular sport.

STEAM This Fall!

STEAM classes with our very own Director of Technology, John Ramahlo! Here’s the secret of STEAM: Children have so much fun, they don’t realize how much they’re learning! STEAM concepts and activities nurture a design-thinking mindset, build coordination skills and exercise problem-solving muscles, all while encouraging creativity and stimulating curiosity.

Intro to STEAM/Jr. STEAM
entering 1st grade – entering 5th grade

STEAM and Design Thinking
entering 1st grade – entering 5th grade

Children will build and program robots with Lego and Mbot, design and build in 3-D, and participate in hands-on engineering design/build challenges. Added bonus: blossoming creativity and individual expression all while cultivating critical thinking and problem-solving skills.

Vacation Camps

Send the kids on a “staycation” during school break!

The JCCMW offers a range of Vacation Programs and Camps:

Kids Camp
Ages 2 – K

Gymnastics Vacation Experience
Ages 5 – 18

All Levels Swim Camp
Ages 5 – 15

Full or half days!
Come for one day or come for all!
December Break: Dec 23, 24, 26, 27
Winter Break: Feb 17-21
April Break: April 13, 14

For more information, visit jccmw.org/vacation-camps

To see our easy-to-use grid of daily programming, just turn the page...

NEW! STEAM This Fall!

Visitors’ Weeks at JCCMW for The Dance School, Gymnastics, Aquatics and Special Needs Swim: It’s the perfect opportunity to learn more about how JCCMW programs benefit our children – by watching them in action! Mark your calendars and invite the grandparents!

Save the dates:
December 2-8, 2019
March 2-8, 2020
May 11-16, 2020
*see website for more dates.
<table>
<thead>
<tr>
<th>Age Range</th>
<th>Mondays</th>
<th>Tuesdays</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 3</td>
<td>Swim Tadpoles, Swim Nemos, Swim Minnows, Dance Tiny Toes, Dance Creative Ballet, Dance Tap Level 1, Tots Gymnastics</td>
<td>Ready Set Roll, Parent Tot Gymnastics</td>
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<tr>
<td></td>
<td>Kindergarten Gymnastics</td>
<td>10:30-11:00, 12:15-12:45</td>
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<tr>
<td>3-6 years</td>
<td>Swim Tadpoles, Swim Nemos, Swim Minnows, Swim Starfish, Dance Tap Level 1, Dance Tap Level 2</td>
<td>Pre-School Aquatics, Tots Gymnastics, Kindergarten Gymnastics, Hot Tots Gymnastics, Junior Gems Gymnastics, Social Skills Group (Special Needs)</td>
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<tr>
<td></td>
<td>Swim Seahorses, Swim Starfish, Junior Gems Gymnastics</td>
<td>1:00-1:30, 1:00-1:45, 2:45-3:30, 3:30-4:15, 3:30-4:25, 3:30-4:30, 4:30-6:30, 4:15-5:15</td>
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<tr>
<td>6-8 years</td>
<td>Swim Tadpoles, Swim Minnows, Swim Leapfrog, Swim Seahorses, Swim Starfish, Dance Tap Level 1, Dance Tap Level 2, Jazz Hip Hop Level 1, Junior Gymnastics Beg, Junior Gymnastics Int</td>
<td>Swim Seahorses, Swim Starfish, Junior Gems Gymnastics</td>
</tr>
<tr>
<td></td>
<td>Swim Tadpoles, Swim Minnows, Swim Leapfrog, Swim Seahorses, Swim Starfish, Dance Tap Level 2, Ballet Level 2, Jazz Hip Hop Level 1, Jazz Hip Hop Level 2, Girls Gymnastics Beg, Girls Gymnastics Int, Boys Gymnastics Beg/Int</td>
<td>3:45-4:30, 3:45-4:30, 4:30-5:25, 4:30-5:25, 4:30-6:30, 4:30-6:30</td>
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<td>8-10 years</td>
<td>Swim Tadpoles, Swim Minnows, Swim Leapfrog, Swim Starfish, Dance Tap Level 2, Ballet Level 2, Jazz Hip Hop Level 1, Jazz Hip Hop Level 2, Girls Gymnastics Beg, Girls Gymnastics Int, Boys Gymnastics Beg/Int</td>
<td>Swim Seahorses, Swim Starfish, Ballet Level 1, Junior Gems Gymnastics</td>
</tr>
<tr>
<td></td>
<td>Swim Tadpoles, Swim Minnows, Swim Leapfrog, Swim Starfish, Dance Tap Level 2, Ballet Level 2, Jazz Hip Hop Level 1, Jazz Hip Hop Level 2, Girls Gymnastics Beg, Girls Gymnastics Int, Boys Gymnastics Beg/Int</td>
<td>Swim Tadpoles, Swim Minnows, Swim Leapfrog, Swim Starfish, Ballet Level 1, Junior Gems Gymnastics</td>
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<tr>
<td>10-14 years</td>
<td>Swim Starfish, Ballet Level 2, Jazz Hip Hop Level 2, Boys Gymnastics Beg/Int</td>
<td>Swim Seahorses, Swim Starfish, Swim Seals, Ballet Level 1, Ballet Level 3, Ballet Level 4, Modern Dance, Junior Gems Gymnastics</td>
</tr>
<tr>
<td></td>
<td>Swim Tadpoles, Swim Minnows, Swim Leapfrog, Swim Starfish, Dance Tap Level 2, Ballet Level 2, Jazz Hip Hop Level 1, Jazz Hip Hop Level 2, Girls Gymnastics Beg, Girls Gymnastics Int, Boys Gymnastics Beg/Int</td>
<td>Swim Tadpoles, Swim Minnows, Swim Leapfrog, Swim Starfish, Ballet Level 1, Junior Gems Gymnastics</td>
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**Note:** The schedule is divided by age groups with activities and time slots provided. The schedule includes activities such as aquatics, gymnastics, dance, and arts, with specific times listed for each day of the week.
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<th>Age Group</th>
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*Scheduling and/or pricing subject to change without notice.*

*Updated information is available on our site.*
JCCMW
After School Program
JCenter • JClub • JCrew

Register today at www.jccmw.org

JCenter – Drop-in center for families with activities for Pre-K

JClub – Supervised program for K-5th

JCrew – Supervised homework space for 6th-8th

✓ Daily Snack, Active Play & Homework Time

✓ Escort To/From Registered JCCMW Programs

✓ Age Appropriate Activities

✓ Rotating Specialist Schedule

✓ Low Introductory Rate -$20/day or $200/month (unlimited)
Jewish Life
Celebrating Values and Culture

Looking to expand your Jewish horizon through education, action and personal connections? JCCMW has a full calendar of events and wide range of experiences to help you integrate your practice of Judaism into your Westchester daily life.

Your Open Invitation: Multi-generational Jewish Activities for the Entire Family
Come eat in our Sukkah, celebrate Shabbat in the lobby with our Nursery children, light the Chanukiah with new friends, commemorate Kristallnacht and the Holocaust at our memorial programs and celebrate Israel's birthday on Yom Haatzmaut. Discover author talks on Jewish subjects ranging from the comedic to the political. Learn about Israel from the Westchester Shaliach and Shinshinim (Israeli emissaries) at our NEW Intergenerational STEAM programs. Bring your toddlers to PJ Library’s story time. Make new friends and kibbitz at our monthly Yiddish group. Be a part of the 5th Annual Global Challah Bake project joining over 500 other Westchester participants. Programs are open to the entire community. Membership is not required. You can do it all at JCCMW!

BBYO
For Teens Only!
JCCMW is proud to be the host site for the Hudson Valley Region chapter of BBYO. Independently organized, staffed and advised by BBYO, this group of dedicated Jewish high school students meets at JCCMW for social, recreational, spiritual and community service events.

For more information, visit jccmw.org/bbyo

Emily Eisen Bierman Regional Director
hvr@bbyo.org
(314) 401-9077

Israeli Folk Dancing
Learn the latest dances and old favorites. Instruction, requests and open session. A great way to exercise and have fun! All are welcome!

Men’s Club!
Join other senior men for weekly meetings and lively conversation.

Academic Year 2019 – 2020 Jewish Year 5780

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<thead>
<tr>
<th>Jewish Holiday</th>
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<td>Rosh Hashanah</td>
<td>Sunday, September 29 – Tuesday, October 1</td>
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<tr>
<td>Yom Kippur</td>
<td>Tuesday, October 8 – Wednesday, October 9</td>
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<td>Sukkot</td>
<td>Sunday, October 13 – Tuesday, October 15</td>
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<td>Shemini Atzeret and Simchat Torah</td>
<td>Sunday, October 20 – Tuesday, October 22</td>
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<td>Hanukkah</td>
<td>Sunday, December 22 – Monday, December 30</td>
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<td>Purim</td>
<td>Monday, March 9 – Tuesday, March 10, 2020</td>
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<tr>
<td>Passover</td>
<td>Wednesday, April 8 – Thursday, April 16, 2020</td>
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<tr>
<td>Shavuot</td>
<td>Thursday, May 28 – Saturday, May 30, 2020</td>
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</table>

Be sure to join us for the Westchester Jewish Film Festival and the Israel Film Festival and other cultural activities throughout the year.
World-Class Cultural Arts Programming in the Heart of Westchester. Find out why each year more than 3,000 adults of all ages attend our Arts&Talks events! With author talks, panel discussions, lectures on current affairs and Israel, art and dance appreciation, museum tours, game classes, Jewish & Israeli film screenings, comedy nights, and musical performances, Arts&Talks programming enriches, educates and entertains everyone!

**Signature programs** coming this year:

• Book Talk Thursdays
• Arts&Talks Concert Series
• “Ladies Who Lit” Literary Salon
• Anniversary Series including “Friends” at 25 and Woodstock at 50
• World Politics Series with Professor Ralph Buultjens
• Annual Ladies Lunch & Laugh
• Understanding the Ballet
• Museum Tours
• Our 5th Annual Great Big Challah Bake

**YOU can be a Patron of the Arts!**
Show your support for our innovative cultural programs: Sponsor an event, join our film or book committee, pick a giving level and make an impact. You bring the ideas and the coffee’s on me!

**Senior Connections**
Exciting weekly daytime activities include sessions with experts on a wide variety of topics such as music, current events, Yiddish and Jewish culture, as well as film screenings, book reviews, author talks, two Men’s Clubs and intergenerational holiday celebrations. Try our STEM for 50+ (Science, Technology, Engineering and Math), Mitzvah projects, Chair Yoga, Art Classes and Technology Help to name just a few of the many options.

**Senior Passports**, which include deeply discounted ticket prices, are available for people ages 65+. All our senior programs include light refreshments. So for the price of a cup of coffee, Senior Passport holders get to make new friends, enjoy each activity and have a nice nosh!

Explore our full range of classes and activities tailored for Adults in Dance, Art, Swimming and Fitness, including **NEW!** this fall:

**Practical Self-Defense for Adults**
Feeling a little uneasy or hesitant these days? Let Henry Weber, 8th Degree Black Belt in Tae Kwon Do, help you build confidence and take charge as he instructs you in techniques for getting out of difficult situations, effective self-defense moves against one or more attackers and against weapons, as well as chokes, grabs and holds. For adults of all ages. No prior martial arts experience required.

Registration for all going on now!
Best Summer Ever!

Whether two weeks at a time or the whole summer long, JCCMW camps are the perfect way to fill the summer. With swimming, art, theatre, dance and gymnastics to choose from, your child’s toughest decision will be which camp experience to try first!

CIT/LIT Experience
A balance of work and play for teens

Counselor in training (CIT)
Age 15 years old
The JCCMW CIT Experience combines hands-on counselor training with social action initiatives and weekly CIT only trips for a full, enriching summer experience. CITs spend each morning assisting in camper groups then meet to enjoy some social time with their peers.

Leader in training (LIT)
Age 14 years old
Similar to CIT training, this program includes a unique blend of instruction adventure and guidance geared toward our prospective CIT candidates.

Toward Tomorrow
Ages 3 – 5
Children with developmental needs
The Toward Tomorrow Program provides a nurturing, learning and recreational summer experience for children with developmental learning needs. Half-day, full-day and inclusion options are available. Toward Tomorrow is a New York State and Westchester County funded program. Acceptance is contingent upon school district approval.

Camp Gadol Staff
We are proud of our experienced, dedicated and nurturing staff members, many of whom have worked at Camp Gadol for many summers. Our staff includes both male and female counselors and activity specialists, who serve as outstanding role models for the campers.

Caryn Symons
Director of Camping
symonsc@jccmw.org
(914) 472-3300 x412

Facilities
We never worry about the weather at JCCMW! Rain or shine, heat wave or cold snap, campers enjoy full use of our airconditioned building, including our indoor heated pool, fully equipped gymnasium, theatre, art and dance studios, gaga pits, as well as spacious classrooms and play areas. In summer, our tented outdoor areas are a great place for music, nature, martial arts, sports and special activities.
Summer Arts Center (SAC)  
Entering grades 2-8

Unleash your creative talents! The joy of creative expression is what our unique Summer Arts Center is all about. The only program of its kind in lower Westchester, SAC provides an opportunity for campers to focus on art, dance or theatre as a major, while taking electives in all other disciplines. And to round out the best summer experience ever, we offer swimming, gymnastics, teen fitness and cheerleading, too!

For more information, visit jccmw.org/summer-arts-center

Dance Intensive  
Entering grades 6 –12

2 levels: Beginner & Intermediate/Advanced Male and Female Dancers

Students who love to dance have an extraordinary opportunity to train with professionals this summer! Dancers will thrive in our holistic dance environment, featuring live music, beautiful, spacious studios and a variety of classes including Ballet, Pointe (if eligible), Hip Hop, Salsa, Tap, Modern, Contemporary, Yoga, Pilates, Choreography, Nutrition and Stage Makeup. 2, 3 or 4 week options.

For more information, visit jccmw.org/dance-intensive

Summer Swim Camp  
Ages 5 and up

JCCMW’s Summer Swim Camp is for Red Cross level 3 and higher swimmers who want to develop existing skills. Following Red Cross achievement standards, our certified swim instructors help swimmers work on their level progression in a fun and non-competitive environment. Program includes instructional swim sessions, aqua sports, introduction to Jr. Water Rescue as well as games, projects and activities both in and out of the water.

For more information, visit jccmw.org/swim-camps

Looking for an extra week of activities at the end of the summer? Is regular camp over too soon? Our August programs have you covered!

Check out our special End of Summer week-long programs featuring Gymnastics, Ballet Workshops and Pre-school Sports!

For more information, visit jccmw.org/august-camps

And now with towel service and kosher lunches included, Westchester’s best camp experience just got even better!

www.jccmw.org (914) 472-3300 Open To All 7 Days/Week
Teen Programs
At JCCMW, We Know Teens!

**Community Service/Volunteerism**

Aquatics, Gymnastics, and Art departments all offer community service/volunteering opportunities. For Teens only! Or stretch that Teen volunteering muscle by assisting in our After School Programs or JCCMW Special Needs programs such as Sunday/Funday, Saturday Night Social, Ballet, STEM and more.

**Aquatics**

Lifeguard Certification Classes, Water Safety Instruction Certification Classes and Stingrays Swim Team - find out why being all wet at JCCMW is a compliment. For Teens only!

**Art**

Drawing & Painting and Wheel Throwing — your creative outlet unleashed!

**Dance**

Teens can enjoy a variety of dance styles — ballet, Hip Hop, tap, Modern and Contemporary. For Teens only!

**Health & Fitness**

**Fitness For Teens only!**

Coming January 2020.

**Gymnastics**

Beginner, Intermediate and Advanced Gymnastics classes For Teens only!

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**High School Projects and Internships**

Let JCCMW help you fulfill that academic requirement with Internship opportunities. For Teens only!

**Special Needs Teens**

Sunday/Funday activities for all ages and For Teens only! Saturday Nights Socials with dinner, games, and social action projects!

**Youth Group — BBYO**

JCCMW is proud to be a host site for the Westchester BBYO. Independently organized, staffed and advised by BBYO, this group of dedicated Jewish high school students meets at JCCMW for social, recreational, spiritual and community service events. For Teens only!

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**JCCMW Academic Center:**

Private-tutor-quality classes and results at a fraction of the cost. Small classes allow for individualized attention and are led by dynamic, experienced instructors.

Our year-round programs are designed to help high school and middle school students reach their greatest academic potential. For nearly 15 years, the JCCMW Academic Center has offered a full range of test prep, college admissions and academic enhancement programs including PSAT, SAT, ACT, SAT Subject test, AP and Regents prep classes. Each program is timed to lead up to the exam, positioning students for maximum success. In addition, Mock SAT and ACT exams, administered in a test-day environment, are offered throughout the year. Mock tests are an excellent way for students to determine which test is best for them, as well as to complement ongoing test prep. A number of college admissions workshops, designed to help students reduce the stress of the application process, are also offered.

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Students can obtain their Red Cross babysitter certification during our full day course offered four times/year during school breaks.

Lisa Itzkowitz, Director
JCCMW Academic Center
itzkowitzl@jccmw.org
(914) 472-3300 x275

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**NEW!**
Toward Tomorrow Preschool

Toward Tomorrow Preschool is a New York State approved program that features half day and full day options for children ages 2½ through 5. We offer both self-contained and integrated options. With warmth and enthusiasm, we promote positive self-esteem and independence through encouraging individualized exploration, creativity and growth for children with cognitive, communication, motor and/or social development delays. Our curriculum is enhanced by enrichment services, such as music, gymnastics and swimming.

Therapeutic Services

Speech, Occupational Therapy, Physical Therapy, Vision Therapy, and Counseling services are offered in our private therapy suites and state of the art sensory gym. Whether your child was approved for services through your school district or you're privately seeking extra help for your child, our therapists can help.

Evaluations

Have questions or concerns about your child’s development? We offer multidisciplinary evaluations, supplementary evaluations and functional vision evaluations for children ages 2½ through 5. All referrals must go through your local school district. We provide parents with comprehensive reports and attend your school district meeting to help determine what services, if any, your child is eligible to receive.

Special Needs Services & Enrichment

A Special Part of Our Community from Preschool through Young Adult

Let our extensive programming fill your needs:

Discover Special Needs Enrichment Services

After school and weekends JCCMW has something for everyone, because developmental growth happens outside of school, too. With 7 new classes this year, our programs are designed to appeal to everyone, from Dance enthusiasts to budding Gymnasts to the next generation of Scientists and Engineers. Added benefit: social and pragmatic communication skills and friendships. Classes are adapted for children with special needs and taught by dedicated educators and social workers in a warm, nurturing atmosphere. We take full advantage of all that JCCMW has to offer. We welcome families from all backgrounds and religions and are open 7 days/week.

Tuesday Afternoons

Social Skills Group 4 – 6 years

Wednesday Afternoons

SIB Connection 6 years and up

STEM Program 8 – 12 years

Small Group Swim Lessons All ages

Saturday Night Social 12 – 19 years

Ballet Up to age 10

Program scholarships available based on income qualifications and supported through generous private donations and grants.

So Much to do on Sundays only at JCCMW!

Sunday/Funday

Ages 3 - 19

A JCCMW signature Program!

A year-round all-inclusive social skills development program that is carried out through art, music, creative movement, gymnastics and technology. Groups are divided by age and integrated when applicable. Participants receive individualized attention from group leaders, specialty instructors, and teen volunteers. Ask about our complimentary ‘trial’ class!

Small Group Swim Instruction

All Ages, Sunday mornings

Learn basic swim skills - Lessons designed to help children become more comfortable and safe in the water.

Tai Chi – Parent & Child Class

Ages 8+, by permission of the Director

A certified instructor will introduce you and your child to the basic tenets of Tai Chi, proven to improve balance, flexibility, muscle strength, alleviate stress/anxiety, symptoms of asthma, and increase one’s energy level. Participant and Parent/Caregiver class. Classes limited to 6 students.

Gymnastics

Ages 6+

Children will enjoy an introduction to gymnastics skills, movements, concepts and gym safety rules. Classes limited to 6 students.

Karate

Ages 6+

Children will enjoy an introduction to karate concepts, skills, and terminology. Classes limited to 6 students.

For more information, visit jccmw.org/special-needs

Amy Sullivan
Special Education Services Director
sullivana@jccmw.org
(914) 472-7265

Mara Roberge
Director, Special Needs Enrichment Services
robergem@jccmw.org
(914) 472-3300 x361

www.jccmw.org (914) 472-3300 Open To All 7 Days/Week
Personally for You at JCCMW!

**Personal Training**
Fitness customized just for you.

**Birthday Parties**
We’ll help create the perfect party from A(rt) to Z(umba) and everything in between!

**Speech, Vision, OT/PT**
Individualized Therapies for any child.

**Rentals**
Spaces available for any event.

**Gymnastics**
Individualized sessions that fit your schedule for toddlers to adults.

**Private Swim Lessons**
Whether one-on-one or small group, splash around on your schedule.

**Private Dance Lessons**
Your passion, your schedule, your expert teacher’s undivided attention.

**Massage**
Swedish, deep tissue, trigger point or sports – we have the massage that feels right for you.

**Pilates**
Our instructors will guide you to flexibility and strength at your own rate leaving you refreshed and focused.

**Reiki**
Cleanse and balance your body and mind.

Our community consists of unique individuals of all shapes, sizes, and ages ... Just like you!

We offer party options for all ages!
How do we make a great community even better? We have families of all shapes and sizes, from singles to children to multiple generations living together. And we have JCCMW programs to enrich everyone:

- Nurturing nursery schools
- Motivating fitness and aquatics instructors
- Confidence-building gymnastics program
- Dance, art and theatre classes
- STEAM and test prep
- Engaging activities for Seniors
- Great films, speakers and holiday celebrations

81% of these programs are self-sustaining. But to ensure everyone has access to JCCMW programs that build, enliven and enhance the fabric of our community, **we need your support, too!** We just can’t do it without you.

You might choose to strengthen our community with a one-time gift, a monthly recurring gift or even by contributing your appreciated stock (and save on your tax bill at the same time). We can help you explore these and other ways to support JCCMW, because we’re here to build a better future by making a great community even better.

**Join Us!**

Connect with Beth Grafman, our Director of Development, to find the best way to support what matters most to you at JCCMW.

Reach Beth at (914) 472-7323 or grafmanb@jccmw.org

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**Save The Date**

Grab your tie-dye & bell bottoms for JCCMW’s

**Winter Gala**

**Peace, Love & JCCMW!**
**Thursday, December 12th**
**6:30pm**

Special acoustic performance by Woodstock rocker, **Steve Katz** of Blood, Sweat and Tears

Food  Drink  Live Auction

Stay tuned for more details!

**JCCMW Executive Board 2019-2020**
Greg Kaldor - Co-President
Ellen Reinheimer - Co-President
Rachel Moseley - Secretary
Steven Abrahams - Treasurer
Steven Berkowitz
Roger Kahn
Stephanie Kirwan
Helen Samuels

**Board**
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Donald Fleishaker
Jim Lasser
Laura Sheppe Miller
Susan Rozin
Stephanie Tessler
Stephanie Wechsler

**Executive Director**
Karen Kolodny

**Life/Honorary Trustees**
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Cheryl & Philip Milstein
Vivian & Seymour* Milstein
Nancy* & Roy* Raizen
Elaine & Alan Weiler

*S”l
New Balance Westchester is the #1 doctor recommended shoe store in Westchester

This privately owned and operated shoe store works with doctors, physical therapists, assisted living homes, and athletes to find the perfect fit. New Balance Westchester carries sizes from extra narrow to XXWide. Ranging from kids/infants size 0 to men’s size 20 and everything in between. Each employee receives rigorous training about the foot and possible foot conditions to confidently help each and every customer. This guarantees that no matter who assists you when you walk through the doors, you’re receiving the best service possible. The owner’s #1 rule is to treat every person who walks through the door like family.