



CHILDREN'S CLASSES

at the JCC OF SYRACUSE

2023

SCHOOL AGE CLASSES

If you are registering your child for a class plus Before Class Care, please indicate this on the registration form and enter the correct fee amount.

Questions? Contact Sherri Lamanna at slamanna@jccsyr.org or 315-445-2040 x126.

BEFORE CLASS CARE FEE

If your child is taking one or more classes each week and is not enrolled in the JCC's After School Program, the following one-time fees apply for the fall session.

1 class/week:	\$60
3 classes/week:	\$120
2 classes/week:	\$100
4 classes/week:	\$130

Gymnastics

Beginners and Intermediate:
Beginning gymnastics foundations taught on floor, beam, bars, and vault in a safe and encouraging environment.

Team / Pre-Team Gymnastics:
Participants will be accepted on the pre-team/ team through tryouts or approval from coach. Gymnast will compete against other gymnastics programs in the area. Some additional fees will be incurred.

Gymnastics Beginners and Intermediate

Age: Grades K and up
Day: Wednesday, 3:15-4:15 PM
Dates: 9/13-11/29 (not 11/22)
Limit: 16
Fee: M \$190 NM \$210

Gymnastics Beginners and Intermediate

Age: Grades K and up
Day: Wednesday, 4:30-5:30 PM
Dates: 9/13-11/29 (not 11/22)
Limit: 16
Fee: M \$190 NM \$210

Gymnastics Beginners and Intermediate

Age: Grades K and up
Day: Friday, 4:30-5:30 PM
Dates: 9/22-12/1 (not 11/10, 11/24)
Limit: 16
Fee: M \$190 NM \$210

Team/Pre-Team Gymnastics

Day: Mon, Tues, Thurs; 3:45-5:30 (they are going to either pick two days or three days. (Must specify which days on the registration form)
Dates: 9/11 - 11/30 (not 9/25, 10/9, 11/23)
Children can make up a class on a Thursday or Friday in place of the Jewish Holidays)
Fee: 2 days \$380 mbrs \$400 non-mbrs
3 days \$480 mbrs \$500 non-mbrs

Ninja Warrior

Build strength and agility by jumping, swinging, climbing, hanging, balancing, and leaping through our fun filled, ninja-style obstacle course!

Ninja Warrior - School Age

Age: K-6th grade
Day: Friday, 3:15-3:45 PM
Dates: 9/22-12/1 (not 11/10, 11/24)
Limit: 8
Fee: M \$190 NM \$210
Attire: Shorts or sweatpants. No shorts or pants with snaps or buttons.

Karate

Students in this course will progress through the beginning ranks of CNY Karate Gojoryu style. Karate enhances motor skill progression and self-discipline. Additional fees may be incurred for uniform and sparring equipment.

School Age Karate

Age: K-6th Grade
Day: Tuesday, 4:30-5:15 PM
Dates: 9/19 - 11/28
Limit: 8
Fee: M \$190 NM \$210

JCC Dance Program

Ballet, Tap, and Jazz form the curriculum of the JCC Dance program. Girls and boys are invited to participate in this program and gain flexibility, strength, and coordination while having lots of fun.

School Age Jazz and Tap

Age: K-6th Grade
Day: Thursday, 4:30-5:15 PM
Dates: 9/14-11/30 (not 11/23)
Limit: 8
Fee: M \$190 NM \$210

School Age Ballet

Age: K-6th Grade
Day: Monday, 3:30 - 4:15
Dates: 9/11 - 11/27 (not 9/25, 10/9)
Limit: 8
Fee: M \$190 NM \$210

School Age Ballet

Age: K-6th Grade
Day: Monday, 4:30-5:15 PM
Dates: 9/11-11/27 (not 9/25, 10/9)
Limit: 8
Fee: M \$190 NM \$210

PRESCHOOL CLASSES

Open to JCC members and non-members. Discount for members. Registration for our Early Childhood Program students is by classroom. Please select the correct class based on your child's classroom. Non-members may register for any available open class. • Questions? Contact Sherri Lamanna at slamanna@jccsyr.org or 315-445-2040 ext. 126.

JCC Dance Program

Ballet, Tap and Jazz form the curriculum of the JCC Dance Program. Girls and boys are invited to participate in this program and gain flexibility, strength and coordination while having lots of fun. Dance classes are held in the dance aerobic studio with mirrors, dance bars and wood flooring. We have some dance shoes available for our students at no cost. Please ask for details.

Jazz and Tap

Jazz and Tap elements are all taught designed to develop a well-rounded dancer.

Jazz and Tap - Room A & B

Age: Pre-K
Day: Thursday, 3:15-4:00 PM
Dates: 9/14-11/23 (not 11/23)
Limit: 10
Fee: M \$180 NM \$200

Pre-Ballet

This Ballet class is an introduction to ballet techniques and terminology. Dancers get to use their imagination and creativity as a key classroom element. Students will work on coordination, flexibility, strength and the joy of movement.

Pre-Ballet - Rooms 2 & 8

Age: 3
Day: Wednesday, 1:00-1:30
Dates: 9/13-11/29 (not 11/22)
Limit: 10
Fee: M \$180 NM \$200

Pre-Ballet - Room A & B

Age: Pre-K
Day: Wednesday, 1:45-2:15 PM
Dates: 9/13-11/29 (not 11/22)
Limit: 10
Fee: M \$180 NM \$200

Pre-Ballet - Room Room A & B

Age: Pre-K
Day: Friday, 1:45-2:15 PM
Dates: 9/15-12/1 (not 11/10, 11/24)
Limit: 10
Fee: M \$180 NM \$200

Pre-Ballet - Rooms 2 & 8

Age: 3
Day: Friday, 1:00-1:30
Dates: 9/15-12/1 (not 11/10, 11/24)
Limit: 10
Fee: M \$180 NM \$200



GYMNASTICS

Tumbling Tots

Pre-gymnastics skills for 3-year-olds! Emphasis on safety using the beam, bars, and tumble trac.

Classes begin the week of September 11. Please use the registration form on [page 16](#). Questions? Contact Sherri Lamanna at 315-445-2040, ext. 126.

Tumbling Tots I – Rooms 2 & 8

Age: 3
 Day: Monday, 1-1:30 pm
 Dates: 9/11-11-27 (not 9/25, 10/9)
 Limit: 12
 Fee: M \$180 NM \$200
 Attire: Girls Leotard Boys Shorts with no snaps or sweatpants and T shirt. Hair must be pulled back.

Tumbling Tots I – Rooms 2 & 8

Age: 3
 Day: Tuesday, 1:00-1:30 PM
 Dates: 9/12-11/28
 Limit: 12
 Fee: M \$180 NM \$200
 Attire: Girls Leotard Boys Shorts with no snaps or sweatpants and T shirt Hair must be pulled back.

Tumbling Tots II – Room A & B

Age: Pre-K
 Day: Monday, 1:45-2:30 PM
 Dates: 9/11-11-27 (not 9/25, 10/9)
 Limit: 12
 Fee: M \$190 NM \$210
 Attire: Girls Leotard Boys Shorts with no snaps or sweatpants and T shirt Hair must be pulled back

Tumbling Tots II – Room A & B

Age: Pre-K
 Day: Tuesday, 1:45-2:30 PM
 Dates: 9/12-11/28
 Limit: 12
 Fee: M \$190 NM \$210
 Attire: Shorts or sweatpants. No shorts or pants with snaps or buttons. Hair must be pulled back.



SPORTS & MORE

Rookie Sports

Throwing, catching, kicking, and running made fun through pre sports skills training. Miniature equipment is used with an emphasis on fun and good sportsmanship.

Rookie Sports I – Rooms 2 & 8

Age: 3
 Day: Wednesday, 1:00-1:30
 Dates: 9/13-11/29 (not 11/22)
 Limit: 12
 Fee: M \$175 NM \$195

Rookie Sports II – Room A & B

Age: Pre-K
 Day: Wednesday, 1:45-2:15 PM
 Dates: 9/13-11/29 (not 11/22)
 Limit: 12
 Fee: M \$175 NM \$195

Ninja Warrior

Build strength and agility by jumping, swinging, climbing, hanging, balancing, and leaping through our fun filled, ninja-style obstacle course!

Ninja Warrior Room A & B

Age: Pre-K
 Day: Thursday, 1:45-2:15 PM
 Dates: 9/14-11/30 (not 11/23)
 Limit: 10
 Fee: M \$185 NM \$205
 Attire: Shorts or sweatpants. No shorts or pants with snaps or buttons.

Ninja Warrior Room A & B

Age: Pre-K
 Day: Thursday, 2:30-3:00 PM
 Dates: 9/14-11/30 (not 11/23)
 Limit: 10
 Fee: M \$185 NM \$205
 Attire: Shorts or sweatpants. No shorts or pants with snaps or buttons.



PJ Library in CNY (PJ for pajamas), a JCC of Syracuse program, holds a monthly PJ Library day in ECDP. Children are encouraged to wear their pajamas to school when the PJ Library coordinator visits to read stories, sing songs and plan activities with the children. PJ Library offers free, high-quality Jewish books and music each month to parents raising Jewish children from birth to eight years all across North America.

PJ LIBRARY IN CNY – A JEWISH COMMUNITY PARTNERSHIP



Bring Jewish Stories Home

Learn more and sign up for free at pjlibrary.org/storybooks

PJ Library in CNY serves children from birth to 8 years old in Cortland, Madison, Onondaga and Oswego Counties. www.pjlibrary.org



Serves 9–11 year olds by offering choice and creative outlets. www.pjourway.org

PJ Library in CNY is a program of the Sam Pomeranz Jewish Community Center.

Connect with us for the latest updates.



Carolyn Weinberg | pjcny@jccsyr.org



CLASS REGISTRATION INFO

How to register

To enroll in classes, use the Class Registration Form on p. 18 of this booklet. Complete one form for each individual registration and return to:

*JCC of Syracuse
5655 Thompson Rd.
DeWitt, NY 13214
Fax: 315-449-4539*

Full payment must be received with the enrollment form. Register early as some programs have limited space and classes fill up fast. JCC members receive enrollment priority.

Automatic registration Auto registration may be made for the same ongoing class next semester. Please indicate this on the registration form and your credit card will be billed at that time.

Cancellations, refunds & changes We do not send registration confirmations. We will notify you only if a class is cancelled. The JCC reserves the right to cancel a class due to insufficient registration. In such cases, a full refund or credit will be issued. Transfers from one class to another can only be made with prior JCC approval.

Billing

Membership JCC membership is a one-year commitment. Annual membership is non-refundable and payment is due in full upon joining. Or, for your convenience, you may choose an alternate payment option such as monthly automatic payments from your credit/debit card or bank account.





Class Registration & Emergency Authorization

BILLING INFORMATION (parent/guardian if applicable)

Last Name		First Name		
Address		City	State	Zip
Home Phone	Cell Phone		Email	

PARTICIPANT(S) AND CLASS SELECTION(S)

Name	Class	Day(s)	Time	Fee
1.				
2.				
3.				
4.				

Payment: Cash Check Credit Card (Visa, MC, Discover, Amex) Total Amount Enclosed _____

Card # _____ Exp. Date _____

Cardholder Signature _____ JCC Member? Yes No

EMERGENCY AUTHORIZATION

PLEASE NOTE: The JCC must have a current Emergency Authorization for medical treatment of minors on file for each participant in its programs. I hereby appoint the appropriate JCC staff members to act on my behalf in authorizing unexpected medical, dental or surgical care and/or hospitalization for the below named minor(s) during the period of Sept. 1, 2023 through August 31, 2024, in the event of my unavailability.

Name	Date of Birth	Allergies/Special Conditions
1.		
2.		
3.		
4.		

Medical/dental/hospitalization coverage for above named minor(s):

Insurance company/government program _____ ID/contact/group # _____

Family physician _____ Phone # _____

PUBLICITY RELEASE

I hereby give do not give permission for my above named child(ren) to be used in any JCC of Syracuse photos, videos, publicity or promotional pieces.

AGREEMENT/RELEASE SIGNATURE

I recognize that participating in athletic/recreation programs have certain inherent risks for which the Jewish Community Center of Syracuse, Inc., is not liable. I hereby, for myself, executors and administrators, waive and release any and all claims for damages I may seek against the JCC or places used by the JCC in conjunction with this athletic/recreation program. I also

recognize that medical expenses I may incur in connection with participation in this athletic/recreation program are my own responsibility. I hereby appoint the appropriate JCC staff to act on my behalf in authorizing unexpected medical, dental, surgical or hospital care should I be unable to do so. I have read the preceding paragraphs as acknowledged by my signature below.

Signature _____

Date _____