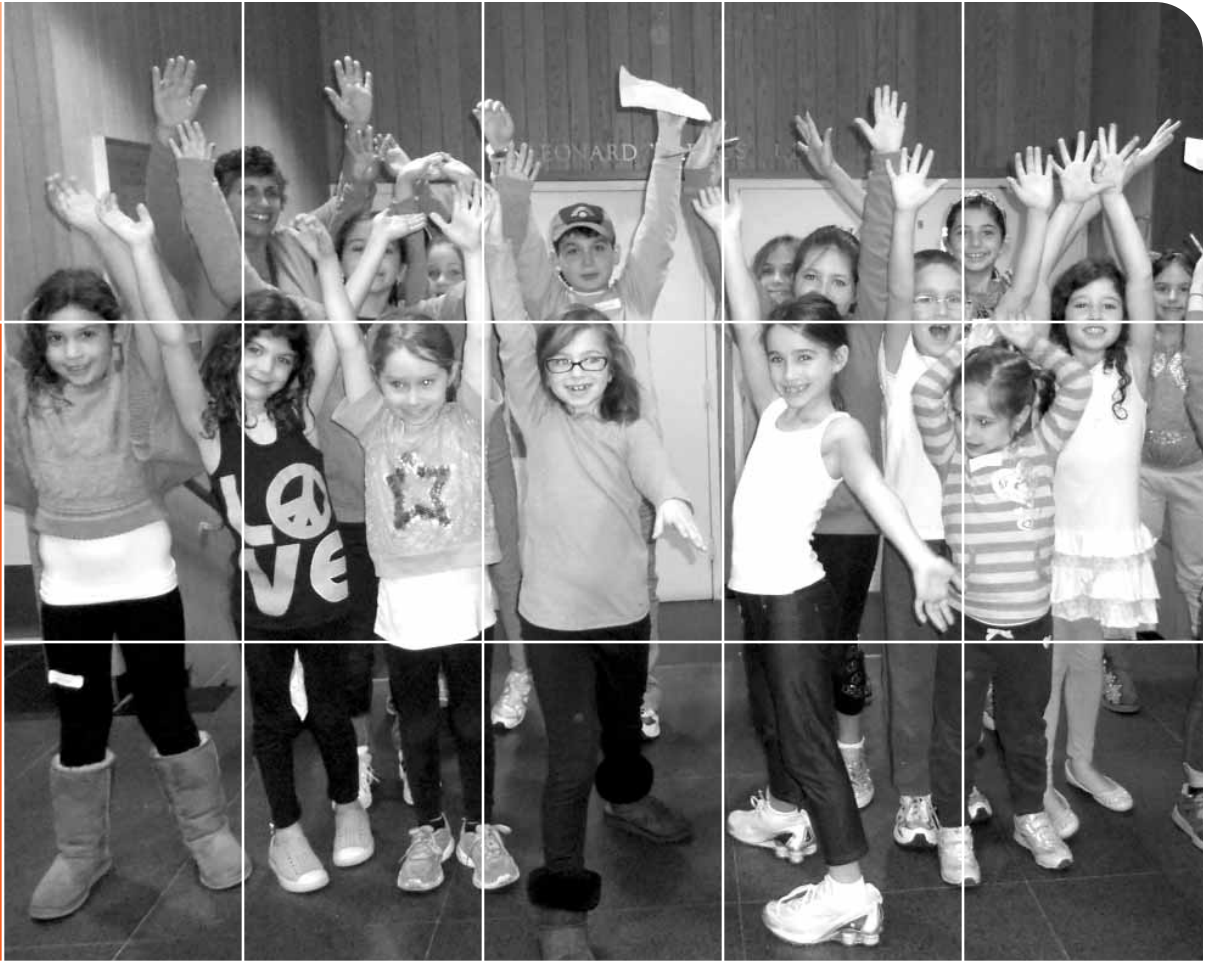


sessions 3/4

january - june 2012



bergen county y  
a jewish community center



program  
guide



# general information

## Holiday Schedule

### January

- 1 Sunday New Year's Day  
Fitness/aquatics open 8:00 am - 1:00 pm
- 16 Monday Martin Luther King, Jr. Day  
YJCC open regular hours

### February

- 8 Wednesday Tu B'Shevat  
YJCC open regular hours
- 20 Monday Presidents' Day  
YJCC open regular hours

### March

- 8 Thursday Purim  
YJCC open regular hours

### April

- 6 Friday Erev Passover  
YJCC closes 3:00 pm
- 7 Saturday Passover  
YJCC closed
- 8 Sunday Passover  
YJCC closed
- 12 Thursday Erev 7th Day Passover  
YJCC closes 3:00 pm
- 13 Friday Passover  
YJCC closed
- 14 Saturday Passover  
YJCC closed
- 19 Thursday Yom Ha'Shoah  
YJCC open regular hours
- 26 Thursday Yom Ha'atzmaut  
YJCC open regular hours

### May

- 10 Thursday Lag B'Omer  
YJCC open regular hours
- 27 Sunday Shavuot  
YJCC closed
- 28 Monday Shavuot/Memorial Day  
YJCC closed

## YJCC Hours

Sunday: 8:00 am – 7:00 pm  
Monday through Thursday: 6:00 am – 10:00 pm  
Friday: 6:00 am – 3:00 pm

## Babysitting

Babysitting is on a "first come, first served" basis. Reservations are not accepted. Parents must remain in the building while their children are in the babysitting room. We provide the toys. You provide the diapers, wipes, juice or bottle. Any dry snack must be "toddler friendly." Babysitting is available to YJCC members only.

### Babysitting Hours\*

Sunday – Friday: 9:00 am – Noon  
*\*Please check for current schedule/updates.*

### Fees

\$6/hr. for first child; Siblings are \$4/hr. each  
*Rates subject to change without notice.*

## Kashruth Policy

All food served at the YJCC is kosher.



### Jimmy Mike's Cafe Kosher

Monday – Thurs: 8:00 am – 7:00 pm  
Friday: 8:00 am – 2:00 pm  
Sunday: 8:00 am – 6:00 pm  
*Contact Jim at 201.497.5969.*

## Access for the Disabled

All YJCC facilities are accessible to persons with disabilities. Please speak to a Member Services representative if you have any special needs.

## Cancellation & Refund Policy

The YJCC reserves the right to cancel any class in case of insufficient registration. If a class is cancelled, you will be notified and your refund will be processed automatically. Please allow 6 to 8 weeks to receive your refund. If you cancel your enrollment before the first class, a \$10 administrative fee will be deducted from your refund. If you cancel your enrollment after the first class, you will receive a 50% refund. There is no refund after the second class of any session. There are no refunds for unused tickets for personal training, classes, special events and/or performances. All requests for refunds must be made by the third week of the current class session. The \$35 non-member administrative fee is not refundable for any reason once registration is processed.

# welcome to the yjcc!

## Make your family part of our family!

The Bergen County Y, a Jewish Community Center strives to develop, enrich and strengthen our families, our Jewish identity and our Jewish community. While creating Jewish experiences and embracing our values and heritage, the YJCC maintains an inclusive environment, celebrating the diversity within our community and welcoming others to share in our dreams and goals.

When you join the YJCC, you help us realize our vision. Your membership enables you to use our facility and affords you the opportunity to take part in exciting programs and events, including the myriad educational, recreational, and cultural programs we offer for children, families, adults, seniors and those with special needs. It also helps ensure that the YJCC is able to continue to play an important role in the lives of so many in our community.

For all membership inquiries and a tour of our facility, please call Member Services at (201) 666-6610. Find our fee schedule on page 31.

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### The Bergen County Y, a Jewish Community Center

605 Pascack Road, Township of Washington, NJ 07676

phone 201.666.6610

fax 201.664.7518

website [www.yjcc.org](http://www.yjcc.org)

The Program Guide is published two times a year by The Bergen County Y, a Jewish Community Center. The Bergen County Y, a Jewish Community Center is a beneficiary agency of the Jewish Federation of Northern New Jersey.



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Inside back cover yjcc staff/leadership

## special events!

### Game On!

Friday, January 13, 9:30 am – 2:00 pm  
Join us for a day of games: Mah Jongg, Bridge,  
Canasta, Scrabble® and more.

**21<sup>st</sup> Annual Israel Family Experience**  
February 16-26 (Presidents' Week)

**Casino Night**  
Saturday, March 3

**Gently Used Book Sale**  
Sunday-Tuesday, April 29-May 1

**Spring Gala**  
Thursday, May 17

**Bobbie Berkley YJCC Golf Outing**  
Monday, July 16

# early childhood



Anette McGarity  
DIRECTOR  
amcgarity@yjcc.org  
x5662

## 2011-2012 Nursery School

A child's nursery school experience can set the tone for an entire lifetime of learning. The goal of the David Rukin Early Childhood Center's Nursery School is to enhance each individual child's growth and development through a variety of experiences and activities in a warm, supportive and nurturing environment. Family membership in the YJCC is required for Nursery School registration.

### Our Nursery School Program

**Limited spaces are still available** for 2s, 3s and 4s. Please call Anette McGarity for more information.

**Before-school care begins at 8:00 am daily; after-school care runs until 6:00 pm Monday through Thursday, 3:00 pm on Fridays.** Commitments are made for the school year; see fee chart below for specific information. Contact Anette McGarity for complete information.

**Transportation** is available through a private service; restrictions apply. Call Anette McGarity to make arrangements.

### Just For 2s

**Mid-Year 2s** offers a rich educational and social experience to children who turn 2 between October 2, 2011 and March 31, 2012 and are ready for a nursery school environment. Classes begin in January.

**2s with a Twist** is a special program for 2-year-olds in any Mon., Wed., Fri. nursery school program. (YJCC membership required.) Children experience a typical nursery school day, including two special enrichments: Tuesdays, Teddy Tennis; Thursdays, Mini Scientists. Attend one or two days.

## 2011-2012 Nursery School Fees

### 2-year olds (by October 1, 2011)

2s with a twist: (Tues. and/or Thurs.) 9:15 - 11:30 am	.....\$960/day
3 half days: (Mon., Wed., Fri.) 9:15 - 11:30 am	.....\$3,715
5 half days: (Mon. - Fri.) 9:15 - 11:30 am	.....\$5,845
3 extended days: (Mon., Wed., Fri.) 9:15 am - 12:30 pm	.....\$5,210
5 extended days: (Mon. - Fri.) 9:15 am - 12:30 pm	.....\$8,165

### mid-year 2-year olds (by February 29, 2012)

2 half days: (Tues. & Thurs.) 9:15 - 11:15 am ( <i>begins 1/5/2012</i> )	.....\$1,235
3 half days: (Mon., Wed., Fri.) 9:15 - 11:15 am ( <i>begins 1/4/2012</i> )	.....\$1,855

### 3-year olds (by October 1, 2011)

5 half days: (Mon. - Fri.) 9:00 am - 12:30 pm	.....\$6,490
5 full days: (Mon. - Fri.) 9:00 am - 2:00 pm	.....\$9,960

### 4-year olds (by October 1, 2011)

5 full days: (Mon. - Fri.) 9:00 am - 2:00 pm	.....\$9,960
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### Before-care (2s, 3s, 4s) and After-care (3s, 4s)

Before school care: (Mon. - Fri.) 8:00 - 9:00 am	.....\$225/day
After school care: Mon. - Fri. 2:00 - 3:00 pm;	
Mon. - Thur. 3:00 - 4:00 pm, 4:00 - 5:00 pm; 5:00 - 6:00 pm	.....\$225/hour/day

# parenting center

The David Rukin Early Childhood Center includes our Parenting Center, which offers year-round programming designed to provide information, guidance, resources and support for parents of children from newborn through 24 months. The Parenting Center also provides opportunities to create friendships that last long into the future. For information, please call Anette McGarity, Early Childhood Director, at 201.666.6610, ext. 5662.

## PARENTING CENTER SCHEDULE AT-A-GLANCE

### Sunday

9:30-10:15 am Boogie Babies (6 wks-9 mos.)

### Monday

9:30-10:15 am Boogie Babies (6 wks-9 mos.)

9:30-10:30 am Strollers on the Go (6 wks-24 mos.)

11:15 am-12:15 pm Mommy & Me (newborn-9 mos.)

1:00-2:00 pm "Very Special" Parent-Toddler Playgroup

### Tuesday

9:30-10:15 am Wiggles and Giggles (12-16 mos.)

10:30-11:15 am Jumping Jax and Jiggles (16-22 mos.)

### Wednesday

9:15-10:30 am Parent-Toddler Playgroup (13-20 mos.)

11:15 am-12:15 pm The Next Stage Mommy & Me  
(9 mos. & up)

### Thursday

9:30-11:00 am Park Bench (18-24 mos.)

### Friday

9:30-10:30 am Strollers On-the-Go (6 wks-24 mos.)

9:30-10:30 am Little Explorers (9-13 mos.)

1:00-2:00 pm Taste of Shabbat (Newborn-36 mos.)

THE YJCC RESERVES THE RIGHT TO WITHDRAW ANY CLASSES FOR WHICH THERE IS INSUFFICIENT REGISTRATION.



## Parent-Infant Groups

Each session balances developmental information with guidance about the emotional work it takes to be a thoughtful parent. The groups also serve to help build a sense of community among the members, many of whom may build lasting friendships with one another, while their children do the same. There is always room for questions and issues that are pressing on a particular day.

### Mommy and Me NEWBORN-9 MONTHS

In a relaxed and nurturing environment, our group leaders will offer valuable information and facilitate discussion about a variety of topics, including sleep, feeding, changes in identity, coping with a fussy baby, separation anxiety and choosing childcare.

Facilitators: Beth Hirschberg and Donna Kissler

**Mondays** (14), 11:15 am – 12:15 pm  
Jan. 23 – May 14 (no class 2/20, 3/12 & 4/9)  
M \$250 NM \$320

41209-M3

### The Next Stage Mommy and Me **new** 9 MONTHS & UP

Your baby is no longer an infant—but we still have a lot to talk about! This group will cover a variety of topics including the art of multitasking, siblings, naps, sleep, co-parenting, feeding, separation anxiety and more, in a relaxing, nurturing environment. Facilitators: Beth Hirschberg and Donna Kissler

**Wednesdays** (16), 11:15 am – 12:15 pm  
Jan. 18 – May 16 (no class 2/22 & 4/11)  
M \$285 NM \$365

41209-W3

### Boogie Babies 6 WEEKS-9 MONTHS

Created for pre-crawlers and parents, this class provides a fun way to bond with baby, including singing, finger-play, instruments and movement. Come nurture your baby's natural abilities!

Facilitator: Amy Greenstone

**Mondays** (14), 9:30 – 10:15 am  
Jan. 23 – May 14 (no class 2/20, 3/12 & 4/9)  
M \$235 NM \$305

41221-TM3

### Sunday Boogie Babies **new** 6 WEEKS-9 MONTHS

Same great fun on a convenient weekend day once a month.

Facilitator: Bonnie Krentzman

**Sundays** (5), 9:30 – 10:15 am  
Jan. 22, Feb. 26, Mar. 25, Apr. 22, May 20  
M \$85 NM \$110

41221-S3



## Free Books from The PJ Library®

**The PJ Library® also offers programs at various venues including story time, crafts and playtime which are open to all.**

The PJ Library® sends FREE books to Jewish children who are ages 6 months to 5½ years old. Each month, every child enrolled in the program receives a free, age-appropriate, Jewish content book or CD, along with a short parent resource guide. Visit [www.kehillahpartnership.org](http://www.kehillahpartnership.org) and click on The PJ Library® to enroll a child today. (Children who live out of the area may enroll for \$60 per child per year.)

To learn more about The PJ Library® in our community contact The PJ Library® Coordinator, Linda Ripps, at 201.666.6610, ext. 5782 or [lrippls@yjcc.org](mailto:lrippls@yjcc.org). For general information about this unique program, or to sign up a child who lives out of the area, visit [www.pjlibrary.org](http://www.pjlibrary.org).

## Parent-Toddler Playgroup

**13-20 MONTHS**

This enjoyable time is a parent/child group experience fostering socialization and exploration through play, art activities, singing and story time with snack. A great place for moms and kids to meet old friends and make new ones!

Facilitator: Amy Greenstone

**Wednesdays** (16), 9:15 – 10:30 am  
Jan. 18 – May 16 (no class 2/22 & 4/11)  
M \$450 NM \$575

41222-TPG3

## Jumpin' Jax and Jiggles **new**

**16-22 MONTHS**

Fun in the big gym includes songs, parachute play, balls, bean-bags and scooters designed to develop confidence in abilities while moving, jumping and jiggling!

Facilitators: Amy Greenstone and Wendy Fox

**Tuesdays** (16), 10:30 – 11:15 am  
Jan. 17 – May 15 (no class 2/21 & 4/10)  
M \$265 NM \$350

41203-JJ3

## Music for Aardvarks and Other Mammals

**5 MONTHS-5 YEARS**

Music for Aardvarks is a groovy alternative to the traditional music class for kids. This informal, spirited class features a teacher plus a back-up musician who incorporate rockin' music, dance breaks and instrumental jam sessions. For more information, YJCC class schedule and registration, go to [www.ahummusic.com](http://www.ahummusic.com).

## Little Explorers Playgroup

**9-13 MONTHS**

A playtime filled with climbing, crawling, pushing, pulling, touching and rolling. This hour-long group includes singing, movement activities, stories and snack.

Facilitator: Amy Greenstone

**Fridays** (15), 9:30 – 10:30 am  
Jan. 20 – May 18 (no class 2/24, 4/6 & 4/13)  
M \$420 NM \$530

41213-LX3

## Taste of Shabbat

**NEWBORN-36 MONTHS**

Start Shabbat off with challah, grape juice, songs, stories and free play. Come as often as you'd like. We'll welcome Shabbat every week Nursery School is in session; we'll welcome you, too!

Facilitator: Early Childhood Staff

**Fridays**, 1:00 – 2:00 pm  
M/NM FREE

41149-S3

## Wiggles and Giggles **new**

**12-16 MONTHS**

Fun in the gym includes lots of wiggles and giggles! Songs, parachute play and games that develop fine and gross motor skills will get everyone laughing and having fun.

Facilitators: Amy Greenstone and Wendy Fox

**Tuesdays**, (16), 9:30 – 10:15 am  
Jan. 17 – May 15 (no class 2/21 & 4/10)  
M \$265 NM \$350

41203-WG3

## Park Bench

**18-24 MONTHS**

This class is an hour and a half of pure fun! Children and parents enjoy being in a group with old and new friends. Park Bench engages your child with play, art, music, stories and snack, and finishes with fun in the gym.

Facilitators: Mary Henry and Amy Greenstone

**Thursdays** (16), 9:30 – 11:00 am  
Jan. 19 – May 17 (no class 2/23 & 4/12)  
M \$305 NM \$375

41223-HPB3

## Strollers On-the-Go

**6 WEEKS-2 YEARS AND MOM**

Exercise with your baby within arms' reach, incorporating aerobic power walking with intervals of resistance training. Your child will remain in the stroller while you get a great workout. Class is held indoors, outdoors weather permitting.

Instructors: Christina Brigliadoro

**Mondays** (14), 9:30 – 10:30 am  
Jan. 23 – May 14 (no class 2/20, 3/12 & 4/9)  
M \$250 NM \$320

41220-M3

**Fridays** (15), 9:30 – 10:30 am  
Jan. 20 – May 18 (no class 2/24, 4/6 & 4/13)  
M \$265 NM \$340

41220-F3

## A "Very Special" Parent-Toddler Playgroup

Raising a child with special needs brings new challenges. Hear valuable information from an experienced mom and learn several approaches that can help you meet those challenges. This playgroup offers an enjoyable time, along with fostering socialization and exploration through play. Topic suggestions and concerns are welcome.

Facilitator: Susan Newman

**Mondays** (8), 1:00 – 2:00 pm  
Jan. 16 – Mar. 5  
M \$180 NM \$220

41238-3

## PARENT-INFANT WORKSHOPS FOR SPECIAL NEEDS CHILDREN CAN BE ARRANGED

Contact Gina Wellington at [gwellington@yjcc.org](mailto:gwellington@yjcc.org)

# enrichment classes

The David Rukin Early Childhood Center offers enrichment classes for children of nursery school age. Classes in art, science, cooking, yoga, fitness, karate, sports and dance round out your child's nursery school experience. For information, call the Early Childhood Office at ext. 5660.

## EARLY CHILDHOOD ENRICHMENT SCHEDULE AT-A-GLANCE

### Sunday

9:30-10:15 am Little Samurai (4-5 yrs.)

### Monday

12:30-1:15 pm The Nature of Science (2½-3 yrs.)

2:00-2:45 pm Musical Theater (3-5 yrs.)

2:00-2:45 pm Kickers Club (4-5 yrs.)

### Tuesday

2:00-2:45 pm Bakee Ball (4-5 yrs.)

**Have a Child Who Has "Moved On" From Nursery School?**

See pages 7-11 for lots of activities for kindergarten and up!

### Wednesday

12:30-1:15 pm Ballet and Motion (2½-3 yrs.)

12:30-1:15 pm Body Builders (2½-3 yrs.)

2:00-2:45 pm Ballet and Motion (3-5 yrs.)

2:00-2:45 pm Game Time (3-5 yrs.)

### Thursday

12:30-1:45 pm Happy Chefs (2½-3 yrs.)

2:00-2:45 pm Home Run Derby (4-5 yrs.)

2:00-2:45 pm Happy Chefs (3-5 yrs.)

### Friday

12:30-1:15 pm Hands on Art (2½-3 yrs.)

THE YJCC RESERVES THE RIGHT TO WITHDRAW ANY CLASSES FOR WHICH THERE IS INSUFFICIENT REGISTRATION.

## Art & Science

### Hands On Art

2 ½-3 YEARS

Children work with pastels, tempera paint, air dry clay and collage in this fun, exploratory class designed to enrich their creative skills and imagination.

Instructor: Cheryl Benus

**Fridays** (13), 12:30 – 1:15 pm

Feb. 3 – May 18 (no class 2/24, 4/6 & 4/13)

M \$340

41108-FP3

### The Nature of Science

2 ½-3 YEARS

A fun-filled approach to nature for young children. We'll be using our five senses to make discoveries about the world around us. When the weather permits, you'll find us outdoors.

Instructor: Janet Stoler

**Mondays** (13), 12:30 – 1:15 pm

Jan. 30 – May 14 (no class 2/20, 3/12 & 4/9)

M \$340

41107-MP3

## Cooking

### Happy Chefs

2 ½-5 YEARS

Children use all five senses as they measure, count, follow directions, decode symbols, use a recipe in sequential order, pour, stir, mix and increase their awareness of good nutrition.

Instructor: Jill Cohn

**Thursdays** (14), Feb. 2 – May 17

(no class 2/23 & 4/12)

12:30 – 1:15 pm (2½-3 yrs.)

41109-HP3

2:00 – 2:45 pm (3-5 yrs.)

41109-HPP3

M \$365

## Acting

### Musical Theater

3-5 YEARS

Children will be singing and acting in a mini-musical as the culmination of learning acting skills and movement through drama games. They'll prepare a simple costume and entertain parents and friends in a very special performance the last day of class.

Instructor: Marlene Whittemore

**Mondays** (13), 2:00 – 2:45 pm

Jan. 30 – May 14 (no class 2/20, 3/12 & 4/9)

M \$340

41117-M3

# Movement

## Body Builders

2 1/2-3 YEARS

Skill development, group games, aerobics and movement activities are the core of this fun program designed to develop self-confidence and physical skills.

Instructor: Wendy Fox

**Wednesdays** (14), 12:30 – 1:15 pm  
Feb. 1 – May 16 (no class 2/22 & 4/11)  
M \$365

41114-WP3

## Ballet and Motion

2 1/2-5 YEARS

Dance and movement to a variety of music, developing rhythm, balance and coordination. Classes include barre and floor work. The fundamentals of classical ballet will be covered. *Attire:* leotard, ballet shoes (tights optional).

Instructor: *Art of Motion* staff

**Wednesdays** (14), Feb. 1 – May 16  
(no class 2/22 & 4/11)  
12:30 – 1:15 pm (2 1/2-3 yrs.)  
2:00 – 2:45 pm (3-5 yrs.)  
M \$365

41103-WP3

41103-WPP3



# Sports

## Kickers Club

4-5 YEARS

Children are exposed to the FUNdamentals of soccer. Kick-Run-Score in the 45-minute session while working on teamwork and sportsmanship. Instruction will give these players the tools to allow their games and skills to keep growing.

Instructor: Jenny Jurjevic

**Mondays** (13), 2:00 – 2:45 pm  
Jan. 30 – May 14 (no class 2/20, 3/12 & 4/9)  
M \$340 NM \$370

52129-KC3

## Bakee Ball

4-5 YEARS

Swish! Join us for Bakee Ball, where kids learn the FUNdamental basketball skills like dribbling, passing, shooting and defense. It's a great introduction to a great game!

Instructor: Jenny Jurjevic

**Tuesdays** (14), 2:00 – 2:45 pm  
Jan. 31 – May 15 (no class 2/21 & 4/10)  
M \$365 NM \$395

52129-BB3

## Game Time

3-5 YEARS

An age-appropriate introduction to a variety of athletics. Touch on traditional sports while having fun working on hand-eye coordination, footwork, teamwork, sportsmanship and listening. *Child must be toilet-trained to register.*

Instructor: Jenny Jurjevic

**Wednesdays** (14), 2:00 – 2:45 pm  
Feb. 1 – May 16 (no class 2/22 & 4/11)  
M \$365 NM \$395

52401-GT3

## Home Run Derby

4-5 YEARS

Batter Up! Take a swing at the pros with the basic skills such as catching, throwing, hitting and fielding. Practice makes perfect, and you're never too young to knock one out of the park!

Instructor: Jenny Jurjevic

**Thursdays** (14), 2:00 – 2:45 pm  
Feb. 2 – May 17 (no class 2/23 & 4/12)  
M \$365 NM \$395

52129-HD3

# Karate

## Little Samurai

4-5 YEARS

Children will start their karate education combining self-discipline, respect and fun with basic skills that enhance coordination and balance. T-shirts will be given out as uniforms.

*For more karate information, see page 30.*

Instructor: Lisa Schwartz

**Sundays** (16), 9:30 – 10:15 am  
Feb. 5 – June 10 (no class 2/19, 4/8 & 5/27)  
M \$390 NM \$425

54000-SS3

# Y kids & teens



Wendy Fox  
COORDINATOR  
wfox@yjcc.org  
x5820

Our Y Kids and Teens program offers a kaleidoscope of creative, fun, stimulating and exciting activities in a Jewish atmosphere. Our goal is to enable your child and teen to develop, learn, meet new friends, have fun and experience the thrill of accomplishment. In addition to enrichment classes for children, we offer special programs that include Vacation Camps and Tween Scene. Teen classes include piano, guitar, karate, sports and fitness. Tween Scene for fifth-seventh-graders invites pre-teens to the YJCC on Saturday evenings to use the pool, gym and game room. Hang out here with your friends!

For information about:

- Sports programs, contact Jenny Jurjevic at [jjurjevic@yjcc.org](mailto:jjurjevic@yjcc.org), x5790
- Swimming classes and Swim Team, contact Matt Karpinecz at [mkarpinecz@yjcc.org](mailto:mkarpinecz@yjcc.org), x5750
- Karate, contact Sensei Lisa Schwartz at [lschwartz@yjcc.org](mailto:lschwartz@yjcc.org), x5758

## Y KIDS' & TEENS CLASS SCHEDULE AT-A-GLANCE

### Monday

- 3:00-4:00 pm Game Time (gr. 1-2)
- 4:00-5:00 pm Basketball Bootcamp (gr. K-1, co-ed)
- 4:00-5:30 pm Come Clay at the Y (ages 6-10)

### Tuesday

- 3:00-4:00 pm Basketball Bootcamp (boys, gr. 5-6)
- 4:00-5:00 pm Budding Artists (gr. K-3)
- 4:00-6:00 pm Free Wheeling Teens (ages 10-14)

### Wednesday

- 3:00-4:00 pm Basketball Bootcamp (co-ed, K)
- 3:30-4:30 pm Circus Yoga (ages 7 & up)
- 3:30-5:00 pm Bridge for Kids (gr. 5-8)

### Wednesday cont.

- 4:00-5:00 pm Basketball Bootcamp (boys, gr. 3-4)
- 5:00-6:00 pm Fencing Basics (ages 8 & up)
- 6:15-7:15 pm Fencing Skills & Technique (ages 8 & up)

### Thursday

- 4:00-5:00 pm Basketball Bootcamp (boys, gr. 5-8)
- 4:30-5:30 pm Taste Buds (gr. K-1)
- 5:00-6:00 pm Basketball Bootcamp (girls, gr. 3-4)
- 6:00-7:00 pm Basketball Bootcamp (girls, gr. 5-6)
- 7:00-8:00 pm Basketball Bootcamp (girls, gr. 7-8)

THE YJCC RESERVES THE RIGHT TO WITHDRAW ANY CLASSES FOR WHICH THERE IS INSUFFICIENT REGISTRATION.

Classes available for kids  
in Kindergarten, too!

Spring Event...  
Stay tuned for details!

Looking for Something Cool  
to Do During School Vacations?  
See What We Have to Offer!

**VACATION CAMPS**  
KINDERGARTEN TO GRADE 5

MARK YOUR CALENDARS!

Monday & Tuesday, February 20 & 21

For information, contact Wendy, [wfox@yjcc.org](mailto:wfox@yjcc.org).

# Art

## Budding Artists

**GRADES K-3**

This fun-filled art class utilizes multi-media, including water-color, cray pas and acrylics. Children learn to use stencils, sponge stamping, wax resistance, salting techniques and more while creating unique expressions of personality and style. Budding artists will appreciate the positive and dynamic atmosphere created by our experienced art teacher.

Instructor: Mary Lou Cook

**Tuesdays** (8), 4:00 – 5:00 pm  
Feb. 7 – Apr. 3 (no class 2/21)  
M \$160 NM \$200

42109-T3

### COMPLIMENTARY PREVIEW CLASS:

**Tuesday, Jan. 17, 4:00-4:45 pm**  
*Sample the creative opportunities to be offered in this class!*

## Come Clay at the Y **new**

**AGES 6-10**

Discover the magical qualities of clay in a relaxed, creative environment. Learn handbuilding skills, including pinching, coiling and slabs, and use your imagination to create exciting weekly projects like animal sculptures, game boards, coil pots and much more.

Instructor: Teela Banker

**SESSION 3 Mondays** (8), 4:00 – 5:30 pm  
Jan. 23 – Mar. 19 (no class 2/20)  
M \$165 NM \$195

42136-M3

**SESSION 4 Mondays** (8), 4:00 – 5:30 pm  
Mar. 26 – May 21 (no class 4/9)  
M \$165 NM \$195

42136-M4

## Free-Wheeling Teens **new**

**AGES 10-14**

Experience the art of pottery by learning to use the potter's wheel! We'll start with raw clay and create pottery artwork that's both decorative and functional. You'll love to use mugs and bowls you made yourself right here at the Y. Class size limit: 5

Instructor: Teela Banker

**Tuesdays** (6), 4:00 – 6:00 pm  
Jan. 24 – Mar. 6 (no class 2/20)  
M \$150 NM \$180

42136-FW3

# Cooking

## Taste Buds: Creative Kids in the Kitchen

**GRADES K-1**

Mini-chefs dig in to the culinary arts in this hands-on fun experience. Kid-friendly – and healthy – fare will be the order of the day (and it's all nut-free).

Instructor: Jill Cohn

**Thursdays** (8), 4:30 – 5:30 pm  
Feb. 9 – Mar. 29  
M \$185 NM \$225

42114-TB3

# BIRTHDAY PARTIES AT THE YJCC!

Have your child's swim or gym party here!  
Contact Wendy at [wfox@yjcc.org](mailto:wfox@yjcc.org).

Not a YJCC member? You can still host a party.

(Special needs parties with adaptive activities and specialty staff can be arranged.)



## Clay Workshops with Teela Banker

### Winter Wonderland Clay Camp **new**

**AGES 7-10**

Create your own winter wonderland with basic handbuilding techniques. Using slabs, coils and pinching, we'll make and glaze an igloo teapot, snowman salt and pepper shakers and votive candle holders.

**Monday-Thursday, Feb. 20-23**

**12:30-3:00 pm**

M \$125 NM \$140

42136-WC3

### Helping Hands Adult/Child **new** Pottery Experience

**AGES 5-11 WITH ADULT**

This afternoon workshop for children and their special adult (parent, grandparent, other relative or friend) involves creating a special clay project. (Item will be fired and available for pick-up at a later date.)

**Choose one Sunday: January 29, Feb. 5, Mar. 18**

**1:00-3:30 pm**

M \$60 for two NM \$75 for two

42136-HH3

## Fun and Games

### Circus Yoga for Kids

**AGES 7 & UP**

Circus yoga is an invitation to build healthy bodies and relationships through playful practice. Skills include juggling, poi, diabolo, devil sticks, dance and creative movement, balance, clowning and physical comedy.

Instructor: Cristy SyCip

**Wednesdays** (8), 3:30 – 4:30 pm

Feb. 8 – Apr. 14 (no class 2/22)

M \$160 NM \$185

42119-CY3

### Bridge for Kids **new**

**GRADES 5-8**

It's cool to play bridge! Bridge is a game full of strategy and tactics, part science, part math, part logic and all fun! It's also a great social way to develop your planning ability and stretch your memory. Learn it now for a lifetime of enjoyment. Minimum number of participants: 8.

Instructor: Susan Koster, *Accredited Bridge Teacher*

**Wednesdays** (8), 3:30 – 5:00 pm

Feb. 8 – Apr. 4 (no class 2/22)

M \$120 NM \$150

42103-W3

## TWEEN SCENE!

Tweens in Grades 5, 6 & 7:

Use the pool and gym, play games in the lounge, watch a movie in the auditorium, enjoy a snack in the café or just hang out with your friends. The evening is fully supervised by YJCC staff.

**Saturday evenings, 7:30-9:30 pm**

January 7, February 4, March 10

**Saturday evenings, 8:30-10:30 pm**

March 31, May 12, June 2

*To join, you must be a YJCC member or member of a participating organization.*

See the TWEEN SCENE flyer for details!

\$100/year or \$20/event

42306-101

## Project Open Hearts, Open Homes

*Project Open Hearts, Open Homes* provides respite and comfort to young Israeli teens affected by violence and war. Every summer since 2002, teens have come to our community, thanks to the sponsorship of the YJCC's *Project Open Hearts, Open Homes*. They spend three weeks with their American peers in Teen Travel Camp, living with nurturing host families and making connections to a Jewish community far from their homeland. Family reaches out to family. And as our brothers and sisters in Israel face conflicts and threats, we offer an alternative to their children: three weeks in Bergen County—three weeks of life without fear. To learn more about *Project Open Hearts, Open Homes*, contact Ornit Michael at (201) 666-6610, x5780.

## College Bound

## NAVIGATING THE COLLEGE ADMISSIONS PROCESS

### PARENTS AND TEENS

Looking for answers to some of the basic questions about applying to college? Parents and students can attend a discussion on the college admission process, covering topics including when students should begin the process, how many colleges to apply to, how many times to take the SAT's, whether to take the ACT's and what colleges are looking for.

Instructor: Cathy Davis, *independent college advisor*

**Wednesday, Feb. 1, 7:00-9:30 pm**

(snow date Feb. 8)

M FREE NM \$10 per family

## Sophomores & Juniors: Getting ready for the SAT?

*Take prep courses at the YJCC with teachers/directors Irwin Dolgoff & Jerry Silverstein*



### SAT Prep Course

Sundays, 12:30-3:45 pm

March 11, 18, 25, April 1, 15, 22, 29

Includes critical reading with emphasis on improving vocabulary and reading skills; writing, with a review of essential grammar; math, focusing on major topics tested.

M \$480 NM \$550

42304-092

### The Writing Seminar

Tuesdays, 7:00-9:00 pm

February 7 & 28 or March 27 & April 17

Learn to efficiently and effectively handle the rigours of the essay question.

M \$180 NM \$200

42304-093

To register, go to [www.academicsatprep.com](http://www.academicsatprep.com)

## Volunteer Opportunities Available for Community Service Credit

Contact Wendy Fox at [wfox@yjcc.org](mailto:wfox@yjcc.org) or Gina Wellington at [gwellington@yjcc.org](mailto:gwellington@yjcc.org) for information.

## Gym Rental

You can enjoy the David Greenberg Gymnasium for your own personal use! The Bergen YJCC's gymnasium is available for individual or group rentals. The gymnasium can be used for a variety of activities. For information and rates, contact Jenny Jurjevic at [jjurjevic@yjcc.org](mailto:jjurjevic@yjcc.org).

## Music

### Piano Lessons

#### ALL AGES

Students must have a piano available for practicing. Registration for private piano lessons will be accepted during the regular registration period. Times are established privately.

Instructor: Carol Rasher

#### 8 week session

*30 minutes: M \$320 NM \$400	42127-P303
45 minutes: M \$450 NM \$550	42127-P453
60 minutes: M \$580 NM \$680	42127-P603

\*Beginning students must take 30 minute lessons.

### Guitar Lessons

#### GRADES K & UP

Private guitar lessons are offered for the beginner as well as advanced student from 5 years to adult. Lessons are available for electric and acoustic guitars. Times established by appointment.

Instructor: Jim O'Donnell

#### 8 week session

30 minutes: M \$280 NM \$340	42127-G303
45 minutes: M \$430 NM \$510	42127-G453
60 minutes: M \$560 NM \$680	42127-G603

## Sports & Fitness

### Game Time Sports

#### GRADES 1-2

This intermediate multi-sport class touches on traditional sports while working on hand-eye coordination, footwork, teamwork, sportsmanship and listening.

Instructor: Jenny Jurjevic

#### SESSION 3 Mondays (8), 3:00 – 4:00 pm

Feb. 6 – Apr. 2 (no class 2/20)

M \$175 NM \$200 52108-GT3

#### SESSION 4 Mondays (8), 3:00 – 4:00 pm

Apr. 16 – June 11 (no class 5/28)

M \$175 NM \$200 52108-GT4

## Racquetball Lessons

Learn how to really play the game from Chuck Berg. For information, contact Isaak at [igorelov@yjcc.org](mailto:igorelov@yjcc.org).

1-hour lesson \$60

52217-R3

## Fencing Basics for Beginners

#### BEGINNERS: AGES 8 & UP

Introduction to the basics of this skillful sport, with concentration on safety, footwork and sportsmanship. This class is the foundation for all future levels. All equipment provided; sneakers required.

Instructor: Frank Carnevalle. *Studied fencing at CCNY and the Rhodes Fencing Academy of New York. A member of the NYC Championship Team, he won the all-City Championship Individuals Competition.*

#### Wednesdays (12), 5:00 – 6:00 pm

Feb. 8 – May 2 (no class 2/22)

M \$260 NM \$320

42130-WB3

## Fencing Skills and Technique

#### INTERMEDIATE - AGES 8 & UP

Using electrical scoring, practice the skills, art and discipline involved in this classic sport. Learn the fundamentals, footwork, parries, offensive and deceptive use of the foil. Rules of the match and ethics will be included. Sneakers required. Suitable for both male and female.

Instructor: Frank Carnevalle

#### Wednesdays (12), 6:15 – 7:15 pm

Feb. 8 – May 2 (no class 2/22)

M \$260 NM \$320

42130-WST3

## Karate

**1ST GRADE & UP** See page 30 for details.

## Game Time Spring AAU Basketball

#### GRADES 3-12

Fall ball with Game Time is a basketball program that keeps players playing, no matter what the season! Teams are formed after tryouts. Games are played within 30 minutes of the YJCC; practices (schedule determined by coaches) are at the YJCC. For complete information, contact Jenny Jurjevic at 201.666.6610, ext. 5790 or [jjurjevic@yjcc.org](mailto:jjurjevic@yjcc.org).

Instructor: Jenny Jurjevic

#### TRYOUT SCHEDULE: SUNDAY, MARCH 4

3/4 grade girls	12:00 pm
5/6 grade girls	1:00 pm
7/8 grade girls	2:00 pm
3/4 grade boys	12:00 pm
5/6 grade boys	1:00 pm
7/8 grade boys	2:00 pm

## High School Girls

### Thursday In-House League

Games 6:00 – 9:00 pm

#### FREE-AGENT TRYOUTS: SUNDAY, MARCH 18, 12:00 PM

Team Fee: \$700 Free Agent Fee: \$250

## AAU Basketball

### GIRLS 9 & UNDER – 16 & UNDER

Our girls Game Time teams had a winning season in every age group last Spring! AAU basketball fields state-certified teams, with tournaments, uniforms, practices, scrimmages and great coaching! Tournaments start in March. Please email Jenny Jurjevic at [jjurjevic@yjcc.org](mailto:jjurjevic@yjcc.org) for further information.

## Meet Jenny Jurjevic



Jenny Jurjevic played for Jeff Jasper at Pascack Valley High School and attended Iona College on a full basketball scholarship. She has been head basketball coach for the Bergen County YJCC since 2006 and head coach for Emerson High School's girls varsity basketball team since 2007.

girls varsity basketball team since 2007.

### Basketball Bootcamp

#### GRADES K, 1-2, 3-4, 5-6 & 7-8

This intense after-school basketball program will focus on improving all areas of your game, including ball handling, shooting, defense and footwork.

#### KINDERGARTEN (CO-ED)

##### SESSION 3 Wednesdays (7), 3:00 – 4:00 pm

Feb. 1 – Mar. 21 (no class 2/22)

M \$150 NM \$175 52201-K3

##### SESSION 4 Wednesdays (8), 3:00 – 4:00 pm

Apr. 18 – June 6

M \$175 NM \$200 52201-K4

#### GRADES 1-2 (CO-ED)

##### SESSION 3 Mondays (10), 4:00 – 5:00 pm

Jan. 30 – Apr. 16 (no class 2/20 & 4/9)

M \$200 NM \$225 52201-123

##### SESSION 4 Mondays (8), 4:00 – 5:00 pm

Apr. 23 – June 18 (no class 5/28)

M \$175 NM \$200 52201-124

#### GRADES 3-4 BOYS

##### SESSION 3 Wednesdays (7), 4:00 – 5:00 pm

Feb. 1 – Mar. 21 (no class 2/22)

M \$150 NM \$175 52201-343

##### SESSION 4 Wednesdays (8), 4:00 – 5:00 pm

Apr. 18 – June 6

M \$175 NM \$200 52111-344

#### GRADES 5-6 BOYS

##### SESSION 3 Tuesdays (10), 3:00 – 4:00 pm

Jan. 31 – Apr. 17 (no class 2/21 & 4/10)

M \$200 NM \$225 52201-563

##### SESSION 4 Tuesdays (8), 3:00 – 4:00 pm

Apr. 24 – June 12

M \$175 NM \$200 52201-564

#### GRADES 5-8 BOYS

##### SESSION 3 Thursdays (6), 4:00 – 5:00 pm

Feb. 2 – Mar. 15 (no class 2/23)

M \$125 NM \$150 52110-B3

##### SESSION 4 Thursdays (8), 4:00 – 5:00 pm

Apr. 19 – June 7 (no class 12/29)

M \$175 NM \$200 52110-B4

#### GRADES 3-4 GIRLS

##### SESSION 3 Thursdays (6), 5:00 – 6:00 pm

Feb. 2 – Mar. 15 (no class 2/23)

M \$125 NM \$150 52110-G343

##### SESSION 4 Thursdays (8), 5:00 – 6:00 pm

Apr. 19 – June 7 (no class 12/29)

M \$175 NM \$200 52110-G344

#### GRADES 5-6 GIRLS

##### SESSION 1 Thursdays (6), 6:00 – 7:00 pm

Feb. 2 – Mar. 15 (no class 2/23)

M \$125 NM \$150 52110-56G3

##### SESSION 4 Thursdays (8), 6:00 – 7:00 pm

Apr. 19 – June 7

M \$175 NM \$200 52111-56G4

#### GRADES 7-8 GIRLS

##### SESSION 3 Thursdays (6), 7:00 – 8:00 pm

Feb. 2 – Mar. 15 (no class 2/23)

M \$125 NM \$150 52110-78G3

##### SESSION 4 Thursdays (8), 7:00 – 8:00 pm

Apr. 19 – June 7

M \$175 NM \$200 52110-78G4

### Private/Semi-Private Basketball Instruction

#### ALL AGES

Quality professional basketball coaches bring expertise to the YJCC! Individual and small group instruction will be provided for those who want to improve their basketball game. Contact Jenny Jurjevic at ext. 5790 for information.

#### Private 1-Hour Lesson \$60

SESSION 3 52128-3

SESSION 4 52128-4

# BASKETBALL

## MINI-CAMPS FOR GRADES 1-8

**Monday, February 20<sup>th</sup>**  
**9:00 am-12:00 noon**  
**M \$25 NM \$50**

EMAIL JJURJEVIC@YJCC.ORG FOR INFORMATION.

## Training for Your Basketball Team

Sign up your team for professional instruction! Results oriented—learn the game, perfect plays, increase productivity. For information, contact Jenny Jurjevic at [jjurjevic@yjcc.org](mailto:jjurjevic@yjcc.org).

# special needs



Gina Wellington  
DIRECTOR  
gwellington@yjcc.org  
x5810

The Bergen County Y welcomes those with physical and intellectual challenges. Our programs for children and adults with special needs focus on reinforcing school experiences and developing social and life skills through creative, social and recreational opportunities appropriate for those with varying abilities. An array of programs is available for children and teens on the autism spectrum, including innovative social thinking groups that involve typically-developing peer buddies. Additional activities for children and teens with a variety of special needs include art and dance, social skills, science, ceramics and more — all in an environment of inclusion. The YJCC is spacious, wheelchair accessible and barrier-free. The YJCC is a Real Life Choices service provider.

## S.A.I.L. (Self Determination, Advocacy, Independence, Living)

### 21 AND OLDER

Activities include social, academic, recreational and skills of daily living. Outings to the community as well as in-house job opportunities available. The S.A.I.L. program incorporates the philosophy of the YJCC, encouraging the development and strengthening of individuals and families in an inclusive environment that celebrates diversity. Funded by Real Life Choices, ICSS through DDD.

Director: Stacy Cancelarich

**Monday-Thursday**, 9:30 – 1:30 pm  
Ongoing

## Expression Through Song

### TEENS AND YOUNG ADULTS

Express yourself! Sing a song! We'll practice music and social skills in a supportive setting. Emphasis will be on enhancing self-confidence and maximizing interaction with peers.

Instructor: Nancy Coven

**Tuesdays** (15), 4:15 – 5:00 pm  
Jan. 31 – May 29 (no class 2/21, 4/10 & 4/17)  
M \$275 NM \$350

43009-TU3

## Imagination in Motion

### TEENS AND YOUNG ADULTS

Let your imagination soar. Using guided imagery, Pattie and her team of teachers will encourage creative expression using techniques of physical and occupational therapies to improve coordination, posture and focus.

Instructor: Patricia Scornavacca and staff

**Tuesdays** (15), 5:00 – 5:45 pm  
Jan. 31 – May 29 (no class 2/21, 4/10 & 4/17)  
M \$275 NM \$350

43024-IM3

## Bear with Me: Therapeutic Martial Arts

### AGE 6 & UP

Martial arts therapy combines techniques of karate for therapeutic exercise and activity. A parent, sibling, shadow or therapist may work as a class partner at no additional charge. Children twelve and over can work into mentorship roles while participating in class. Ambulatory and non-ambulatory. No uniform required. Wear a t-shirt, sneakers and sweats.

Instructor: Patricia Scornavacca, ABA/DI Therapist and staff

**Wednesdays** (15), 4:00 – 4:45 pm

Feb. 1 – May 30  
(no class 2/22, 4/11 & 4/18)  
M \$275 NM \$350

43012-BMW3

**Sundays** (13), 1:00 – 1:45 pm

Jan. 29 – May 20 (no class 2/19, 4/8, 4/15 & 5/13)  
M \$240 NM \$305

43012-BMS3

## Restorative Yoga

### TEENS & YOUNG ADULTS/PARENTS WELCOME

Namaste! Awaken your heart and celebrate yourself. We will practice breath work, restorative yoga, meditation and deep relaxation as we rejuvenate and renew.

Instructor: Cristy SyCip

**Wednesdays** (15), 4:45 – 5:30 pm

Feb. 1 – May 30  
(no class 2/22, 4/11 & 4/18)  
M \$275 NM \$350

43019-RY3



Find us on  
**Facebook**

Become a fan of  
Special Community  
Connects at the YJCC



## FUNDamentals in Art

### TEENS AND YOUNG ADULTS

Students are encouraged to explore a variety of media using adaptive techniques and tools. We'll combine hand-over-hand assistance with a positive atmosphere, inspiring students to enjoy the satisfaction of creating art with their own hands.

Instructor: H. Alan Lorber, *BFA, MFA, MAT*

**Thursdays** (15), 4:15 – 5:00 pm

Feb. 2 – May 31

(no class 2/23, 4/12 & 4/19)

M \$275 NM \$345

43010-063

## Cooking Up Skills

### TEENS AND YOUNG ADULTS

Learn about good nutrition using healthy ingredients to prepare meals. The essential daily living skills necessary to safely use kitchen tools will be developed with direct instruction tailored to the individuals needs: how to measure, chop, stir and put together delicious recipes.

Instructor: Kim LoCicero

**Thursdays** (15), 5:00 – 5:45 pm

Feb. 2 – May 31

(no class 2/23, 4/12 & 4/19)

M \$300 NM \$375

43021-TH3

## Patiently Wading

### AGES 3-7 AND PARENT/SHADOW

This water therapy class helps children with special needs connect with their body boundaries and range of motion. Ideal for children with low muscle tone. Low impact exercise and a focus on water safety and comfort. Children learn basics of floating, wading, swimming, breathing. Towel, goggles, (wet suit shorts if a barrier device is needed).

Instructor: Patricia Scornavacca and staff

**Sundays** (13), 11:00 – 11:45 am

Jan. 29 – May 20

(no class 2/19, 4/8, 4/15 & 5/13)

M \$240 NM \$305

43027-PW3

## Patiently Wading ISP

### ALL AGES

Patiently Wading ISP is an individualized swim plan for your special needs child at any level of swim. We use a water proof pec's system with a timer to help the child succeed. Medically fragile children welcome with a doctor's note.

Instructor: Patricia Scornavacca and staff

**5 classes** M \$190 NM \$250

43027-PF3

**10 classes** M \$330 NM \$380

43027-PT3

## "Very Special" Parent-Toddler Playgroup

Raising a child with special needs brings new challenges. Hear valuable information from an experienced mom and learn several approaches that can help you meet those challenges. This playgroup offers an enjoyable time, along with fostering socialization and exploration through play. Topic suggestions and concerns are welcome.

Facilitator: Susan Newman

**Mondays** (8), 1:00 – 2:00 pm

Jan. 16 – Mar. 5

M \$180 NM \$220

41238-3

## Sibshops

### AGES 8 & UP



A program just for brothers and sisters of special needs kids, Sibshops provide an opportunity to meet one another, discuss common joys and concerns, learn how to handle both situations and the implications of their sibling's special needs. Information and discussion are mixed with lively games and lots of fun. Call 201.666.6610, ext. 5810 for dates and time.

Facilitator: Stacy Canceledrich, LSW

## Private Swim Lessons for Special Needs Can Be Arranged for Members & Non-Members

See Aquatics for details.

## Olympic Sharks

Special Olympics provides year-round sports training and athletic competition to more than 2.5 million people with intellectual disabilities in more than 180 countries. The Olympic Sharks, a Special Olympics swim team, calls the YJCC home.

For information, contact Gina Wellington.

# Autism Spectrum

AUTISM SPECIFIC PROGRAMMING IS DIRECTED BY LISA LAWLER

## Imagination in Motion Jr.: Just Kidding Around

**AGES 4-7**

Pretend play skills encourage creative expression combined with music, motor movement, exercise and sports skills. A great way to wake up the mind and body on Sunday mornings.

**Sundays** (10), 9:45 – 10:30 am

Feb. 5 – May 20

(no class 2/19, 3/11, 3/25, 4/8, 4/15 & 5/13)

M \$185 NM \$225

43024-IMJ3

## Sunday FUNday at the YJCC

**CHILDREN 3-8**

This activity-based social skills program includes movement, art, music, cooking, snack. Children grouped by age.

**Sundays** (10), 10:30 am – 12:30 pm

Feb. 5 – May 20

(no class 2/19, 3/11, 3/25, 4/8, 4/15 & 5/13)

M \$475 NM \$525

43028-SF3

**Sundays** (10), 12:45 – 2:45 pm

Feb. 5 – May 20

(no class 2/19, 3/11, 3/25, 4/8, 4/15 & 5/13)

M \$475 NM \$525

43028-PM3

## FUNday 2 at the YJCC

**CHILDREN/TEENS 9-16 (AUTISM SPECTRUM OR ASPERGER'S)**

Rotating through activities like FUNday science, drama, Lego® club and super snack, we'll focus on communication, self-confidence, cooperation and other skills.

**Sundays** (10), 12:45 – 2:45 pm

Feb. 5 – May 20

(no class 2/19, 3/11, 3/25, 4/8, 4/15 & 5/13)

M \$475 NM \$525

43028-F23

## Rock Out Loud

**AGES 6 & UP**



Kids rock 'n roll their way to social skills with this hands on experience! With electric guitars, bass, drums, keyboards, percussion and vocals, participants use instruments to interact socially with peers--and to express themselves.

Instructor: Sean Yocum and the *Rock Out Loud* staff

**Mondays** (8), 4:30 – 5:15 pm

Jan. 30 – Mar. 26 (no class 2/20)

M \$160 NM \$200

43007-3



# Robotics

**Some science, some technology—all hands-on.**

If your child is interested in some “robo” fun, contact Gina Wellington at (201) 666-6610, x5810 or gwellington@yjcc.org.

## Bridge to Boost!

**AGES 8-12**

Does your child participate in our *Boost!* program? We'll provide structured activities, with an emphasis on communication, behavior management and activities of daily living which complement school and socialization goals.

**Tuesdays & Thursdays** (16), 3:00 – 4:30 pm

Feb. 7 – April 5

(no class 2/21 or 2/23)

M \$560 NM \$695

43031-B2B3

## Little Boost!, Boost!, Teen Boost!

This professionally staffed after-school program for children with autism and typically developing social buddies is designed to enhance socialization, independence and leisure skills through fun activities, including games and art projects. *Boost! programs are made possible in part by a grant from The Oritani Bank Charitable Foundation and the ongoing support of The New York Center for Autism.*

**SESSION 3**

**LITTLE BOOST! AGES 4-7 (approx.)**

43030-LB3

**BOOST! AGES 8-12 (approx.)**

43030-B3

**TEEN BOOST! AGES 13 & UP**

43030-TB3

**Tuesdays** (8), 4:30 – 6:00 pm

Feb. 7 – Apr. 3 (no class 2/21)

M \$345 NM \$400

**SESSION 4**

**LITTLE BOOST! AGES 4-7 (approx.)**

43030-LB4

**BOOST! AGES 8-12 (approx.)**

43030-B4

**TEEN BOOST! AGES 13 & UP**

43030-TB4

**Tuesdays** (8), 4:30 – 6:00 pm

Apr. 24 – June 12

M \$345 NM \$400

## Boost! FIT! **new**

**AGES 6 & UP**

A fun fitness group for children with autism and typically developing social buddies designed to improve sports, active leisure and socialization skills. Activities include: Where Am I In Space, Core Strength, Heart Health, Flexibility and Balance. Groups will be based on enrollment, age and ability.

**Thursdays** (8), 4:30 – 6:00 pm

Feb. 9 – Apr. 5 (no class 2/23)

M \$345 NM \$400

43030-BF3

## Fit and Social **new**

**AGES 10 & UP**

Tweens and teens who have difficulty connecting with their peers and navigating their way in social situations can practice communication, cooperation, emotional regulation and sports skills. Groups will be based on enrollment, age and ability.

**Tuesdays** (8), 5:00 – 6:00 pm

Feb. 7 – Apr. 3 (no class 2/21)

M \$185 NM \$225

43014-FS3

## The Club **new**

### TEENS AND YOUNG ADULTS

The Club is for teens and young adults who need reinforcement and skill enhancement in social appropriateness and boundaries. The members will be encouraged to share and collaborate in selecting interest-based socialization activities like music, gaming, sports and community-based opportunities such as theatre excursions or pool parties to enable the practice of social skills in a natural setting. Groups will be based on enrollment, age and ability.

**Tuesdays** (8), 6:00 – 7:30 pm

Feb. 7 – Apr. 3 (no class 2/21)

M \$280 NM \$320

43015-TC3

## Ceramics and Hand-Building

### TWEENS AND TEENS

Students learn a variety of hand building techniques with guided instruction to encourage communication skills, creative thinking and problem solving through the art experience.

Instructor: Teela Banker

**Wednesdays** (8), 4:15 – 5:00 pm

Jan. 11 – Mar. 7 (no class 2/22)

M \$175 NM \$210

43017-W3

## Spectrum Science

### TWEENS & TEENS

Science and social skills come together using observations, discussions and interpretation in this fun, hands-on environmental based group.

Instructor: Kim LoCicero

**Wednesdays** (8), 5:00 – 5:45 pm

Jan. 11 – Mar. 7 (no class 2/22)

M \$175 NM \$210

43011-W3

## Budding Social Thinkers

### AGES 5-7

Appropriate for those with high-functioning autism, PDD, NLD, Aspergers or similar diagnosis. Young children with social challenges get a head start in relating to family and peers. Participants become social thinkers through direct instruction and play that encourage social interaction and communication. Using social stories, role-playing and social problem solving, class utilizes Social Integration Models developed by Alan Sohn, Ed.D and Cathy Grayson, M.A., Michelle Garcia Winner and Dr. Tony Attwood.

**Wednesdays** (8), 4:30 – 5:30 pm

Jan. 11 – Mar. 7 (no class 2/22)

M \$185 NM \$225

43013-W3

## Social Thinking

### AGES 8-11

Utilizing the Sohn/Grayson Cognitive Integration Therapy approach, we'll focus on becoming "social thinkers," i.e., seeing another person's perspective, and using these skills to interact with others. Best suited for individuals with high-functioning autism, PDD, NLD or Asperger's.

**Wednesdays** (8 + parent conference: 3/14), 4:30 – 6:15 pm

Jan. 11 – Mar. 7 (no class 2/22)

M \$405 NM \$495

43013-W3

## Tween/Teen Social Thinking Group

### AGES 12 & UP

Tween and teen thinkers are developing relationships, practicing being good communicators, taking turns, working in a group setting, making good choices and regulating emotions in an environment structured to foster friendships, build confidence and self-esteem.

**Wednesdays** (8 + parent conference: 3/14), 5:45 – 7:30 pm

Jan. 11 – Mar. 7 (no class 2/22)

M \$405 NM \$495

43013-TST3

## Individual Social Thinking Sessions

These sessions will provide each participant direct instruction for individual goals in problem solving strategies, perspective taking and other complex social concepts and situations. Please email llawler@yjcc.org for further information.

## Circus Yoga

### AGES 10 & UP

Circus yoga fosters a spirit of play for people of all ability levels. In a relaxed and playful environment, practice yoga postures, balance and concentration with the skills of juggling, clowning and physical comedy and using poi, diablo and devil sticks, all designed to enhance communication and interaction.

Instructor: Cristy SyCip

**Thursdays** (15), 4:15 – 5:15 pm

Feb. 2 – May 31

(no class 2/23, 4/12 & 4/19)

M \$225 NM \$300

43019-CY3

## Cooking with Chef Joel

### AGES 10 & UP

Using a rainbow of foods, this socially stimulating and engaging hands-on cooking group led by Chef Joel Scheinzeit, formerly of Joel's Malibu Kitchen in Ridgewood, not only builds cooking skills but practices core skills like sequencing, waiting, turn taking and kitchen safety. The icing on the cake? We'll create delicious, healthy foods.

Instructor: Joel Scheinzeit

**Thursdays** (15), 5:15 – 6:15 pm

Feb. 2 – May 31

(no class 2/23, 4/12 & 4/19)

M \$300 NM \$345

43014-TH3

## Special Tween/Teen Scene

Kids 10 and older who have Asperger's, high functioning autism or related communication delays get together for a Saturday night-out experience at the Y. Professional supervision and direction make this program an opportunity for fun, independence and practicing and refining social skills while interacting with peers. Teen and tween volunteers from the community join in and blend with the group.

6:00-7:15 pm

Jan. 7, Feb. 4, Mar. 10

\$15 per event



Jill Brown  
DIRECTOR  
jbrown@yjcc.org  
x5812

Thinking about trying something new? The YJCC's adult programs give you the opportunity to develop new skills, explore hidden talents, discover new interests and enrich your mind. Of course you can also find your favorite pursuits at the Y, including many topics of Jewish interest. In addition, participation in programs and events creates personal connections and builds community.

## Creative Arts

### Feltmaking Basics new

**AGES 17 & UP (ALL LEVELS WELCOME)**

Let's have a felting party! Felting is FUN, low-tech, non-toxic and requires little equipment or space. Plus, it's creative, and opens the door to a variety of crafts projects. Join us for a one-day workshop where you'll learn to felt and complete your first piece, like a tote bag, eyeglass case or cell phone holder with attached strap. You'll be inspired to make other seamless objects or create beautiful felt yardage for pillows, blankets, vests and more. Other projects will be taught if time allows. Choose Friday or Sunday—and invite your friends to come, too. Instructor: Linda Brooks Hirschman, studio fiber artist

<b>Friday (1), 10:00 am – 3:00 pm</b>	
Mar. 16	
M \$75 NM \$95 (includes all supplies)	44229-FM3
<b>Sunday (1), 10:00 am – 3:00 pm</b>	
Mar. 18	
M \$75 NM \$95 (includes all supplies)	44229-FMS3

### Freeform Knitting & Crochet: Scrumbling new

**AGES 17 & UP (ALL LEVELS WELCOME)**

Ready to scumble? Scrumbling is the latest needlework craze that enables you to create fiber art with wonderful textures and elaborate designs through freeform knitting and/or crochet. No patterns, no counting—it's your own improvised design using basic knit and crochet stitches. Scrumbling is a great way to use leftover yarn and all you need to know are knit, purl and/or single and double crochet stitches. Bring your knitting needles, crochet hooks and bundles of yarn and give it a try! Instructor: Linda Brooks Hirschman, studio fiber artist

<b>Sunday (1), 10:00 am – 3:00 pm</b>	
Apr. 22	
M \$70 NM \$80	44229-SCR4

### Expressive Watercolor Textures new

**AGES 17 & UP (ALL LEVELS WELCOME)**

Create fresh watercolor paintings full of rich surface treatment, expressive texture and vibrant color. Explore innovative techniques that encourage stunning textural effects, artistic interpretation and an intriguing range of tactile sensations by enhancing traditional watercolor approaches. Express yourself in this creative, supportive environment. Instructor: Paulette Cochet

<b>SESSION 3 Mondays (9), 10:00 am – 1:00 pm</b>	
Jan. 30 – Mar. 26	
M \$245 NM \$280 includes \$10 materials fee	
CALL JILL FOR A MATERIALS LIST.	44102-M3

## The Ceramics Studio

To meet the increasing demand by people interested in ceramics, the YJCC offers a complete studio facility, including 6 electric potter's wheels (for both left and right-handed people), two extruders and a slab roller. Our two electric kilns fire at  $\Delta$  6. Personalized classes are given for the beginner to advanced pupil.

There is a charge of \$30 per bag of clay that covers all charges for bisque and glaze firing.

For students enrolled in one of our Ceramics classes, there are specified 2 1/2-hour Studio Time sessions to work on projects outside of class. Both day and evening studio hours are available several times a week. The fee for YJCC members is \$6/session, for non-members \$8/session.

### Ceramics

**AGES 17 & UP (ALL LEVELS WELCOME)**

Through individualized instruction, beginners will learn the basics of hand building and wheel throwing. Students confident in their basic skills explore advanced techniques to develop more complex forms with an emphasis on creating a personal vocabulary in clay. Instructor: Raye Ellen Cooke

<b>SESSION 3 Mondays (9), 9:30 am – 12:00 pm</b>	
Jan. 30 – Mar. 26	
M \$180 NM \$225 + \$30 materials fee	44101-M3
<b>SESSION 3 Wednesdays (9), 9:30 am – 12:00 pm</b>	
Feb. 1 – Mar. 28	
M \$180 NM \$225 + \$30 materials fee	44101-WM3
<b>SESSION 3 Wednesdays (9), 7:15 – 9:45 pm</b>	
Feb. 1 – Mar. 28	
M \$180 NM \$225 + \$30 materials fee	44101-WE3
<b>SESSION 4 Mondays (9), 9:30 am – 12:00 pm</b>	
Apr. 16 – June 18 (no class 5/28)	
M \$180 NM \$225 + \$30 materials fee	44101-M4
<b>SESSION 4 Wednesdays (10), 9:30 am – 12:00 pm</b>	
Apr. 18 – June 20	
M \$200 NM \$250 + \$30 materials fee	44101-WM4
<b>SESSION 4 Wednesdays (10), 7:15 – 9:45 pm</b>	
Apr. 18 – Jan. 19	
M \$200 NM \$250 + \$30 materials fee	44101-WE4

\*Non-members pay an administrative fee of \$35/person per fiscal year in addition to class fees.

## Springtime Watercolor

**AGES 17 & UP (ALL LEVELS WELCOME)**

Experience the joy of watercolor and keep true to the fresh and fluid nature of this transparent medium. Engage your senses and explore a variety of springtime subject matter through easy-to-follow and inspiring demonstrations. Achieve stunning watercolor effects as you learn useful tips to build upon a foundation of essential techniques, skills and confidence. Discover new directions in this creative and supportive environment.

Instructor: Paulette Cochet

**SESSION 4 Mondays** (9), 10:00 am – 1:00 pm

Apr. 16 – June 18 (*no class 5/28*)

M \$245 NM \$280 includes \$10 materials fee

CALL JILL FOR A MATERIALS LIST. 44102-M4

## Explorations in Watermedia:

### A Fluid Approach

**AGES 17 & UP (ALL LEVELS WELCOME)**

Reach beyond traditional watercolor and discover the world of watermedia. Expand your artistic boundaries and enjoy the freedom to express your own style in watermedia. Explore new possibilities and innovative approaches combining watercolor, ink and water-soluble drawing materials. Class emphasis will be placed on encouraging and strengthening individual responses and developing new ways to approach painting. Traditional and abstract painters are welcome.

Instructor: Paulette Cochet

**SESSION 3 Mondays** (9), 1:30 – 4:30 pm

Jan. 30 – Mar. 26

M \$245 NM \$280 includes \$10 materials fee

CALL JILL FOR A MATERIALS LIST. 44103-M3

**SESSION 4 Mondays** (9), 1:30 – 4:30 pm

Apr. 16 – June 18 (*no class 5/28*)

M \$245 NM \$280 includes \$10 materials fee

CALL JILL FOR A MATERIALS LIST. 44103-M4

## The Art of Acrylic Painting

**AGES 17 & UP**

Discover the freedom, simplicity and ease of painting with the most modern and versatile of mediums. Explore the unique character of acrylic and the wide range of possibilities that this permanent and non-toxic medium offers. Experiment with new techniques, textures and surface enrichments using transparent and opaque approaches. Personal and individual expression will be encouraged in a creative and supportive environment with emphasis on composition and color use. *Open to beginners and more experienced painters.*

Instructor: Paulette Cochet

**SESSION 3 Thursdays** (9), 10:00 am – 1:00 pm

Feb. 2 – Mar. 29

M \$245 NM \$280 includes \$10 materials fee

CALL JILL FOR A MATERIALS LIST. 44104-TH3

**SESSION 4 Thursdays** (10), 10:00 am – 1:00 pm

Apr. 19 – June 21

M \$270 NM \$305 includes \$10 materials fee

CALL JILL FOR A MATERIALS LIST. 44104-TH4

**10% DISCOUNT** if you take both  
**Monday morning and afternoon classes.**

**Session 3** M \$443, NM \$506 **Session 4** M \$443, NM \$506

## Lunch and Learn

### Conversations with the Chef!

**AGES 17 & UP**

Join our popular luncheon program featuring a delicious meal and a private discussion with chefs from fabulous area restaurants! This program is a terrific way to socialize and make new friends all while enjoying great-tasting food. Seating is limited, so register early! Transportation on your own.

Co-chaired by: Carol Berliner and Marilyn Siegel

**IVY INN** Hasbrouck Heights, NJ

Wednesday, Apr. 25, 12:00 noon

M \$38 NM \$48 44202-CHF3

**THE BOUWERIE RESTAURANT** Old Tappan, NJ

Wednesday, May 16, 12:00 noon

M \$38 NM \$48 44202-CHF4

**GIULIO'S BY HARVEST MOON** Tappan, NY

Wednesday, June 13, 12:00 noon

M \$38 NM \$48 44202-CHA4

**SAVE 10%** when you register for  
all 3 restaurants at the same time.

## Book Corner

### Book Discussion Group

**AGES 17 & UP**

Read thought-provoking books with your friends at the YJCC. Lively discussions are guaranteed!

Facilitator: Sharry Friedberg

**HUSH by Eishes Chayil**

Tuesday, Mar. 6, 7:30 pm

M FREE NM \$5 44231-T3

**KITCHEN HOUSE by Kathleen Grissom**

Tuesday, May 15, 7:30 pm

M FREE NM \$5 44231-T4

## Day Trips

### Monet's Garden: A Rare and Unique **new** Exhibit at the New York Botanical Garden

Be one of the first to enjoy "Monet's Garden" at the NY Botanical Garden, a tribute to French impressionist Claude Monet showcasing the gardens and flowers that inspired his art. The exhibit encompasses the Conservatory glasshouse and outdoor courtyards; rarely exhibited Monet paintings never before seen in NY are in the Library, along with Monet's original palette, digital versions of his sketchbook and more. This marks the first time many of these items will be assembled in one place since they left Monet's studio. After a docent-led tour, you're free to wander the splendor of the grounds. Lunch on your own at one of two cafés on premises. Price includes round trip coach, entrance, docent tour, bus driver tip. Arrive at the YJCC 15 minutes before departure. **Early registration by April 23 is a must! No refunds after April 23.**

**Wednesday**, 9:00 am – 4:30 pm

May 23

M \$60 NM \$70 44224-BG4

## Jewish Life

### The David Story: Biblical Portrait of a Machiavellian Prince

The life of King David is the richest portrait of a human being in the Bible. The story is interwoven with the stories of two other great figures of that time: the prophet Samuel and King Saul. This monthly class will study in depth the books of 1<sup>st</sup> and 2<sup>nd</sup> Samuel, using the magnificent translation and commentary of Robert Alter (available in paperback). The class is led by Rabbi Lawrence Troster, Rabbinic Advisor for Hazon and Rabbinic Scholar-in-Residence for GreenFaith, the interfaith environmental coalition in New Jersey. He is a master adult education teacher who has taught in the Florence Melton Adult Mini-School for many years. No previous knowledge of the Bible or Hebrew is necessary.

Instructor: Rabbi Lawrence Troster

**SESSION 3 Fridays** (5), 11:00 am – 12:30 pm  
Feb. 17, Mar. 16, Apr. 20, May 18, June 15  
M \$80 NM \$95

44130-EXO3

## Games

### Learn to Play Canasta

You can learn in just six weeks! Canasta is a card game that stimulates thinking—and you'll have another social activity to enjoy. Our instructor, Andrea Hershan, will provide an entertaining and educational experience that will have you ready to play. Morning and evening classes are offered to suit your needs. Class size limited to 12.

Instructor: Andrea Hershan

**Tuesdays** (6), 7:30 – 9:00 pm  
Feb. 28 – Apr. 3  
M \$95 NM \$120

44129-CNA3

**Fridays** (6), 10:00 – 11:30 am  
Feb. 24 – Mar. 30  
M \$95 NM \$120

44129-CNB3



# GAME ON!

Mah Jongg, Bridge, Canasta  
and Scrabble® - Raffles, too!

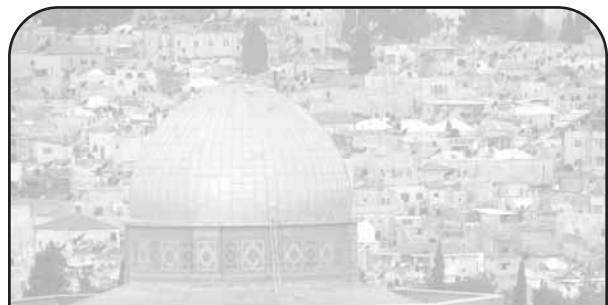
*It's your choice!  
Bring your game and your friends!*

Friday, January 13  
9:30 am - 2:00 pm

\$40/person

LUNCH INCLUDED

Co-chairs: Carol Berliner & Karen Feltman



## 21<sup>st</sup> Annual Israel Family Experience

February 16-26, 2012  
(Presidents' Week)

Come home to Israel - *the trip of a lifetime for all ages.*



# seniors



Devra Kanter  
DIRECTOR  
x5630

The senior adult program offers a warm, supportive environment that provides opportunities to get involved, expand your creative energies, exercise your mind and body, and feel a sense of belonging to a very special community.

As a Silver Senior, enjoy Tuesdays and Thursdays filled with organized activities from 9:45 am to 4:45 pm. These include classes, swimming, exercise and socializing with other members.

Golden Senior membership includes all of the Tuesday/Thursday programming plus use of the YJCC during all regular operating hours.

Join us for diverse, stimulating programs, plus the option of a hot, nutritious kosher lunch on Tuesdays and Thursdays for a nominal fee of \$4.25. (Meals are subsidized by the Older Adults Committee of the UJA Federation of Northern New Jersey and the U.S.D.A.) The lunch program is a wonderful place to socialize and develop meaningful friendships.



All members of the Senior Adult Program receive a special bi-monthly newsletter with details of upcoming classes, special events, day and overnight trips and Senior Department activities.

Note that all classes, programs and trips are subject to change and/or cancellation based on instructor availability. Program cancellations and/or postponements are at the discretion of the Senior Adult Director.

## SENIOR ADULT DEPARTMENT / WINTER-SPRING 2012 SCHEDULE

Tuesday, January 10	New Year's Celebration
Tuesday, February 7	Tu B'Shevat Seder
Tuesday, February 28	Hamentaschen Orders Due
Tuesday, March 6	Hamentaschen Pick-Up
Tuesday, March 6	Purim Celebration
Thursday, March 29	Philadelphia Day Trip
Tuesday, April 3	Passover Model Seder
Thursday, April 19	Holocaust Program with Miriam Grey
Tuesday, May 15	AARP Driver's Safety Program
Thursday, May 17	NYC Day Trip to Greek Synagogue/Eldridge St. Synagogue
Tuesday, May 29	Memorial Day Celebration
Tuesday, June 12	Volunteer Recognition Day & Violin Concert
Thursday, June 14	End-of-Year Celebration
Tuesday, June 26	Senior 4th of July Bar-B-Que

# Mental Fitness

## History Comes Alive with Marty

If you think history is dull, come to Marty's class! He will prove you wrong!

Instructor: Marty Cohen

## Looking at Life Through Humor

Join these lively discussions on topics of common interest, personal experiences, humorous anecdotes and reminiscing.

Led by: Gloria and Al Nahum

## Current Events

Keep up with what's going on. Enjoy stimulating discussions and share opinions about the political scene at home and abroad. Rotating instructors/ volunteers. Interested in volunteering? See Devra.

## Cerebral Gymnastics

Stimulate your mind with a marvelous cerebral workout that's entertaining and challenging!

Instructor: Simie Weinberger

## Music with John

John Halsey and guest entertainers will have you humming along and tapping your toes.

\$1 fee at the door.

## Cards (Ongoing)

Join a game or start your own. Tues. & Thurs.

11:30 am - 4:00 pm

## Mah Jongg (Ongoing)

Start your own group. The Senior Department has one Mah-jongg set to loan out.

Tues. & Thurs. 11:30 am - 4:00 pm

**Players Needed!**

# To Your Health

## Health Lectures & Screenings

- Free Monthly Blood Pressure Screening  
Co-sponsored by the YJCC and BergenCare Home Health
- Heart-to-Heart: Keep Your Heart Strong
- Vitamins and Supplements: What You Need to Know
- Nutrition and Dietary Update

## Health is Wealth: Eat Better...Move More

A free once-a-month nutrition and fitness program for senior adults presented by the YJCC in partnership with Bayada Nurses Home Care Specialists

- Moving more improves health, prevents obesity and encourages independence
- Eating better is essential for improving and maintaining physical health.

KICK-OFF MEETING Thursday, Jan. 12, 10:00 am

Please attend to learn more and receive your starter packet, including a digital step counter.

The Bergen County YJCC in partnership with Bayada Nurses presents a free program



## Health is Wealth: Eat Better...Move Better



Senior adult member kickoff meeting:

**Date:** Thursday, January 12

**Time:** 10:00 am

**Location:** Room 200



- Monthly meetings on staying active and living healthy
- Free digital step counter and starter packet to track team walking

To learn more, call  
Devra Kanter, Sr. Director,  
at **201-221-5630**.



# Jewish Life & Thought

## Wondering and Wandering Through Jewish Life

Explore the many interesting topics which surface in our everyday living.

Instructor: Rabbi Jonathan Woll, *Progressive Havurah of Northern New Jersey*

## Yiddish Bingo Fun

Play an old game in a new language. No need to know the language to play the game! Fun, prizes, don't miss!

## Jewish Thoughts with Emily

Join Emily as she explores and inspires you through topics which will enhance your spirituality and appreciation of Judaism.

Instructor: Emily Schuman

# Topics of Interest

## Heroes in Hell **new**

Join Miriam Grey as she explored issues of Holocaust remembrance.

Instructor: Miriam Grey

## The Book Corner: Relax and Read

Back by popular demand... Join Laurie as she delves into new, interesting book selections for the upcoming season. Books to be announced in Sr. mailing.

Instructor: Laurie Schoenhaut

## The Majesty of America **new**

We'll enjoy a slide, lecture, and musical program celebrating the story and stunning beauty of America.

Instructor: Dr. James P. Kane, *Adjunct Professor of Education, William Paterson University*

## All About Ireland **new**

Learn about Ireland: its people, its history, its music and its magnificent scenery, in a one-hour lecture, slide, and music program.

Instructor: Dr. James P. Kane, *Adjunct Professor of Education, William Paterson University*

## The Boys of Summer **new**

Hear the incomparable story of the 1950s Brooklyn Dodgers. This slide and lecture program goes beyond the games and tells the story of the players, their ball field in Brooklyn and what happened to them all when the lights of Ebbets Field eventually went dark and the cheering stopped.

Instructor: Dr. James P. Kane, *Adjunct Professor of Education, William Paterson University*

## Movie Madness

Watch a popular movie with your YJCC friends. Date TBA. Please note early start time: 12:45 pm

## American History through Autobiography

Enjoy a new, refreshing approach to learning about history through the individual lives of great Americans.

Instructor: Marty Alboum

## NJ "Y" Camps

Don't miss the 2012 New Jersey "Y" Camps Winter/Spring Program line-up. Places to go, programs to enjoy. The NJ "Y" Camps and Bergen County YJCC work together to keep you on the go! **Watch for brochure!**

# Senior Health & Fitness

## AQUATICS

### Silver Senior Swim

Tues. & Thurs. 10:00 am - 4:00 pm

### Golden Senior Swim

All regular operating hours.

### Senior Aquacise

An upbeat water exercise class especially for older adults. Enhances aerobic capacity, strength, flexibility and range of motion.

## FITNESS & RECREATION

### Sr. Pilates

Strengthen your core, build flexibility, endurance and coordination.

### Sr. Spin **new**

Work at your own pace as you spin to good health.

### ZUMBA Gold

Join this energetic class of "movers and shakers!" It's fitness and fun, all rolled into one.

Instructor: Lisa Salerno

### Sensational Seniors

Low impact aerobic exercises offering a cardio workout while improving flexibility. Work at your own pace!

### Gentle Yoga

Integrate body, mind and spirit! Use Yoga postures, breathing practices, and guided deep relaxation to stretch, tone and relax your entire being.

Instructor: Gloria Caramico

### Ping Pong (ongoing)

Join your friends for a relaxing or highly competitive game of Ping-Pong.

### Racquetball (ongoing)

Enjoy a great workout in a "round robin" game of racquetball with a terrific, energetic bunch of guys!

## Special Events

### New Year's Blast!

Tuesday, Jan. 10. Lunch at noon. Party at 1:00 pm. Have a blast at our annual New Year's celebration. Special entertainment by James Michael! RSVP a must!

### Tu B'Shevat Seder

Led by Paul Kaufman, music by Barbara Stambler. Tuesday, Feb. 7, 1:00 pm.

### Purim Celebration!

Featuring Bette Birnbaum. Tuesday, Mar. 6, 1:00 pm.

### Purim Fundraiser

1 lb. trays of assorted hamantaschen on sale! Orders due by Tuesday, February 28. Pick-up on Tuesday, March 6. *See flyer.*

### Senior Model Seder

Featuring Cantor Sergei Schwartz. Tuesday, April 3. Sponsored by the Saddle River Valley Jewish Community Organization.

### Day Trip: Hidden Treasures of Jewish History

We'll visit Kehillah Kedosha Janina Synagogue and the Eldridge Street Synagogue for a look at treasured Jewish landmarks. Watch for details!

### Day Trip: Philadelphia

Includes docent-led tour of the Jewish Museum. March 2012; details to follow.



## Personal Training for Seniors

Train smart and get fit with a YJCC personal trainer. *See details on page 35.*

### SENIOR PACKAGE (63+)

5 x 1 Hour sessions \$299 51121-FSR3

## Wednesday Groups

### Y's Owls

Share good times, twice a month, with this senior social group in a warm, friendly atmosphere. Forget your troubles. Get happy! Join us twice a month for breakfast, upbeat programming, member participation, day trips and fun, fun, FUN! Dues. **MUST BE A "Y" MEMBER.**

9:30 – 11:30 am

### Y.E.S.

#### Young Energetic Seniors

This is a group of active senior members whose meetings start with a bagel breakfast. Members participate in YJCC programs, enjoy monthly luncheons and plan events/activities for their group. Y.E.S. members take day-long and extended trips throughout the year. They elect their officers from within the group. New members welcome! Dues. **MUST BE A "Y" MEMBER.** Wednesdays, 10:00 am-12:00 pm

### Live & Learn

Be part of an innovative learning program. Enjoy exploring topics that you find interesting. Members plan all programs, including speakers, mini-classes, and daytime excursions. Officers, elected from the group, oversee the agenda. Refreshments are served. (Please note: there may be a waiting list for this group. Check with Senior Adult Director for information.) Dues. **MUST BE A "Y" MEMBER.** 12:30 - 2:30 pm



# aquatics



Matt Karpinecz  
DIRECTOR  
mkarpinecz@yjcc.org  
x5750

Our aquatics facility provides an endless summer experience with year-round water activities and classes for the whole family. Our Little Shark Swim School will teach your children strokes and water safety, starting as young as six months old. We run the Bergen Sharks competitive swim team for older, experienced swimmers. For adults, there are aquacise classes which offer a great low impact workout.

## Pool Information

### Main Pool

- 6 lane, 25 yard (75') competitive-style pool
- 3'6" to 5'6" deep
- Average water temperature is between 82-83 degrees
- 1 mile = 72 lengths/36 laps
- 3/4 mile = 54 lengths/27 laps
- 1/2 mile = 36 lengths/18 laps
- 1/4 mile = 18 lengths/9 laps.
- Diving is permitted only for instructional and competitive purposes under the supervision of a YJCC swim instructor or coach.

### Kiddie Pool

- 400 square foot pool
- 1'6" to 2'6" deep
- Average water temperature is 90-92 degrees
- Closed when swim lessons are being conducted

### Pool Schedule

Hours of operation: 6:00 am-9:40 pm, Monday-Thursday  
6:00 am-2:40 pm, Friday  
8:00 am-4:40 pm, Sunday

Please check the pool schedule at the front desk and in the pool area for a lane-by-lane schedule.

## Rules and Regulations

**BELOW IS AN ABBREVIATED LIST; PLEASE CONSULT A LIFEGUARD OR THE AQUATICS DIRECTOR FOR A FULL LIST.**

- Children six and under must be accompanied by an adult (18 or older who is a Y member) who is in the water with them at all times.
- Children nine and older are allowed to be in the kiddie pool without an adult, but must be with an adult in the main pool. All children 12 and younger must have an adult in the pool area with them at all times.
- No street shoes, sneakers or strollers are permitted on the pool deck. Booties to cover your street shoes are available for purchase from a lifeguard.
- Disposable diapers are not permitted in either pool. Children who are not yet toilet trained must wear swim diapers underneath their swimsuits and are not permitted in the Main Pool.
- Inflatable toys, rafts, swimmies, tubes, etc. are not permitted in either pool.





Our high energy program teaches your child how to swim and stay safe in the water, with each class building on the skills learned in the previous level. For private and semi-private lessons, see page 26.

## Group Swim Lessons

(All classes are 8 sessions)

### SESSION 3 PLACEMENT TESTS:

Sunday, Jan. 29, 11:00 am-noon OR Monday, Jan. 30, 3:45-4:30 pm

### SESSION 4 PLACEMENT TESTS:

Sunday, Apr. 15, 11:00 am-noon OR Monday, Apr. 16, 3:45-4:30 pm

Registration forms available online at [www.yjcc.org](http://www.yjcc.org) or in the Aquatics department.

CLASS DAY	SUNDAY	MONDAY	TUESDAY	THURSDAY
<b>SESS. 3 DATES</b>	2/5-4/1 (no class 2/19)	2/6-4/2 (no class 2/20)	2/7-4/3 (no class 2/21)	2/9-4/5 (no class 2/23)
<b>SESS. 4 DATES</b>	4/22-6/17 (no class 5/27)	4/23-6/18 (no class 5/28)	4/24-6/12	4/26-6/14
<b>30-MINUTE SESSIONS</b>	<b>M \$112 NM \$144</b>	<b>M \$112 NM \$144</b>	<b>M \$112 NM \$144</b>	<b>M \$112 NM \$144</b>
<b>PARENT &amp; CHILD CLASSES / 6 MONTHS-3 YEARS</b>				
<b>Polliwogs</b>	9:30-10:00 am 53018-SP13 or 4			
<b>Tadpole I</b>	10:00-10:30 am 53018-ST13 or 4			
<b>Tadpole II</b>	10:30-11:00 am 53018-ST23 or 4			
<b>Tadpole III</b>	9:00-9:30 am 53018-ST33 or 4			
<b>NURSERY AGE CLASSES / 3-5 YEARS</b>				
<b>Dogfish (1)</b>	11:30 am-12:00 pm 53018-SD13 or 4	3:30-4:00 pm 53018-MD33 or 4	4:00-4:30 pm 53018-TD23 or 4	4:00-4:30 pm 53018-RD13 or 4
	12:00-12:30 pm 53018-SD23 or 4			4:30-5:00 pm 53018-RD23 or 4
<b>Angel (2)</b>	11:30-12:00 pm 53018-SA13 or 4	4:00-4:30 pm 53018-MA13 or 4	3:30-4:00 pm 53018-TA23 or 4	4:00-4:30 pm 53018-RR13 or 4
	12:00-12:30 pm 53018-SA23 or 4	4:30-5:00 pm 53018-MA23 or 4		
<b>Mako (3)</b>	9:30-10:00 am 53018-SM13 or 4	3:30-4:00 pm 53018-MM13 or 4	3:30-4:00 pm 53018-TM23 or 4	3:30-4:00 pm 53018-RM13 or 4
	10:00-10:30 am 53018-SM23 or 4		4:30-5:00 pm 53018-TM33 or 4	
<b>CHILDREN'S CLASSES / 6 YEARS &amp; OVER</b>				
<b>Zebra (1)</b>	9:00-9:30 am 53018-SZ13 or 4	3:30-4:00 pm 53018-MZ13 or 4		
	10:30-11:00 am 53018-SZ23 or 4		4:00-4:30 pm 53018-TZ13 or 4	3:30-4:00 pm 53018-RZ13 or 4
<b>Sandtiger (2)</b>	9:00-9:30 am 53018-SS13 or 4			
	11:00-11:30 am 53018-SS23 or 4	4:00-4:30 pm 53018-MS13 or 4	4:30-5:00 pm 53018-TS13 or 4	4:30-5:00 pm 53018-RS13 or 4
<b>Bull (3)</b>	10:30-11:00 am 53018-SB13 or 4	4:30-5:00 pm 53018-MB13 or 4	3:30-4:00 pm 53018-TB13 or 4	
<b>Blue (4)</b>	11:30-12:00 pm 53018-SBL3 or 4		4:00-4:30 pm 53018-TBL3 or 4	4:30-5:00 pm 53018-RBL3 or 4
<b>Nurse (5)</b>	11:00-11:30 am 53018-SN13 or 4	4:30-5:00 pm 53018-MN13 or 4		3:30-4:00 pm 53018-RN13 or 4
<b>Blunt Nose (6)</b>	10:00-10:30 am 53018-SBN3 or 4	4:00-4:30 pm 53018-MBN3 or 4	4:30-5:00 pm 53018-TBN3 or 4	

SCHEDULE SUBJECT TO CHANGE

### Important Information About Little Sharks Group Swim Lessons

- All classes run for 30 minutes once a week.
- Children not currently enrolled must take a swim placement test. (Previously enrolled students are exempt from placement tests only if they have a signed end-of-session report.)
- Little Sharks Swim School uses a lottery system. For the best chance of getting the class you want, submit your registration forms and payment by 5:00 pm on the dates below to the lottery box at the pool or at the front desk. (Registrations will continue to be taken, space permitting, until the end of the first week of class.)
- SESSION 3 LOTTERY:** Tuesday, Jan. 31, 5:00 pm
- SESSION 4 LOTTERY:** Tuesday, Apr. 17, 5:00 pm
- To enroll in parent-child classes and non-swimmer introductory classes, contact Matt Karpinecz at [mkarpinecz@yjcc.org](mailto:mkarpinecz@yjcc.org).

\*Non-members should include the administrative fee of \$35 per person per fiscal year (Sept. 1, 2011-Aug. 31, 2012).

### Group Lesson Policies

- Registration preference is given to YJCC members, followed by non-members who were enrolled in the previous session of lessons.
- Class size limits: 8/parent-child class; 4/levels 1-4; 6/levels 5-6
- The YJCC reserves the right to cancel a class due to insufficient registration.
- Make up classes are scheduled only for classes canceled by the YJCC.
- Parents are not permitted in the pool area during lessons, except for the first and last class.
- See general refund policy on inside front cover. Swim School refunds are issued for medical reasons only after week 2 of class; a doctor's note is required.



# BERGEN SHARKS COMPETITIVE SWIM TEAM SPRING TRAINING

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

The Bergen Sharks is a 165+ swimmer competitive swim team run by the Bergen County YJCC. The team competes in the New Jersey JCC/YM-YWHA Swim League. Members and non-members of the YJCC, ages 5 to 18, are welcome. The competitive season runs from September through March, followed by our Spring Training Program from April to June and our Sharks summer swim camp.

Spring Training is designed for swimmers who have some competitive swimming experience, but who wish to improve their skills through stroke refinement, careful critiquing of starts and turns and directed instruction from a team of experienced professional swim coaches.

**Dates:** Monday, March 26-Thursdays, June 14 (no class 4/12 & 5/28)

**Try-Outs:** Monday, March 19 at 5:00 pm and Tuesday, March 20 at 5:00 pm

Results will be posted on Thursday, March 22 at [www.bergensharks.com](http://www.bergensharks.com).

*Note: Current Sharks do not have to try out.*

Bergen Sharks and the Spring Training Program are not intended for non-swimmers or those who need very basic swimming instruction. Please see information about Little Sharks Swim School and our Pre-Competition program.

**Please email Head Coach Mike Seebach at [bergensharks@yjcc.org](mailto:bergensharks@yjcc.org) or call 201.666.6610, x5752 with any questions.**

	M	NM	Practice (Mon-Thur)	Codes
Bronze (8 and under) 53001-BG1	\$225	\$300	4:30-5:15 pm	53001-BG4
Silver (9 to 12) 53001-SG1	\$325	\$375	5:15-6:30 pm	53001-SG4
Gold (13 and over) 53001-GG1	\$350	\$425	6:30-8:00 pm	53001-GG4

## BERGEN SHARKS SUMMER CAMP

Attention all swim team members! No matter what team you swim for, you can be part of the Bergen Sharks Summer Camp. Join us for one week or several weeks—there's so much to learn! Swimmers will be instructed by experienced and dedicated coaching staff who will focus on stroke refinement, turn techniques, strength and conditioning and more. Camp includes dry land training, video presentations, meet preparation, nutrition tips—everything you need to know to achieve your goals. Watch for information soon. Please note: Non-Sharks need coach approval.



# PRE-COMPETITION PROGRAM

- Picks up where the Little Sharks Swim School leaves off; transitions from learning to swim to competition
- For those who have been introduced to the four competition strokes, but want to improve their technique to a swim team level
- Attend once or twice a week: Sundays from 12:15 to 1:00 pm and/or Wednesdays from 3:45 to 4:30 pm.

## Pre-Competition Program

### SESSION 3

#### Placement Tests

Sun., Jan. 29, 11:00 am-noon  
or Mon., Jan. 30, 3:45-4:30 pm

**Sundays** (8), 12:15 – 1:00 pm  
Feb. 5 – Apr. 1 (no class 2/19)  
M \$128 NM \$184 53017-PS13

**Wednesdays** (8), 3:45 – 4:30 pm  
Feb. 8 – Apr. 4 (no class 2/22)  
M \$128 NM \$184 53017-PW13

**Sundays & Wednesdays** (16), See times and dates above  
M \$224 NM \$288 53017-PT13

### SESSION 4

#### Placement Tests

Sun., Apr. 15, 11:00 am-noon  
or Mon., Apr. 16, 3:45-4:30 pm

**Sundays** (8), 12:15 – 1:00 pm  
Apr. 22 – June 17 (no class 5/27)  
M \$128 NM \$184 53017-PS14

**Wednesdays** (8), 3:45 – 4:30 pm  
Apr. 25 – June 13  
M \$128 NM \$184 53017-PW14

**Sundays & Wednesdays** (16), See times and dates above.  
M \$224 NM \$288 53017-PT14



## Adult Aquacise

Exercising in the water has more resistance than on land. This is a great low impact workout for all muscle groups, beginner to advanced levels. Contact Aquatics for a free trial class.

**SESSION 3 Mondays** (10), 9:15 – 10:15 am  
Jan. 30 – Apr. 2  
M \$110 NM \$150 53014-AAM3

**SESSION 3 Wednesdays** (10), 9:15 – 10:15 am  
Feb. 1 – Apr. 4  
M \$110 NM \$150 53014-AAW3

**SESSION 4 Mondays** (10), 9:15 – 10:15 am  
Apr. 9 – June 18  
M \$110 NM \$150 53014-AAM4

**SESSION 4 Wednesdays** (11), 9:15 – 10:15 am  
Apr. 11 – June 20  
M \$121 NM \$165 53014-AAW4

## Private & Semi-Private Lessons

### AGES 3-ADULT

Private swimming lessons will give you or your child an excellent opportunity to become comfortable and confident in the water. Private lessons are geared toward specific goals and ability to sufficiently master specific skills and/or techniques. Choose five or ten 30-minute sessions. For a private lesson request form, email mkarpinecz@yjcc.org or go to www.yjcc.org. Forms also available at the front desk.

<b>Private Lessons</b>	SESSION 3	SESSION 4
5: M \$190 NM \$250	53014-53	53014-54
10: M \$330 NM \$380	53014-103	53014-104

<b>Semi-Private Lessons</b> (max. 2 pp)	SESSION 3	SESSION 4
5: M \$160/pp NM \$210/pp	53014-523	53014-524
10: M \$240/pp NM \$275/pp	53014-1023	53014-1024

<b>Private Group Lessons</b> (3 or more pp)	SESSION 3	SESSION 4
8: M \$126/pp NM \$176/pp	53014-PG3	53014-PG4



# health & wellness



Isaak Gorelov  
DIRECTOR  
X5710

## The Bergen County YJCC: A place the entire family can exercise under one roof!

The YJCC reaches out to all who strive to improve and maintain a healthy mind and body. Our goal is to provide you and your family with all of your health and wellness resources in one convenient location. Our expert staff of certified health professionals is ready to help you and your family achieve your health and fitness objectives with the following programs:

- Personal Training (Private and Group)
- Nutrition Counseling
- Group Fitness Classes
- Kids and Teens Orientation Sessions
- Pilates, Yoga, Spinning, Karate, Massage Therapy, and more!

**Schedule Your Complimentary  
Fitness Equipment Orientation  
with YJCC Fitness Staff Today!**

Our 85,000 sq. ft. building has everything you need, no matter what your fitness routine. Our premier fitness, recreation, and aquatics facility includes:

- A fully-equipped fitness center
- Personal training studio
- Indoor walking and jogging track
- Double sized gymnasium
- Three racquetball courts
- Aerobics and dance studio
- Spinning studio
- Karate studio
- 75 foot, indoor heated swimming pool, and an indoor children's pool.

Please do not hesitate to contact us and let us know how we can help you and your family with all of your health and wellness needs and goals. Have questions regarding any of our services? Make sure to go to [www.yjcc.org](http://www.yjcc.org) and look us up under Department/ HealthandWellness.

## Yoga

### Yoga (Vinyasa)\*

Create a balanced lifestyle using exercise, flexibility, and a positive mental outlook. Yoga is both a powerful workout for the body and an exercise in relaxation. This series of exercises stretch the muscles, ligaments, and joints, increase absorption of oxygen into the bloodstream, and helps improve your overall health. Whether you are a beginner or advanced, we invite you to experience our expert instructors.

M 10 tickets for \$100, \$12 walk-in 55102-3  
NM \$17 walk-in or 10 tickets for \$153

*Please check out our website at [www.yjcc.org](http://www.yjcc.org) or stop by for a current group fitness schedule.*

## Racquetball Lessons

Learn how to really play the game from Chuck Berg. For information, contact Isaak at [igorelov@yjcc.org](mailto:igorelov@yjcc.org).

1-hour lesson \$60 52217-R3

## Massage

### Massage

- Reduces stress and muscle tension
- Relieves sore muscles
- Improves circulation
- Increases your body awareness and sensitivity
- Promotes nutrient absorption
- Improves mobility in muscles and joints
- Assists in the repair of injured & damaged tissue
- Improves your energy and alertness

Call our experienced Massage Therapist for an appointment TODAY!

Mark Williams 201-390-2325  
Available: Mon.-Fri. (flexible hours)

Purchase your tickets\* at the front desk:  
M \$70 NM \$85 YJCC Plus Member \$60

\*Tickets expire 6 months from date of purchase.

## Train Smart at the YJCC

The Bergen County YJCC offers a wide variety of results-oriented personal training programs. These programs are designed to help improve health, appearance, performance and increase your energy. Our certified personal fitness trainers focus on safely getting you maximum results in the minimum amount of time and the safest way possible.

### PERSONAL TRAINING

Working with a personal trainer, at a pace you both select, is the most effective way to reach your fitness goals. Your personal trainer provides encouragement, motivation and support to get you started and keep you going. Your routine will suit your physical fitness level and change as your fitness improves. Whether you are a competitive athlete interested in advanced training techniques or a post-rehab patient, we have an exercise program to meet your needs. Programs are designed for every age group.

### Sport Specific Training

Improve your results through better physical conditioning by using the latest training techniques.

### Y Junior Fitness

For children 11-13. Upon completion, participants will receive a certificate and may use the Fitness Center with their parents.

**BASIC:** 1 hour cardio equipment orientation session with YJCC fitness staff.

**ADVANCED:** 5 one-on-one sessions. Participants are taught safe use of strength equipment, stretching techniques and healthy diet habits.

### TeenFit (ages 11-17)

Through a carefully designed exercise regimen addressing specific needs, we'll build a solid foundation which will help your teen acquire healthy habits for a thriving adulthood.

### Group Personal Training

Workout with a friend or two and motivate each other to stay fit. Enjoy the company and significant savings.

\*Packages expire 6 months from date of purchase.

### Senior Strength

This carefully designed program provides a safe and individualized exercise regimen that uses strength, core stabilization, balance training and cardiovascular equipment. We'll provide the information you need to improve and maintain muscle tone, balance, flexibility and endurance.

### Clinical Programs

Personal training for individuals with medical concerns, including: cardiovascular disease, diabetes, orthopedic injuries, osteoporosis, high blood pressure and lower back problems.

## RATES

### INTRO PACKAGE

3 x 1 Hour or 6 x 1/2 Hour Sessions\* M \$171  
51121-NEW3

### JUNIOR FITNESS (11-13)

Basic	51121-JR	FREE
Advanced	51121-JR3	\$159

### SINGLE SESSION

1/2 Hour	51121-F1	M \$41	NM \$46
1 Hour**	51121-F193	M \$77	NM \$87

### SENIOR PACKAGE (63+)

5 x 1 Hour\*\* sessions 51121-FSR3 M \$299

### 10 SESSIONS

1/2 Hour	51121-F103	M \$347	NM \$397
1 Hour**	51121-F093	M \$597	NM \$697
Group of 2	51109-203	M \$327 pp	NM \$377 pp
Group of 3	51109-303	M \$247 pp	

### 20 SESSIONS

1/2 Hour	51121-F13	M \$637
1 Hour**	51121-F203	M \$1137

\*New participants only

\*\*One hour sessions cannot be split in half-hour.

## Nutrition Counseling

It is not about "being on a diet," but choosing a lifestyle that is nutritionally balanced. Nutrition counseling is presented in conjunction with the Center for Integrative Healing at Englewood Hospital and Medical Center. Their holistic approach helps individuals achieve optimal physical and mental health through use of food and nutrients.

### Holistic Nutrition

- Weight management
- Healthy choices to prevent, control or treat symptoms of
  - cancer
  - chemotherapy
  - acid reflux and other GI issues
  - heart disease and high cholesterol
  - hypertension
  - PMS and PCOS
  - immune system disorders

Contact Isaak at ext. 5710 for more information.

Facilitator: Nancy J. Cooper, RD

<b>Nutrition Counseling-1 session</b>	\$99	55109-113
<b>Nutrition Counseling-3 sessions</b>	\$277	55109-133
<b>Nutrition Counseling-6 sessions</b>	\$497	55109-163

### Group Nutrition Counseling-4 sessions

Group of 2 - \$180 pp	55109-23
Group of 3 to 4 - \$150 pp	55109-33
Group of 5 to 6 - \$130 pp	55109-53
Group of 7+ - \$110 pp	55109-73

### Nutrition/Personal Training Combo

5 1-hour personal training + 3 nutrition sessions	\$557	55110
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RATES SUBJECT TO CHANGE WITHOUT NOTICE. 24-HOUR CANCELLATION NOTICE IS REQUIRED TO AVOID BEING CHARGED FOR THE MISSED SESSION. ALL PACKAGES EXPIRE 6 MONTHS FROM DATE OF PURCHASE. PERSONAL TRAINING FEES ARE NON-REFUNDABLE WITHOUT A DOCTOR'S NOTE.

# Group Fitness Classes

The YJCC offers members many free classes. Try them all and see which improve your fitness and help achieve your health goals. All classes are 45 minutes to 1 hour. Specialty classes (marked with an asterisk) require registration, an additional fee, and are available to members and non-members. Remember to bring plenty of water to each class!

For class days/times, please refer to current class schedule, available at the Front and Fitness desks and on the YJCC website. Please contact Ellen Davies at edavies@yjcc.org, with questions.

## ABSolute Core & More

### ALL LEVELS

An intense abdominal work-out focusing on core muscles as well as other major muscle groups. This class will have you standing taller and improve your balance.

## Aquacise\*

### ALL LEVELS

Exercise in the water and get more resistance than on land. This is a great low impact workout for all muscle groups for all levels. The class focuses on cardio and toning, and there is no need to know how to swim. Members and non-members welcome. Contact the Aquatics department for fees and session schedules.

## Boot Camp

### INTERMEDIATE/ADVANCED

A high intensity class, combining strength training and agility.

## Cardio Sculpt

### ALL LEVELS

This class incorporates step and aerobic movements along with weight training to maximize fitness level and calorie burn.

## Pilates

### ALL LEVELS

Based on the principles of Joseph Pilates, this core based mat class is designed to strengthen the entire body. These techniques will release persistent tightness, build core strength and help realign your body. Using these core principals you will transform your body as you strengthen deep abdominal muscles, developing balance, coordination, and posture.

M FREE; NM \$17 walk-in or 10 tickets for \$153 55123-S3

## Pilates for Seniors

### ALL LEVELS

This class is focused on Pilates principles and is designed with the Seniors in mind to strengthen the core, increase balance and coordination and improve posture.

## Spinning

### ALL LEVELS

A cardio-based workout on our new state-of-the-art bikes that will maximize your fitness and endurance. Enjoy the ride!

## Spinning for Seniors

### ALL LEVELS

This incredible cardio workout on a stationary bike mimics riding on the road. Increase your aerobic fitness and endurance.

## Total Tone

### ALL LEVELS

Total body conditioning designed to target all the major muscle groups. Feel the burn and enjoy the benefit in this class.

## Yoga (Vinyasa)\*

### ALL LEVELS

This class will help promote flexibility, strength, stress reduction, deep breathing exercises and relaxation techniques.

M 10 tickets for \$100 or \$12 walk-in

NM \$17 walk-in, 10 tickets for \$153.

55102-3

## Zumba

### ALL LEVELS/ADVANCED

Zumba is a fusion of Latin and International music. It is designed for everyone. You don't have to know how to dance to benefit from the great cardio and sculpting Zumba delivers. Come on in and see the incredible results for yourself!!

M FREE; NM \$12/class walk-in, \$100 for book of 10

55108-1

## Zumba Tone

### ALL LEVELS

Dance your way to a fitter you in our new Zumba Tone class. This combination of Zumba along with light weights will deliver a great energetic heart pumping work out for all.

M FREE; NM \$12/class walk-in, \$100 for book of 10 55108-3

## Zumba Tone Gold

### SENIORS

Join this energetic class of "movers and shakers." It's fitness and fun all rolled into one! It's officially Zumba for seniors!

\*ADDITIONAL FEE; REGISTRATION REQUIRED.

# Exercise for Mommy & Me

## Strollers On-the-Go

### 6 WEEKS-2 YEARS AND MOM

See page 4.

# Sports & Recreation

## Men's Basketball League and Pick-Up Games

Memorable games are played in our Monday night league. Pick-up games take place on Wednesday from 7:30 pm to closing and Sunday from 8:00 to 11:00 am.

League fee (per season) M \$95 NM \$135

52204-3

# YJCC Okinawan Karate

CLASS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Little Samurai</b>	9:30-10:15 am					
<b>Little Dragons</b>	10:15-11:00 am			5:00-5:45 pm		
<b>Kids</b> All Ranks	1:30-2:30 pm	6:00-6:45 pm	6:00-6:45 pm	6:00-6:45 pm	6:00-6:45 pm	
<b>Teens</b> All Ranks	1:30-2:30 pm	7:15-8:15 pm			7:15-8:15 pm	
<b>Adults</b> All Ranks	11:00 am-12:45 pm	7:30-8:45 am 8:15-9:45 pm	8:15-9:45 pm	8:15-9:45 pm	8:15-9:45 pm	7:30-8:45 am
<b>Testing Class</b>	Last Wed. of month			7:00-7:30 pm		

SCHEDULE SUBJECT TO CHANGE

SCHEDULE AS OF 2/5/12

**CHIEF INSTRUCTOR - Sensei Lisa Schwartz, Kyoshi, 7<sup>th</sup> Dan**

**INSTRUCTOR - Sensei Larry Schwartz, Kyoshi, 8<sup>th</sup> Dan**

## OKINAWAN SHORIN RYU SHIDO-KAN KARATE

Sessions 3&4 - Sunday, February 5 - Friday, June 22, 2012



Shibu Dojo Member of  
North American Beikoku  
Shido-kan Association

**All Classes are Open to Both Members and Non-Members.** Fees are pro-rated if a new student joins one month after the session has started. Anyone may try a sample class for free. Missed classes may be made up within the session. *Little Samurai* and *Little Dragons* are once a week. All Kids, Teens and Adult classes are a minimum of twice a week. Look for our special classes, seminars, fundraising events and exciting special programs. For more information, email us at [info@yjccokinawankarate.com](mailto:info@yjccokinawankarate.com) or call 201-666-6610 and leave a message with the operator!

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Health & Wellness

### Little Samurai

#### AGES 4 & 5 (CHILDREN IN NURSERY SCHOOL)

Self-discipline, respect and fun with basic karate skills enhance coordination and balance. T-shirts are given out as uniforms. Class is 45 minutes once a week.

**Sundays** (16), 9:30 – 10:15 am  
Feb. 5 – June 10 (no class 2/19, 4/8 & 5/27)  
M \$390 NM \$425

54000-SS3

### Little Dragons

#### CHILDREN IN KINDERGARTEN

Listening, memorization, coordination, teamwork and karate skills for younger students. Uniform is provided. Class is 45 minutes once a week.

**Sundays** M \$265 NM \$310  
**Wednesdays** M \$265 NM \$310

54000-DS3  
54000-DW3



### FAMILY DISCOUNT:

**2 or more Karate students  
in the same family  
(excluding *Little Samurai*  
and *Little Dragons*):**

M \$350 each; NM \$425 each  
54000-KF3

### Kids Karate

#### CHILDREN IN 1ST GRADE & UP

M \$405 NM \$480 54000-KA3

### Teen Karate

#### CHILDREN AGES 11-1/2 TO 14

M \$405 NM \$480 54000-KA3

### Adult Karate

#### AGES 14 & UP

M \$405 NM \$480 54000-KA3

# membership fees

DUES AMOUNTS SHOWN COMPRISE DUES, ENERGY SURCHARGE AND SECURITY FEE.

2011-2012 LEGACY* MEMBERSHIP DUES	
CATEGORY	DUES
General Family	\$1,380
One-Parent	\$965
Young Family	\$1,175
Two Member Household	\$1,215
Individual	\$915
Young Adult	\$680
Golden Sr. Couple	\$1,115
Golden Sr. Individual	\$605
Silver Sr. Couple	\$670
Silver Sr. Individual	\$340

\*LEGACY MEMBERS ARE THOSE WHO HAVE PREVIOUSLY FULFILLED THEIR BUILDING FUND OBLIGATION. SINCE 2005, THE BUILDING FUND HAS BEEN ELIMINATED.

2011-2012 MEMBERSHIP DUES	
CATEGORY	DUES
General Family	\$1,730
One-Parent	\$1,340
Young Family	\$1,530
Two Member Household	\$1,480
Individual	\$1,150
Young Adult	\$835
Golden Sr. Couple	\$1,280
Golden Sr. Individual	\$700
Silver Sr. Couple	\$800
Silver Sr. Individual	\$400

## Nanny Rate

The YJCC offers a special membership rate for your nanny/au pair/housekeeper. For a fee of \$475, we will add that person to your family membership. Please contact Michele Jaffe at (201) 666-6610, ext. 5640 or [mjaffe@yjcc.org](mailto:mjaffe@yjcc.org) for complete information.



## Membership Cards

All members above the age of six receive a nontransferable photo membership card, which must be surrendered when entering the Center. Those not carrying a membership card must show a picture ID and be looked up in the database. There is a \$5 replacement fee for lost cards.

## Reciprocity

Reciprocity is given to members of out-of-town JCCs and YMHA's over 50 miles from our Center.

## Guest Policy

Members may bring guests to the Center, availability permitting, while observing the following guidelines:

- Guests must be accompanied by a member host.
- No more than 3 guests may accompany the member host (per visit).
- Guests may use the Center for a maximum of 3 visits in a membership year (9/1-8/31).
- Guests must present ID.
- Guest fees: Adults, \$10. Children under the age of 13, \$5.

## Loss of Privileges

The YJCC reserves the right to cancel membership and/or terminate a member's participation in a program without refund for any reason including, but not limited to, the following:

- Damage or destruction of YJCC property.
- Failure to follow proper safety precautions and practices.
- Inappropriate behavior and/or harrasment.
- Physical or verbal abuse or use of profanity.
- Failure to pay membership fees.
- Failure to follow policies set by the YJCC.

# gift opportunities

I was born into a world flourishing with ready pleasures.  
My ancestors planted for me, and now I plant for my children.

*Talmud*

Nothing can match the importance of family and community during challenging times. The YJCC does its utmost to maintain its programs and services and keep them open to all, even when budgets are tighter than usual. To ensure that we are able to continue to offer nursery school scholarships, provide subsidized programming for children with special needs, offer programs of cultural enrichment and socialization for seniors, and provide assistance to those in our community who may need it, we count on the generosity of our entire YJCC community to support our Operating Campaign and to provide longer-term support that we can always rely upon in order to provide help when necessary. Our caring, generous community has made it possible over past years for those less fortunate to benefit from the YJCC's programs, and, with your help, we can continue to do so, particularly now. Please consider the many charitable opportunities available to you at the YJCC. For more information, please contact Harold Benus at (201) 666-6610, ext. 5666 or hbenus@yjcc.org.

## Endowment Funds

Endowment funds help ensure the ongoing vitality of the YJCC. They enable the YJCC to improve, build, develop and innovate. Endowment funds may honor the memory of a loved one, celebrate a special occasion or fulfill personal or family philanthropic goals. By giving a perpetual gift, you provide ongoing support to the YJCC and establish a link to the future.

A named General Endowment Fund may be established with a minimum gift of \$10,000; a named Directed Endowment Fund, to benefit a specific YJCC program, may be established with a minimum gift of \$25,000.

## YJCC Current Endowment Funds

You may contribute to an existing Endowment Fund, as a tribute or outright gift, to help support the growth of the fund. Following is a list of existing Endowment Funds that benefit the YJCC's programs and services.

**The Harry and Jeanette Weinberg Jewish Community Center Endowment**

**Weinberg General Endowment**

**Bergen County Y General Endowment**

**Deborah & Alfred Barcan Endowment**

**Cantor Millenthal Philanthropic Fund**

**Ilene & Richard Ehrlich Endowment for Camp Shalom Scholarships**

**Julius Eisen Jewish Enrichment Services Fund**

**Julius Eisen Senior Adult Endowment**

**William Seth Glazer Children's Book Fund**

**Carole & Stanley Goldberg Endowment for Teen Programs**

**Max Grunfeld Endowment for Special Needs Children**

**Josh Herman Endowment for Early Childhood Enrichment**

**Eva & Howard Jakob Endowment**

**Kanter/Kaufman Senior Endowment Fund**

**Males Endowment Fund for Senior Adults**

**The Merson Family Special Needs Endowment Fund**

**Phyllis Nord Camp Scholarship Fund**

**Gertrude Richman Fund**

**David Rukin Concert Programming**

**David Rukin Early Childhood Program Center**

**Our Moms' Endowment Fund - in Loving Memory of Eleanore Rukin and Clara Eisen**

**Barbara & Nathan Schmidt Endowment for Senior Adult Holiday Program**

**Joel P. Spector Endowment Fund**

## Planned Giving

Planned Giving opportunities benefit both the Bergen County YJCC and our donors. There are many options in planned giving and, when making your overall estate plan, the right option for you offers a balance between your provisions for your family and for your charitable interests.

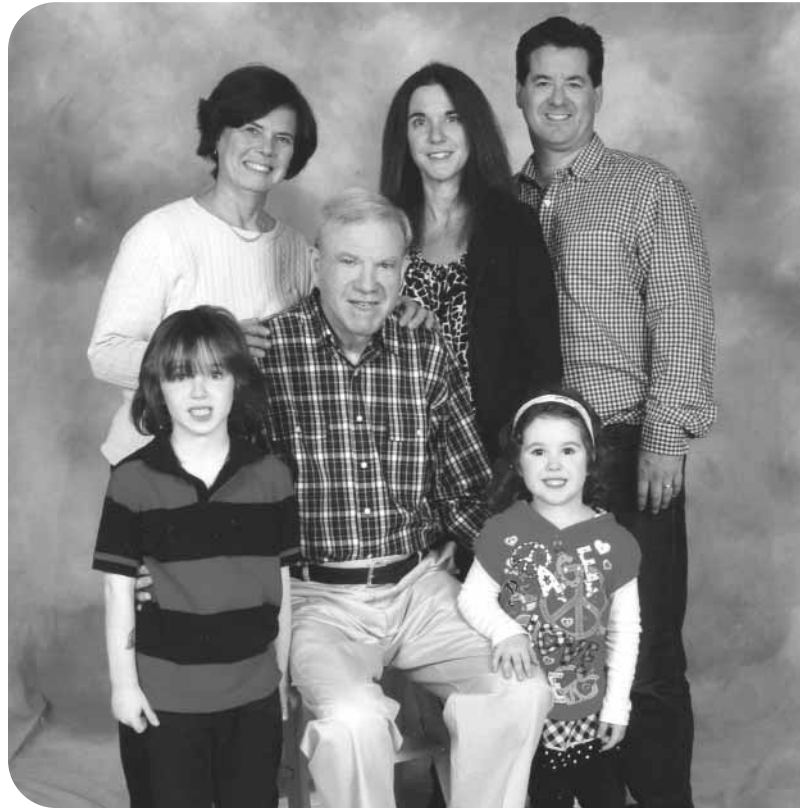
The Bergen County YJCC works closely with the experienced Endowment Foundation staff from the UJA of Northern New Jersey to help you create a planned gift that best suits your circumstances, optimizes tax benefits and provides those close to you and the YJCC with a valuable legacy.

## Partnership Opportunities

Through donating or underwriting, an individual, family or company may help finance, or finance in its entirety, a YJCC program or event. Support for special events as well as for ongoing programs is vital to sustain the YJCC and support its mission of developing and strengthening our families and our community.

Becoming a business or corporate supporter of the YJCC can help businesses grow by gaining brand awareness among our members and program participants. Increased exposure among our premier demographic of affluent, well-educated individuals who are active in business, social and civic circles is ample reason to want to partner with the YJCC. Enabling programs that can change lives answers the call to civic responsibility advocated by many companies today.

There are numerous opportunities to partner with the YJCC that involve a wide range of financial commitments. For information, please contact Fundraising Event Planner, Bonnie Singer at (201) 666-6610, ext. 5830.



## Tributes

A contribution to the Bergen County YJCC is a caring way to honor a loved one, commemorate a special event, send good wishes or express sympathy. A lovely, inscribed acknowledgement is sent to the recipient. Tributes are printed in our monthly *At A Glance*, unless otherwise advised. To make a tribute gift, please contact Dayle Rosenfeld at (201) 666-6610, ext. 5608.

### BERGEN COUNTY YJCC ENDOWMENT FUND AND PLANNED GIVING OPPORTUNITIES

- PLEASE CONTACT ME TO DISCUSS THE BERGEN COUNTY YJCC'S PLANNED GIVING OPPORTUNITIES
- I HAVE MADE A BEQUEST IN MY WILL TO BENEFIT THE BERGEN COUNTY YJCC

NAME

ADDRESS

PHONE

EMAIL

# registration information

## 2012 Session 3/4 Registration Details

- Member Mail-In and Drop-Off Registration begins Tuesday, January 3, 2012.
- Non-Member Registration may be brought in early. It will be processed on Monday, January 9, 2012 in the order in which it was received.
- Aquatics (Little Sharks Swim School) & Early Childhood enrichment classes utilize a lottery system (see below).
- Non-Members must pay an administrative fee of \$35 per person per fiscal year (9/1/2011 to 8/31/2012) to register.

### To Register

Membership in good standing is required for all registration. All account balances for monies currently due must be paid in full and your membership card must be validated in order to process your registration. **Non-members must pay an administrative fee of \$35 per person per fiscal year to register. (The fiscal year runs from September 1 to August 31.)**

### General Information

To accommodate all those who wish to register for Aquatics and Early Childhood enrichment classes, we are using a Lottery System. Please read the Lottery Registration Information carefully.

Member registration for all other classes is accepted on a first-come, first-served basis beginning Tuesday, January 3. In order to assure your first choice of classes, drop-off registration is recommended. **No telephone registrations will be accepted.**

Payment in full is due at the time of registration.

You will be contacted prior to the first class meeting only if a class has been cancelled and you need to make a different class selection. Please do not call the YJCC for confirmation of the classes.

**The Bergen County YJCC reserves the right to refund class registration fees if it is determined that an account is not current.**

**Member registration has priority over non-member registration.**

Call 201.666.6610 for additional information.

### Lottery Registration Information

The lottery system has been designed to facilitate registration for Early Childhood Enrichment classes and Little Sharks Swim School classes in the most efficient and fair manner. To participate in the lottery, you must place a fully completed registration form with payment in full (check or credit card only; no cash will be accepted) into the lottery box at the Member Services desk by the dates specified. A separate form must be submitted for each family. No mail-in registration will be included in the lottery. Lottery registration forms will be drawn on the dates specified. Priority of registration is based upon the order of names drawn; you do not have to be present for the lottery.

#### EARLY CHILDHOOD ENRICHMENT CLASS LOTTERY:

Friday, January 13, 9:30 am

#### LITTLE SHARKS SWIM SCHOOL CLASS LOTTERY:

Tuesday, January 31, 5:00 pm

Please list a 1st and 2nd choice for Aquatics and Early Childhood enrichment classes, as they fill up quickly. **All dues, building fund and any other charges due on your account must be paid in full in order to participate in the Lottery.** Members with open balances will forfeit their Lottery number. Their registrations will be processed after the Lottery, space permitting, when their accounts are paid in full.

### Cancellation & Refund Policy

The YJCC reserves the right to cancel any class in case of insufficient registration. If a class is cancelled, you will be notified and your refund will be processed automatically. Please allow 6 to 8 weeks to receive your refund. If you cancel your enrollment in a class before the first session, a \$10 administrative fee will be deducted from your refund. If you cancel your enrollment in a class after the first session, you will receive a 50% refund. There is no refund after the second session of a class. There are no refunds for unused tickets for special events and/or performances. All requests for refunds must be made by the third week of the current class session. The \$35 non-member administrative fee is not refundable for any reason, once registration is processed.

# YJCC Session 3 Registration Form

TO REGISTER, REMOVE THIS FORM FROM THE BOOK AND RETURN IT TO THE YJCC. FORMS MUST BE FILLED OUT COMPLETELY.

LITTLE SHARKS SWIM SCHOOL REGISTRATION FORMS ARE AVAILABLE THROUGH AQUATICS.

- Member mail-in and drop-off registration begins Tuesday, January 3, 2012.
- Non-Member registration may be brought in early. It will be processed on Monday, January 9, 2012, in the order in which it was received.
- Little Sharks Swim School and Early Childhood enrichment classes utilize a lottery system. Early Childhood Enrichment lottery is Friday, January 13, 9:30 am. Little Sharks Swim School lottery is Tuesday, January 31, 5:00 pm.
- **Non-Members must pay an administrative fee of \$35 per person per fiscal year (9/1/2011 to 8/31/2012) to register.**
- You will be contacted prior to the first class meeting if a class has been cancelled. Please do not call the YJCC for confirmation of classes.

Family Last Name \_\_\_\_\_ Membership # \_\_\_\_\_ or NM \_\_\_\_\_

Parent's Names (if child is registering) \_\_\_\_\_

Street \_\_\_\_\_ Date of Birth (for babies in parenting center classes) / / \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ email \_\_\_\_\_

Day Phone ( ) \_\_\_\_\_ Evening Phone ( ) \_\_\_\_\_ Cell Phone ( ) \_\_\_\_\_

FIRST NAME OF EACH PARTICIPANT	CLASS NAME	COURSE #	DATE BEGIN	DATE END	FEE	NM FEE (\$35)
FIRST NAME (SAMPLE) <i>Noah</i>	<i>Home Run Derby</i>	1ST CHOICE <i>52129-HD3</i>	<i>2/2</i>	<i>5/17</i>	<i>\$365</i>	
	<i>Kickers Club</i>	2ND CHOICE <i>52129-KC3</i>	<i>1/30</i>	<i>5/14</i>	<i>\$340</i>	
FIRST NAME		1ST CHOICE				
		2ND CHOICE				
FIRST NAME		1ST CHOICE				
		2ND CHOICE				
FIRST NAME		1ST CHOICE				
		2ND CHOICE				

If possible, please place my child with \_\_\_\_\_ . **TOTAL** \_\_\_\_\_

Payment by  check # \_\_\_\_\_ for \$ \_\_\_\_\_ payable to the "YJCC"  
 cash in the amount of \$ \_\_\_\_\_  
 charge \$ \_\_\_\_\_ to my:  VISA  MASTERCARD  AMEX  DISCOVER

Card # \_\_\_\_\_ Card Security Code \_\_\_\_\_ Exp. Date / / \_\_\_\_\_

Billing Street # & Zip Code \_\_\_\_\_ Name (as it appears on card) \_\_\_\_\_

Signature (required if a charge) \_\_\_\_\_

I understand that certain Bergen County Y, a Jewish Community Center (YJCC) activities and programs and the use of equipment including, but not limited to, health, fitness and recreation activities and equipment are potentially hazardous. I acknowledge that I am voluntarily participating in these activities and using equipment with knowledge of dangers involved. I hereby agree to assume and accept all risks. I hereby waive, release and forever discharge the YJCC and its officers, agents, employees, representatives and successors from any and all liability from injuries and damages resulting therefrom. I understand that the YJCC occasionally takes photographs, audio recordings and/or videos of people using our facility or participating in programs and publishes them in promotional materials inclusive of our website at www.yjcc.org (collectively "Promotional Materials"). I agree to allow the YJCC to so use Promotional Materials of myself and/or my family. In addition, I agree to permit the YJCC to photograph all family members including children six (6) years or older for membership cards which I/we agree to present at the security desk upon entering the YJCC.

Signature \_\_\_\_\_ Date \_\_\_\_\_

PROCESSED BY: \_\_\_\_\_ DATE: \_\_\_\_\_

# YJCC Session 4 Registration Form

TO REGISTER, REMOVE THIS FORM FROM THE BOOK AND RETURN IT TO THE YJCC. FORMS MUST BE FILLED OUT COMPLETELY.

LITTLE SHARKS SWIM SCHOOL REGISTRATION FORMS ARE AVAILABLE THROUGH AQUATICS.

- Member mail-in and drop-off registration begins Monday, March 19, 2012.
- Non-Member registration may be brought in early. It will be processed on Thursday, March 22, 2012, in the order in which it was received.
- Little Sharks Swim School utilizes a lottery system. The lottery will be held on Tuesday, April 17 at 5:00 pm.
- **Non-Members must pay an administrative fee of \$35 per person per fiscal year (9/1/2011 to 8/31/2012) to register.**
- You will be contacted prior to the first class meeting if a class has been cancelled. Please do not call the YJCC for confirmation of classes.

Family Last Name \_\_\_\_\_ Membership # \_\_\_\_\_ or NM \_\_\_\_\_

Parent's Names (if child is registering) \_\_\_\_\_

Street \_\_\_\_\_ Date of Birth (for babies in parenting center classes) / / \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ email \_\_\_\_\_

Day Phone ( ) \_\_\_\_\_ Evening Phone ( ) \_\_\_\_\_ Cell Phone ( ) \_\_\_\_\_

FIRST NAME OF EACH PARTICIPANT	CLASS NAME	COURSE #	DATE BEGIN	DATE END	FEE	NM FEE (\$35)
FIRST NAME (SAMPLE) <i>Alana</i>	<i>Ceramics</i>	1ST CHOICE <i>44101-M4</i>	<i>4/16</i>	<i>6/18</i>	<i>\$180</i>	
	<i>Springtime Watercolor</i>	2ND CHOICE <i>44102-M4</i>	<i>4/16</i>	<i>6/18</i>	<i>\$245</i>	
FIRST NAME		1ST CHOICE				
		2ND CHOICE				
FIRST NAME		1ST CHOICE				
		2ND CHOICE				
FIRST NAME		1ST CHOICE				
		2ND CHOICE				

If possible, please place my child with \_\_\_\_\_ .

**TOTAL** \_\_\_\_\_

Payment by  check # \_\_\_\_\_ for \$ \_\_\_\_\_ payable to the "YJCC"

cash in the amount of \$ \_\_\_\_\_

charge \$ \_\_\_\_\_ to my:  VISA  MASTERCARD  AMEX  DISCOVER

Card # \_\_\_\_\_ Card Security Code \_\_\_\_\_ Exp. Date / / \_\_\_\_\_

Billing Street # & Zip Code \_\_\_\_\_ Name (as it appears on card) \_\_\_\_\_

Signature (required if a charge) \_\_\_\_\_

I understand that certain Bergen County Y, a Jewish Community Center (YJCC) activities and programs and the use of equipment including, but not limited to, health, fitness and recreation activities and equipment are potentially hazardous. I acknowledge that I am voluntarily participating in these activities and using equipment with knowledge of dangers involved. I hereby agree to assume and accept all risks. I hereby waive, release and forever discharge the YJCC and its officers, agents, employees, representatives and successors from any and all liability from injuries and damages resulting therefrom. I understand that the YJCC occasionally takes photographs, audio recordings and/or videos of people using our facility or participating in programs and publishes them in promotional materials inclusive of our website at www.yjcc.org (collectively "Promotional Materials"). I agree to allow the YJCC to so use Promotional Materials of myself and/or my family. In addition, I agree to permit the YJCC to photograph all family members including children six (6) years or older for membership cards which I/we agree to present at the security desk upon entering the YJCC.

Signature \_\_\_\_\_ Date \_\_\_\_\_

PROCESSED BY: \_\_\_\_\_ DATE: \_\_\_\_\_

# YJCC staff/leadership

## STAFF

**Harold Benus**, Executive Director, [hbenus@yjcc.org](mailto:hbenus@yjcc.org), x5666

**Jill Brown**, Adult Services Director, [jbrown@yjcc.org](mailto:jbrown@yjcc.org), x5812

**Ellen Davies**, Adult Fitness Class Coordinator, [edavies@yjcc.org](mailto:edavies@yjcc.org), x5716

**Dan Dicso**, Facilities Manager, [ddicso@yjcc.org](mailto:ddicso@yjcc.org), x5840

**Rita Fairgrieve**, Member Services Representative, [rfairgrieve@yjcc.org](mailto:rfairgrieve@yjcc.org), x5602

**Wendy Fox**, Children's Dept. Coordinator/Birthday Party Coordinator, [wfox@yjcc.org](mailto:wfox@yjcc.org), x5820

**Michele Fullam**, Member Services Representative, [mfullam@yjcc.org](mailto:mfullam@yjcc.org), x5602

**Melinda Goldberg**, Administrative Assistant, Children & Youth/ Special Needs/Adult Departments, [mgoldberg@yjcc.org](mailto:mgoldberg@yjcc.org), x5816

**Isaak Gorelov**, Health and Wellness Director, [igorelov@yjcc.org](mailto:igorelov@yjcc.org), x5710

**Bonnie Graef**, Accounts Receivable/Cashier, [bgraef@yjcc.org](mailto:bgraef@yjcc.org), x5766

**Michele Jaffe**, Member Services Manager, [mjaffe@yjcc.org](mailto:mjaffe@yjcc.org), x5640

**Jenny Jurjevic**, Athletic Director, [jjurjevic@yjcc.org](mailto:jjurjevic@yjcc.org), x5790

**Devra Kanter**, Senior Adult Director, [dkanter@yjcc.org](mailto:dkanter@yjcc.org), x5630

**Matt Karpinecz**, Aquatics Director, [mkarpinecz@yjcc.org](mailto:mkarpinecz@yjcc.org), x5750

**Abby Leipsner**, Outreach Coordinator, PJ Library®, [aleipsner@yjcc.org](mailto:aleipsner@yjcc.org)

**Anette McGarity**, Early Childhood Director, [amcgarity@yjcc.org](mailto:amcgarity@yjcc.org), x5662

**Ornit Michael**, Kehillah Partnership Coordinator, [omichael@yjcc.org](mailto:omichael@yjcc.org), x5780

**Sue Ellen Pofsky**, Administrative Assistant, Early Childhood, [spofsky@yjcc.org](mailto:spofsky@yjcc.org), 5660

**Linda Ripps**, PJ Library® Coordinator, Northern New Jersey, [lripps@yjcc.org](mailto:lripps@yjcc.org), x5782

**Dayle Rosenfeld**, Member Relations Coordinator, [drosenfeld@yjcc.org](mailto:drosenfeld@yjcc.org), x5608

**Rhonda Roth**, Communications Manager, [rroth@yjcc.org](mailto:rroth@yjcc.org), x5650

**Bobbie Salisbury**, Accounts Receivable, [bsalisbury@yjcc.org](mailto:bsalisbury@yjcc.org), x5760

**Mindy Schultz**, Art Director, [mschultz@yjcc.org](mailto:mschultz@yjcc.org), x5652

**Lisa Schwartz**, Okinawan Karate Instructor, [lschwartz@yjcc.org](mailto:lschwartz@yjcc.org), x5758

**Michael Seeback**, Head Swim Coach, [aquatics@yjcc.org](mailto:aquatics@yjcc.org), x5752

**Bonnie Singer**, Fundraising Event Planner, [bsinger@yjcc.org](mailto:bsinger@yjcc.org), x5830

**Paulette Spiegel**, Finance & Administration Director, [pspiegel@yjcc.org](mailto:pspiegel@yjcc.org), x5777

**Vladimir Stoliaryk**, Web Administrator, [vstoliaryk@yjcc.org](mailto:vstoliaryk@yjcc.org)

**Debbie Thomas**, Senior Adult Program Coordinator, [dthomas@yjcc.org](mailto:dthomas@yjcc.org), x5632

**Dede Vargas**, Senior Accountant, [avargas@yjcc.org](mailto:avargas@yjcc.org), x5770

**Debbie Vogel**, Member Services Representative, [dvogel@yjcc.org](mailto:dvogel@yjcc.org), x5604

**Gina Wellington**, Special Services Director, [gwellington@yjcc.org](mailto:gwellington@yjcc.org), x5810



Michael Feltman  
PRESIDENT



Dr. Harold Benus  
EXECUTIVE DIRECTOR

## LEADERSHIP

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Executive Director **Dr. Harold Benus**

Executive Vice President/Finance **Peter Liebeskind**

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Community Outreach: **Sharry Friedberg**

Support & Development: **Howard Haber**

Programming: **Susan Benkel**

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**Philip Dauber, Tara Merson**

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\*DENOTES PAST PRESIDENT

there's  
something  
for everyone!

infants & toddlers, nursery school/kids  
teens/families, adults/seniors



## 1 month trial membership

Enjoy the use of our 75' indoor swimming pool, strength and conditioning facilities, gym, indoor jogging track, racquetball courts, saunas and locker rooms. Your 1 month trial membership fee will be applied toward your membership dues if you join the YJCC. Any new member over the age of 18 is eligible to take advantage of this terrific opportunity. Call the Member Services Office, ext. 5640.

**Family \$120 Individual \$85**



**Bergen County Y,  
a Jewish Community Center**  
605 Pascack Road  
Township of Washington, NJ 07676

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