

2022

REGISTRATION

MONDAY, MAY 16
Registration begins for members.

MONDAY, MAY 23
Open registration begins.

SUMMER PROGRAM GUIDE

MAY 30 - AUGUST 28



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General Information

JCC Building Hours

Monday-Thursday 5:00 AM - 9:30 PM
 Friday 5:00 AM - 6:30 PM
 Saturday & Sunday... 8:00 AM - 5:00 PM

Babysitting Hours

- Monday - Friday (8:00 AM - 1:30 PM)
- Monday - Thursday (4:00 PM - 7:00 PM)
- Saturday (8:00 AM - 12:00 PM)
- Sunday (9:00 AM - 12:00 PM)

REGISTRATION IS REQUIRED by noon the day before to ensure proper staffing. There is a 2-consecutive hour limit. Parents must remain in the building while their child is under the care of staff.

Photo ID may be required.

➤ **Age** - Two months to six years old. Children, grade 1+, are encouraged to use the Youth Lounge.

➤ **Cost/Payment Per Child**

M | \$2.50/hour or \$2/hour for a 10-hr card
 NM | \$3.50/hour or \$3/hour for a 10-hr card

10 hours of Free Babysitting a month

**Benefit applies to family or single-parent family memberships*

Stop by the front desk each month to pick up your card.

THE BABYSITTING ROOM WILL BE CLOSED ON SUNDAY, JUNE 19 FOR FATHER'S DAY.

Youth Lounge (Grade 1+)

For members only

- Monday - Thursday (5:30 - 7:00 PM)
- Saturday (9:00 AM - 12:00 PM)

Parents of children 12 years and under must be in the building to use the facility. Children age 13 and older may be in the building (and Youth Lounge) without parents in the building.

Photo ID may be required.

Holiday Schedule

Independence Day

Monday, July 4 • Open 8AM -1PM

Shavuot

Sunday, June 5 • Open

AQUATICS CENTER UPDATES

Please check our Aquatics Center web page and keep an eye out for email updates about our Aquatics Center Renovations.



Corporate Partners

Join the York JCC as a Corporate Partner and provide your employees great wellness and fitness benefits!

Benefits include:

- 15% off current membership rates
- \$0 initiation fee

Contact us at jcc@yorkjcc.org for information.

JCC Board

Brian Luster, Chair
 Michael Reichman, Vice Chair
 Bryan Siegelman, Treasurer
 Stefanie Sorkin, Secretary
 Bruce Bushwick, Imm. Past President

Hank Butler	Lou Leyes
Jim Fowler	Kenneth Michaels
Chris Hartman	Nakesha Muldrow
Josh Juffe	Chris Naylor
Lou Lavetan	Alyssa Shorb
Jen Layman	Bradley Willow
Mark Lewin	

JCC Staff

Administration

Jonah Geller • jgeller@yorkjcc.org
Chief Executive Officer
Brianna Sheehan • bsheehan@yorkjcc.org
Chief Program Officer
Sharon Biondo • sbiondo@yorkjcc.org
Chief Financial Officer
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Chief Advancement Officer
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Executive Assistant
Erin Levine • erin@yorkjcc.org
Marketing & Communications Manager

Membership

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Membership Director
Bianca Ruiz • bruiz@yorkjcc.org
Community Engagement Team Manager

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Patty Smith Neidigh • patty@yorkjcc.org
Aquatics Director
Teresa Casolo • tcasolo@yorkjcc.org
Assistant Aquatics Director

Center for Learn & Play

Holly Metzger-Brown • hmetzger@yorkjcc.org
Learn & Play Director

Fitness

Jen Landis • jlandis@yorkjcc.org
Fitness Director
Danny Amon • damon@yorkjcc.org
Personal Training/Fitness Center Manager
Susannah Gillespie • sgillespie@yorkjcc.org
Wellness & Group Fitness Manager

Early Childhood Education & Child Care

Heather Miller • heatherm@yorkjcc.org
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Megan Sheely • msheely@yorkjcc.org
Lead Classroom Supervisor

Larissa Steckler • lsteckler@yorkjcc.org
Gan Rimon Director

Christa Sebek • csebek@yorkjcc.org
Gan Rimon Administrative Assistant

Lien Luong • lluong@yorkjcc.org
Babysitting Supervisor

Patricia Anderson • panderson@yorkjcc.org
Food Services Manager

Facilities

Dave Kaufman • dkaufman@yorkjcc.org
Facilities Director

Participating In:



WELLNESS & FITNESS

Personal Training

Monthly drafts are available at reduced rates.

1-on-1 Personal Training

MEMBER RATES

30 Minute Sessions

- (6) ½-hr sessions...\$198 (€33/session)
- (12) ½-hr sessions...\$384 (€32/session)
- (24) ½-hr sessions...\$720 (€30/session)

Hourly sessions

- (6) 1-hr sessions...\$330 (€55/session)
- (12) 1-hr sessions...\$636 (€53/session)
- (24) 1-hr sessions...\$1224 (€51/session)

NON-MEMBER RATES

30 Minute Sessions

- (6) ½-hr sessions...\$240 (€40/session)
- (12) ½-hr sessions...\$456 (€38/session)
- (24) ½-hr sessions...\$864 (€36/session)

Hourly sessions

- (6) 1-hr sessions...\$396 (€66/session)
- (12) 1-hr sessions...\$768 (€64/session)
- (24) 1-hr sessions...\$1440 (€60/session)

Partner Personal Training

Price listed below is per person.

MEMBER RATES

30 Minute Sessions

- (6) ½-hr sessions...\$132 (€22/session)
- (12) ½-hr sessions...\$240 (€20/session)
- (24) ½-hr sessions...\$432 (€18/session)

Hourly sessions

- (6) 1-hr sessions...\$240 (€40/session)
- (12) 1-hr sessions...\$456 (€38/session)
- (24) 1-hr sessions...\$840 (€35/session)

NON-MEMBER RATES

30 Minute Sessions

- (6) ½-hr sessions...\$180 (€30/session)
- (12) ½-hr sessions...\$300 (€25/session)
- (24) ½-hr sessions...\$518 (€21.50/session)

Hourly sessions

- (6) 1-hr sessions...\$300 (€50/session)
- (12) 1-hr sessions...\$552 (€46/session)
- (24) 1-hr sessions...\$1008 (€42/session)

Summer Training SPECIAL

Split the cost of an individual training session between two people ALL SUMMER LONG!

J Fit Consultation

Ages 10+

A complimentary virtual or in-person session with a personal trainer to discuss your current workout routine, nutrition, and health habits. Your trainer will help you formulate a plan for your time at the J or at home. We offer a wide range of virtual options.

Contact Danny Amon with questions at damon@yorkjcc.org or call 717.843.0918

JCC Personal Trainers

Learn more about each trainer and their specialties on our website at: www.yorkjcc.org and click on the Fitness & Wellness Tab

Jen Landis • *Fitness Director*
Susannah Gillespie • *Wellness & Group Fitness Manager*

Danny Amon • *Fitness Center & Personal Training Manager*

Ann Agapis	Nan Gingerich
Megan Anderson	Caleb Herbert
Luke Beam	Ruthie Miller
Chris Brillhart	Ty Springer
Michaline Blase	Shannon Wells
Chong Choi	Josh Woods
Michelle D'Ettorre	Heather Zinn
Colette Faulkner	

J Life Coach Consultation

Ages 16+

A complimentary virtual or in-person session with a life coach. Our in-house Life Coach will help you achieve your ultimate health and wellness goals by teaching you how to be motivated, accountable, and consistent. Your coach will provide accountability, as well as support needed to accomplish your goals.

Contact Ann Agapis with questions at aagapis@yorkjcc.org or call 717.843.0918



Meet Your Life Coach, Ann Agapis!

Ann holds an MBA in Human Services Counseling and Life Coaching, is an international Coaching Federation Member, and holds certifications in personal training and nutrition.

Contact Ann with any questions at aagapis@yorkjcc.org or call 717.843.0918.

	M	NM
30 min - 6 Sessions.....	\$198	- 240
30 min - 12 Sessions.....	\$384	- 456
30 min - 24 Sessions.....	\$720	- 864

WELLNESS & FITNESS

SMALL GROUP TRAINING

Get out with your York JCC Friends!



Join our York JCC Wellness Facebook page! Share when you plan to go for a walk or bike ride and invite your JCC friends to join! This will replace our J-Ride and J-Stride programs.



Yin Yoga Small Group Training

Yin yoga is a slow-moving, restorative practice, designed to be therapeutic to joints, improving muscle recovery, flexibility, and circulation. Poses are held for several minutes each, promoting balance and calm.

Tuesdays • 10:15 - 11:15 AM (Studio 3)
(June 14 - July 19) 6 weeks • 6 sessions
Susannah Gillespie • M \$90 • NM \$120

[Register online](#) or call 717.843.0918

Tuesdays • 10:15 - 11:15 AM (Studio 3)
(July 26 - Aug 30) 6 weeks • 6 sessions
Susannah Gillespie • M \$90 • NM \$120

[Register online](#) or call 717.843.0918

OPERATION PT

Never get bored with this customizable workout that will keep you on your toes! This class is a challenging total-body workout using a range of equipment and resistance exercises.

Thursdays • 6:30 - 7:30 PM (Studio 3)
(June 2 - July 14) 7 weeks • 7 sessions
Heather Zinn • M \$105 • NM \$140

[Register online](#) or call 717.843.0918

Thursdays • 6:30 - 7:30 PM (Studio 3)
(July 21 - Aug 25) 6 weeks • 6 sessions
Heather Zinn • M \$90 • NM \$120

[Register online](#) or call 717.843.0918

COMING SOON FALL 2022

Heart Rate Monitoring Small Group Training

Assigned Coaches

1 Monthly Fee

Heart Rate Monitoring

Body Measurements

Boxing

HIIT

TRX

Kettlebell

Circuit Training

BOOM Boxing with Ty

Participants will go through a circuit training program that includes punching and step drills combined with footwork.

Saturdays • 10:30 - 11:30 AM (Studio 3)
(June 4 - July 16) 7 weeks • 7 sessions
Ty Springer • M \$105 | NM \$140
Drop-In M \$15 | NM \$20

[Register online](#) or call 717.843.0918

Saturdays • 10:30 - 11:30 AM (Studio 3)
(July 23 - Aug 27) 6 weeks • 6 sessions
Ty Springer • M \$90 | NM \$120
Drop-In M \$15 | NM \$20

[Register online](#) or call 717.843.0918



FREE Group Fitness Classes

Group Fitness Classes at the JCC are FREE and don't require registration.

With over 80 diverse, weekly classes, and three power-packed studios, we strive to meet as many of your fitness needs as possible. Our instructors are here to make sure that you're surrounded by a positive, inclusive, fun environment that motivates you to stay engaged and get healthy!

Whether you're looking for high intensity or low impact, strength or cardio, we have you covered with our group fitness classes.



SCAN OR CLICK
TO VIEW CLASSES



Barre

An intense, calorie-burning, muscle-sculpting workout designed to trim, tighten, and tone your entire body using small movements and repetition.

Better Balance

A class that teaches balance techniques, skill development, and fall-prevention strategies. You will learn to move through life with greater confidence and stability!

BODYATTACK by Les Mills

A high-energy interval training class that combines athletic aerobic movements with strength and stabilization exercises.

BODYCOMBAT by Les Mills

A fun, energetic mix of martial arts and endurance, unleashing strength you never knew you had!

BODYPUMP by Les Mills

A barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight room exercises.

CORE FOCUS

A workout for strengthening and toning the core through abdominal and back work.

Cycle (30 or 45)

A 30 (or 45) minute non-impact, dynamic class. It offers motivation, driving music, changing speeds, and inclines for a full-course workout.

Fierce 45

A combination of heart-pumping strength and lots of variety all set to fun and fierce music. This class is suitable for all abilities.

Friday Night Fights

Friday Night Fights is your time to train like a fighter. Using sparring for cardio and interval training. Join in for the fight!

Gentle Yoga

A Yoga class designed for aging adults or anyone looking for an easy to follow Yoga class. We will guide you through a series of Yoga poses.

Heavy HIITers

Join this high-intensity interval training class to focus on cardio and strength. This class uses a variety of resistance tools and is appropriate for all abilities.

High/Low Circuit

Consists of multiple stations using a variety of equipment alternating between high and low-intensity aerobic, tabata, and HIIT intervals.

PiYo/SoulFusion

Pilates Fusion improves balance, muscle tone, flexibility, core strength, and mind/body wellness by including mat Pilates technique, with Yoga Asana principles, and myofascial conditioning.

Power Yoga

You will learn to develop your breath, understand alignment, and step outside your comfort zone.

RPM by Les Mills

An indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your pack through hills, flats, mountain peaks, time trials, and interval training.

Sh'BAM

Each 45-minute class is vibrant, unique, and varied, featuring 12 tracks of chart-topping popular hits and simple but seriously hot dance moves.

SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity. A chair is used for seated and/or standing support.

SPRINT by Les Mills

A 30-minute High Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.

Tai Chi Chih

A series of 19 movements and one pose. Tai Chi Chih circulates and balances the Vital Force or Chi bringing improvements in health, creativity, performance, and intuition.

TONE by Les Mills

Combines blocks of cardio, strength and core training into one complete and convenient workout.

Tune-Up

A combination class of High/Low aerobic and dance moves, plus total body strength training.

Yoga

Improve your health, relaxation, and happiness with breathing techniques, exercise, and meditation.

Zumba®

A high-energy class that combines a variety of Latin dance moves with a fusion of Latin and international music to sculpt the body and get the heart racing.

Zumba Gold®

A class is for active, aging adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

WELLNESS & FITNESS

Sports-Specific Training



1-on-1

Personalized, sports-specific training with a certified personal trainer.

Hour and half-hour sessions available in 6, 12, or 24 session packages.

Small Group

Sports-specific, on-site small group training for groups of 4 - 10 participants with a certified personal trainer.

Build your own training session package!

Team/Coach

We bring the trainer to you! Your team will improve agility, speed, endurance, plyometrics, and injury prevention.

Build your own training session package!

Sports-specific training from the York JCC can accommodate any style of sport! Our personalized training packages help with injury prevention and improve speed, agility, endurance, and plyometrics. Certified instructors provide cross-training in yoga, HIIT, piyo, and more.

Our trainers can come to you with off-site training options. Call 717.843.0918 for pricing! Contact manderson@yorkjcc.org for more information.

Women's Empowerment Boxing

Ages 17+

Boxing for women's empowerment is designed to build confidence and defensive abilities. Participants will learn emotional management techniques, as well as create an outlet for feelings in a controlled, supportive small group setting.

Mondays • 9:00 - 10:00 AM
(Outside/Studio 3)

June 13 - July 11 • 5 weeks • 4 sessions
Megan Anderson • M \$60 • NM \$80

Mondays • 9:00 - 10:00 AM
(Outside/ Studio 3)

July 18 - August 8 • 4 weeks • 4 sessions
Megan Anderson • M \$60 • NM \$80

No classes July 4

[Register online](#) or call 717.843.0918

[Register online](#) or call 717.843.0918



Women's & Teen BOXING

Girls Empowerment Boxing

Ages 12-16

This class is boxing for girl's to learn empowerment by building their confidence and defensive ability. They will learn emotional management techniques as well as create an outlet for your feelings in a controlled supportive environment.

Wednesdays • 12 - 12:45 PM
(Outside/Studio 3)

June 15 - July 13 • 5 weeks • 5 sessions
Megan Anderson • M \$63 • NM \$75

[Register online](#) or call 717.843.0918

Wednesdays • 12 - 12:45 PM
(Outside/ Studio 3)

July 20 - August 10 • 4 weeks • 4 sessions
Megan Anderson • M \$50 • NM \$60

[Register online](#) or call 717.843.0918

Boys Self-Defense Boxing

Ages 12-16

This class is boxing for boy's to learn self-defense, protection and discipline. The focus behind this class is to encourage de-escalation techniques, foster emotion management, and offer an outlet for boys in this age group.

Wednesdays • 10 - 10:45 AM
(Outside/Studio 3)

June 15 - July 13 • 5 weeks • 5 sessions
Ty Springer • M \$63 • NM \$75

Wednesdays • 9 - 10:00 AM
(Outside/ Studio 3)

July 18 - August 8 • 4 weeks • 4 sessions
Ty Springer • M \$50 • NM \$60

[Register online](#) or call 717.843.0918

[Register online](#) or call 717.843.0918

SUMMER CAMPS

Competitive Edge Summer Camp

Ages 7-13

Train with fellow athletes to improve strength, endurance, and agility. Competitive Edge includes 30 minutes of strength training with kettlebells and dumbbells, and 30 minutes of agility and endurance training with cones drills and ladders. This well-rounded athletic performance training will increase the duration and strength of athletes' performance in their current sport.

July 11 - July 15 • Monday - Friday
10:30 - 11:30 AM • (Gym)
M \$95 • NM \$115

[Register online](#) or call 717.843.0918

Nontraditional Games Summer Camp

Ages 7-13

These interactive games that aren't mainstream sports, such as kickball, Can Jam, ladder ball, and frisbee! Incorporating non-traditional sports into physical education exposes students to entirely new possibilities for physical activity. It expands their horizons and shows them there are many ways they can stay healthy and active that they might not have considered previously, and that they will enjoy much more. Each day 1-2 new games will be taught.

June 13 - June 17 • Monday - Friday
10:30 - 11:30 AM • (Gym)
M \$95 • NM \$115

[Register online](#) or call 717.843.0918

WELLNESS & FITNESS

YOGA SUMMER SERIES

Aerial Yoga

Take your yoga practice into the air! For all abilities, this experience will help you to move more freely, with less effort, by counteracting gravity. Aerial Yoga releases tension on the bones and muscles, increasing flexibility and deepening your practice. Aerial yoga strengthens core muscles and increases spinal and shoulder flexibility.

Sunday, June 26 • 3:00 - 4:00 PM
Artemis, Red Lion • M \$20 • NM \$25

[Register online](#) or call 717.843.0918

Sunday, July 24 • 11:00 AM - 12:00 PM
Artemis, Red Lion • M \$20 • NM \$25

[Register online](#) or call 717.843.0918



Sunrise Yoga

In the busy and sometimes stressful time before kids head back to school, join together for a moment of calm and camaraderie. In yoga, the morning is considered a special time when your energy is at its peak. Clarity, creativity, and peace of mind and body are benefits of a sunrise yoga practice because of fewer distractions prior to starting your day. We will have live music during our practice followed by a light breakfast to share together.

Saturday, August 27 • 6:00 AM - 7:00 AM
M \$15 • NM \$20

[Register online](#) or call 717.843.0918

J Adventure Group

Take the J with you each month (weather permitting). A JCC facilitator will be there to guide you through monthly activities. Contact Danny at damon@yorkjcc.org for more information.

Shank's Mare Kayaking/Paddle Boarding

June 18 • Shank's Mare
10:00 AM - 12:00 PM • \$25/hr

Choose your water transportation for our third annual outing with Shank's Mare Outfitters! We'll paddle along the shore of the Susquehanna, hitting a midway point of cliff jumping and - if you dare - rope swinging. Prepare for a fun and great workout!

[Register online](#) or call 717.843.0918

Disc Golf & a Day at the (Gifford Pinchot) Beach

July 16 • Gifford Pinchot State Park
10:00 AM - 4:00 PM • M|NM

Come try out the more laid-back cousin of golf with frisbees! Or bring the family along and hang out at the Gifford Pinchot State Park watersport and beach area. Either way, it will be a day of fun in the sun!

[Register online](#) or call 717.843.0918



WELLNESS & FITNESS

FIT KIDZ for USA Weightlifting

LEVEL 1 Training FLEXIBILITY & MUSCLE MEMORY

June 13 - July 6
Mon & Wed
9:00 - 10:00 AM
Ages 8 - 12
M \$120 | NM \$160
Shannon Wells

June 13 - July 6
Mon & Wed
5:30 - 6:30 PM
Ages 8 - 12
M \$120 | NM \$160
Megan Anderson

June 14 - July 7
Tue & Thu
12:30 - 1:30 PM
Ages 8 - 12
M \$120 | NM \$160
Danny Amon

July 18 - Aug 10
Mon & Wed
9:00 - 10:00 AM
Ages 8 - 12
M \$120 | NM \$160
Shannon Wells

July 18 - Aug 10
Mon & Wed
5:30 - 6:30 PM
Ages 8 - 12
M \$120 | NM \$160
Megan Anderson

July 19 - Aug 11
Tue & Thu
12:30 - 1:30 PM
Ages 8 - 12
M \$120 | NM \$160
Danny Amon

Work with one of our USA Weightlifting Level 1 coaches to increase your mobility and flexibility for Olympic Lifting! Learn the strength and conditioning movements that are implemented in all Division 1 athletic programs.

Flexibility and Muscle Memory training will train speed and power across all sports, all while staying **injury free**.

[Register online](#) or call 717.843.0918

13+ USA WEIGHTLIFTING

USA Weightlifting official flexibility screening - work with one of our USAW coaches to test your mobility for the Olympic Lifts and general strength and conditioning movements. All division one athletic programs implement these movements. This is the best way to train for speed and power across sport, while staying injury free. Training after the screening, individuals will be trained based on the age groups in the American Development Model.

USA weightlifting can be done as more than just conditioning, and can be practiced as a standalone sport!

[Register online](#) or call 717.843.0918

FIT KIDZ FOR USA WEIGHTLIFTING *Try-it-FREE Sessions!*

June 8 & July 13
9:00 AM - 10:00 AM • Studio 3
5:30 - 6:30 PM • Studio 1
Males Ages 9-12 • Females Ages 8 -11

USA Weightlifting official flexibility screening; Work with one of our USAW level 1 coaches to test your mobility for the Olympic lifts and general strength and conditioning movements. All Division I athletic programs implement these movements in strength and conditioning, and this is the best way to train for speed and power across sport while staying injury free. Training after the screening, individuals will be trained based on the age groups in the Athletic Development Model.

[Register online](#) or call 717.843.0918

**PARTICIPANTS MUST COMPLETE LEVEL ONE
BEFORE REGISTERING FOR LEVEL TWO**

LEVEL 2 Training Olympic Weightlifting

July 19 - Aug 10
Tue & Thu
10:00 - 11:00 AM
Ages 8 - 12
M \$120 | NM \$160
Danny Amon

July 18 - Aug 10
Mon & Wed
2:00 - 3:00 PM
Ages 8 - 12
M \$120 | NM \$160
Shannon Wells

July 18 - Aug 10
Mon & Wed
4:00 - 5:00 PM
Ages 8 - 12
M \$120 | NM \$160
Megan Anderson

Work with one of our USAW level 1 coaches to test your mobility for the Olympic lifts and general strength and conditioning movements.

Implement these movements in strength and conditioning, this is the best way to train for speed and power across sports while staying injury free.

[Register online](#) or call 717.843.0918

Personalized Fitness & Sports Development

using the science of ABA

Holly Metzger-Brown, M.Ed., CSA, GC-ABA, BCBA, LBS, Certified in POINTE Training Program ©, will teach lessons using ABA principles and methods to enhance athletic and movement performance. Data will be collected to set goals, track participants progress, and refine interventions as necessary.

Ages 3 - 12

30 minutes • M \$45 | NM \$50

45 minutes • M \$67 | NM \$72

60 minutes • M \$90 | NM \$95

Contact Holly Metzger-Brown at hmetzger@yorkjcc.org to register.

Gross Motor Development

using the science of ABA

Holly Metzger-Brown, M.Ed., CSA, GC-ABA, BCBA, LBS, Certified in POINTE Training Program ©, will teach using ABA principles and methods to enhance gross motor development. Data will be collected to set goals, track participants progress, and refine interventions as necessary.

Ages 3 - 12

30 minutes • M \$45 | NM \$50

45 minutes • M \$67 | NM \$72

Contact Holly Metzger-Brown at hmetzger@yorkjcc.org to register.

Specialized-Themed Birthday Parties

Action-packed birthday parties are individually designed to create a fun and engaging learning environment for all participants using ABA principles and methods to enhance party experience.

Contact Holly Metzger-Brown at hmetzger@yorkjcc.org to learn more.

Play-Based ABA Therapy

Play-based ABA therapy blends developmental and behavioral approaches to modify behavior, focusing on relationship building through play. It is individualized using the child's interest, and conducted through play. Sessions fun and engaging, while motivating children to learn. The BCBA is involved every step of the way.

Contact Holly Metzger-Brown at hmetzger@yorkjcc.org to learn more.

ATHLETIC MOVEMENT & MINDFULNESS CLUB

AGES 5 - 9 • TUESDAYS, 3 - 4 PM
Session 1 (June 7 - 28)
Session 2 (July 11 - Aug 2)
M \$62 | NM \$80

Athletic Movement & Mindfulness Training is a one-of-a-kind fitness program designed for youth who would benefit from extra support to recognize and accept emotions in the context of athletic performance. Athletes will learn and practice mindfulness and coping exercises specifically in the areas of youth sports and movement.

This program is taught by a certified sports administrator and Board Certified Behavior Analyst, Holly Metzger-Brown, M.ed., CSA, GC-ABA, BCBA, LBS, who is trained in acceptance and commitment training (ACT) for youth athletes. ACT Procedures are used with young athletes to increase sports performance, enhance task-focused attention, and decrease sports anxiety behaviors.

Register online or call 717.843.0918

YOUTH TENNIS CLUB

AGES 8-11 • THURSDAYS • 3 - 4 PM
Session 1 (June 9 - 30)
Session 2 (July 14 - Aug 4)
M \$62 | NM \$80

Tennis Club is an introductory tennis program taught by Board Certified Behavior Analyst, Holly Metzger-Brown, M.Ed., CSA, GC-ABA, BCBA, LBS.

This program uses a mini tennis net, youth rackets, and low-pressure balls to enhance learning. Miss Holly, certified in POINTE Training Program ©, will teach lessons using ABA principles and methods to enhance and shape stroke mechanics while building rally skills.

Register online or call 717.843.0918

Inclusive Youth Programming

Inclusive youth programming is specially designed using small class sizes to provide a structured learning environment for all participants. All classes are designed and taught by Holly Metzger-Brown, M.Ed., CSA, GC-ABA, BCBA, LBS, and POINTE Training Consultant ©, Certified youth & Tween Instructor, and Cosmic Kids Yoga Instructor. Holly uses ABA principles and methods to enhance and increase movement.

Classes are taught in a naturalistic environment, where the setting is designed with antecedent manipulations and reinforcement. Reinforcers are used throughout the program for classroom management, skill development, and task completion. In classes, we focus on breaking complex movements into smaller steps to assist with learning.

Meet Miss Holly!



Holly Metzger-Brown, M.Ed., CSA, GC-ABA, BCBA, LBS, is a Board Certified Behavior Analyst, POINTE© Training Consultant, Certified Youth & Tween Instructor, and Cosmic Kids Yoga Instructor who uses ABA principles and methods to improve behaviors while teaching new skills.

For questions and more information contact Holly at hmetzger@yorkjcc.org.

WHAT IS A BCBA?

A Board Certified Behavior Analyst (BCBA) is a practitioner who has been certified by and upholds the standards of the Behavior Analysis Certification Board. In order to receive this title, this individual has completed a minimum of: a masters degree, 1500+ hours of supervised fieldwork, and passed a rigorous exam in this specialization.



SCAN OR CLICK
TO LEARN MORE



Basketball with Coach Seth Leonard

Former top-ranked, D2 college athlete and pro-ranked basketball player, Seth Leonard, a York native, owns the York Mighty Ants semiprofessional basketball team and his company, Kingdom Abound. Seth has devoted the past 10 years to helping our community's youth reach their goals, both on and off the court.

Seth joined the JCC to extend his outreach in the community and share his expertise through basketball training, classes, and camps.

York Mighty Ants Basketball

Classes are designed to improve players' basketball fundamentals in a positive and encouraging learning environment. Coaches will focus on targeted skills such as dribbling, shooting, defensive principles, and offensive moves, while incorporating core balance, explosive power, and best-shot scenarios.

Dribbling Skills & Drills

Beginner • Grades K - 4

Mondays • 5:15 - 6:15 PM (Gym)
(June 27 - July 25) 5 weeks • 4 sessions
Coach Seth • M \$140 | NM \$182
Drop in • M \$40 | NM \$45

NO CLASSES
JULY 4

Register online or call 717.843.0918

Advanced • Grades 4 - 8

Mondays • 6:30 - 7:30 PM (Gym)
(June 27 - July 25) 5 weeks • 4 sessions
Coach Seth • M \$140 | NM \$182
Drop in • M \$40 | NM \$45

NO CLASSES
JULY 4

Register online or call 717.843.0918

Varsity • Grades 8 - College

Mondays • 7:45 - 8:45 PM (Gym)
(June 27 - July 25) 5 weeks • 4 sessions
Coach Seth • M \$140 | NM \$182
Drop in • M \$40 | NM \$45

NO CLASSES
JULY 4

Register online or call 717.843.0918

Shooting Skills & Drills

Beginner • Grades K - 4

Thursdays • 5:15 - 6:15 PM (Gym)
(June 30 - July 21) 4 weeks • 4 sessions
Coach Seth • M \$140 | NM \$182
Drop in • M \$40 | NM \$45

Register online or call 717.843.0918

Advanced • Grades 4 - 8

Thursdays • 6:30 - 7:30 PM (Gym)
(June 30 - July 21) 4 weeks • 4 sessions
Coach Seth • M \$140 | NM \$182
Drop in • M \$40 | NM \$45

Register online or call 717.843.0918

Varsity • Grades 8 - College

Thursday • 7:45 - 8:45 PM (Gym)
(June 30 - July 21) 4 weeks • 4 sessions
Coach Seth • M \$140 | NM \$182
Drop in • M \$40 | NM \$45

Register online or call 717.843.0918

Basketball Training Sessions

Participate in Semi/Individual or Group Training sessions with basketball coach, Seth Leonard.

Semi/Individual Training

One 60-Minute Session

Coach Seth • M \$80 | NM \$95

Three 60-Minute Sessions

Coach Seth • M \$230 | NM \$285

Six 60-Minute Sessions

Coach Seth • M \$450 | NM \$570

Group Training

One 60-Minute Session

Coach Seth • M \$55 | NM \$70

Three 60-Minute Sessions

Coach Seth • M \$155 | NM \$210

Six 60-Minute Sessions

Coach Seth • M \$300 | NM \$420

TAEKWONDO

& Safety Awareness Program

Ages 6 + | June 20 - Sept. 12 (No Class Sept. 5) | Mondays | 6:30-7:30 PM | Auditorium | 12-Week Program \$75

To register call 717.252.2824 or email Judith Kirby at mytknetwork@gmail.com

FAMILY SERVICES



COMMUNITY SOCIAL GROUPS

Men's Think Tank

3rd Thursday • 11:30 AM - 12:30 PM

Join us for stimulating conversation about contemporary issues and happenings. Come join the guys for lunch at a variety of different local restaurants.

Email Brianna Sheehan at bsheehan@yorkjcc.org or call 717.843.5011 for more information.

Stitches of Love

**2nd Thursday • 3rd Wednesday
1:00 - 2:30 PM**

Knit or crochet with us while supporting a great cause. Volunteer stitchers have made thousands of hats, mittens, and scarves to donate to children and adults here in York and around the world. Beginners welcome, bring a friend!

Email Brianna Sheehan at bsheehan@yorkjcc.org or call 717.843.5011 for more information.

Cultural Corner Shavuot

Shavuot, or the "Feast of Weeks," is celebrated seven weeks after Passover. Shavuot combines two major religious observances - the grain harvest of the early summer, and the giving of the Torah on Mount Sinai seven weeks after the exodus from Egypt.



SERVICES & PROGRAMS

Project Manna

This program provides a safety net and referral services to individuals and families in need. Also a part of Project Manna, our Food Pantry is available to individuals and families in need of supplemental groceries, either temporarily or long term.

Donations are always accepted at our front desk.

Email Brianna Sheehan at bsheehan@yorkjcc.org or call 717.843.5011 for more information or to volunteer.

J-Ride Staying Connected

Transportation Service
Ages 60+

J-Ride, Staying Connected returned on September 1, 2021. This program utilizes volunteers to provide rides for older adults to health care appointments and other essential appointments.

Interested riders can contact Family Services at 717.843.5011.

Email Brianna Sheehan at bsheehan@yorkjcc.org or call 717.843.5011 for more information or to volunteer.

CULTURE & ARTS

CALL TO ARTISTS!

We are looking for J Gallery Featured Artist to display work in our lobby on a rotatign basis!

Please contact Brianna Sheehan at bsheehan@yorkjcc.org to apply.

Tuesday Club

Tuesdays, 10:30 AM - 12:00 PM

Annual Fee \$30 M | \$40 NM
First half of the year (Sept – Dec)
\$20 M | \$30 NM

Tuesday Club provides educational programming for adults age 55 and older. Topics include group discussions of current events, history, law, culture, the arts and wellness.

New members welcome!

Register online or call 717.843.0918

BBYO

Grades 9 - 12

M/NM \$10 dues/year, *free weekly programs*

Open to all Jewish teens in grades 9 through 12, BBYO is the largest Jewish youth organization in the world. BBYO provides opportunities for Jewish youth to explore their Jewish identity, develop leadership skills, and create lasting friendships. York's BBYO chapter is known as Morton B. Krechmer and meets regularly for meetings, Tzedakah projects, local activities, and regional conventions.

Register online or call 717.843.0918

Become a Patron

Become a PATRON MEMBER and support the heart of your community. A portion of your patron membership fee is acknowledged as a tax-deductible donation.



BENEFITS

- No joining fee
- Designated locker
- Name listed in publications
- All standard membership benefits & discounts
- Free JCC Gear

Contact jmontour@yorkjcc.org for

Planned Giving

Leave your legacy. Acknowledging your connection to the JCC with a planned gift is a thoughtful, generous way of recognizing the JCC's commitment to providing impactful cultural, recreational, educational, and social activities to our entire community.

For information on the York JCC's planned giving program, email jmontour@yorkjcc.org or call

EITC Scholarships

During the past 13 years, the York JCC has allocated approximately \$1 million in scholarships to children attending the JCC Early Child Education Program by way of the Pennsylvania State Educational Improvement Tax Credit Program (EITC). We are grateful for the support of our Community Partners!

To learn more about how you can support the JCC through the EITC program, please visit <https://dced.pa.gov/programs/educational-improvement-tax-credit-program-eitc>, or contact Jessica Montour, Chief Advancement Officer: jmontour@yorkjcc.org or 717.843.0918.

Support the

CONCERT 4 A CAUSE



SCAN OR CLICK TO LEARN MORE



at The Valencia

Saturday, October 15 - 7:30 PM

doors open at 7:00PM

Contact Jessica Montour at jmontour@yorkjcc.org or 717.843.0918 for more information.