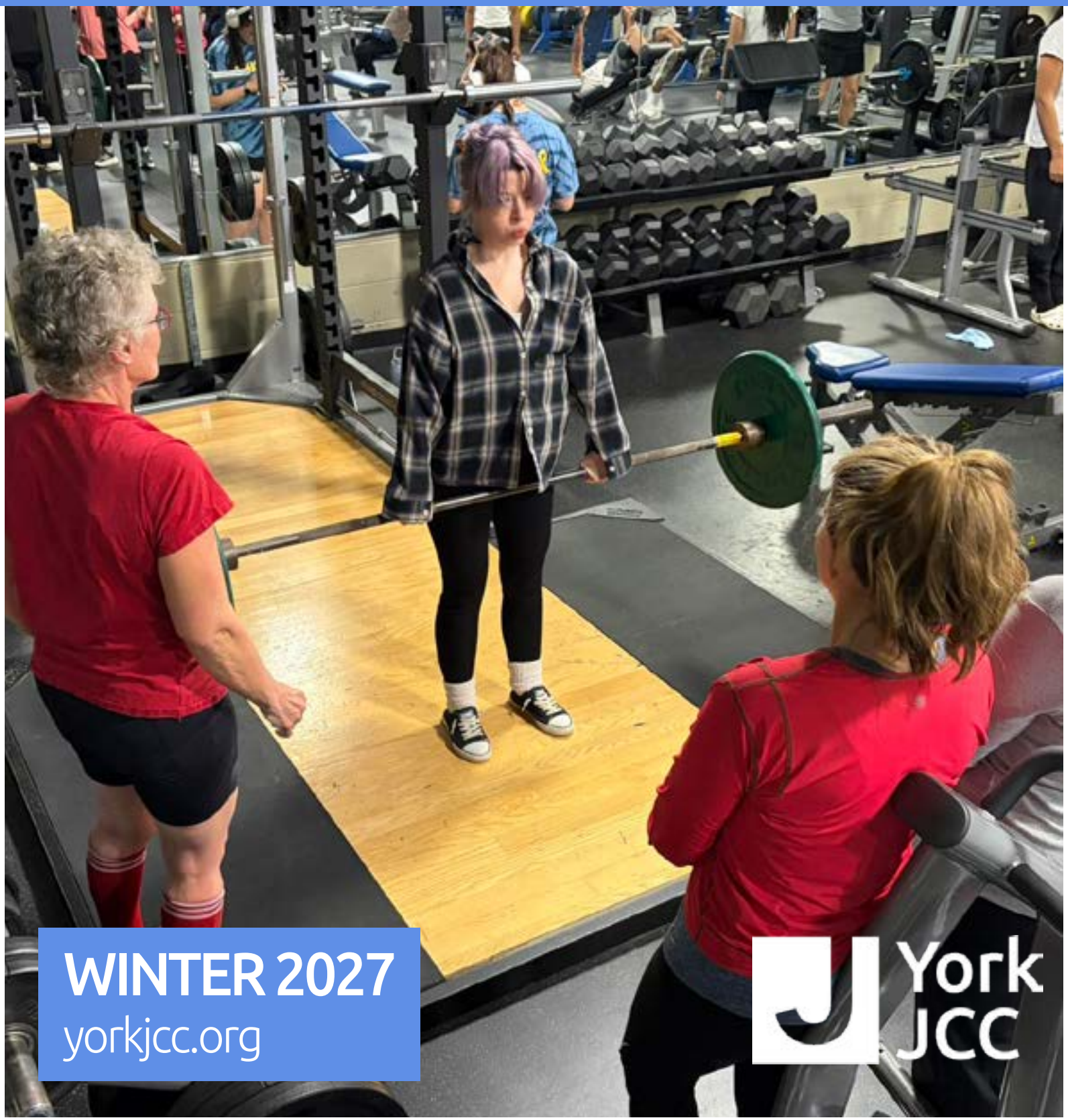
YORK JEWISH COMMUNITY CENTER | WINTER 2027

PROGRAM GUIDE

PROGRAMS | CLASSES | EVENTS



WINTER 2027

yorkjcc.org

York JCC



HOURS & HOLIDAYS

Building Hours

Monday - Thursday: 5 AM - 9 PM
Friday: 5 AM - 6:30 PM
Saturdays & Sundays: 7:30 AM - 3 PM

**The pool and pool area close 30 minutes before the building closes.*

Winter 2026 - 27 Holiday Building Schedule

Chanukah
Friday, December 4 to Saturday, December 12 - Building Open Throughout Holiday

Staff Appreciation Event
Thursday, December 17 - Building Closing at 5:30 PM

Staff Appreciation Day
Friday, December 18 - Building Closed

Christmas Eve
Thursday, December 24 - Building Closing at 4 PM

Christmas Day
Friday, December 25 - Building Closed

New Year's Eve
Thursday, December 31 - Building Closing at 4 PM

New Year's Day
Friday, January 1 - Building Open 12 - 5 PM

*The York JCC Early Childhood Education programs at Gan Tamar and Gan Rimon campuses may experience different program closure dates. Families can visit **yorkjcc.org** for a copy of the latest school calendar.*

York JCC Board of Directors

Effective September 2026

Howard Freedman
PRESIDENT

Hank Butler
VICE PRESIDENT

Jim Fowler
TREASURER

Andrew Kipnis
SECRETARY

Stefanie Sorkin
IMMEDIATE PAST PRESIDENT

Josh Bauer
Elana Bellenbaum
Lou Betancourt
Alan Feinman
Bob Grossman
Phuong Hoang
Josh Juffe
Jack Kay
Sean Kenny

Julie Lichty
Joel Menchey
Joseph Merkle
Amy Nelson
Rebecca Robinson
Stephanie Veiss
Bob Zarfoss

Registration and Refund Policy

Please choose programs carefully, as all registrations are final. Refunds will not be issued for missed classes. If extenuating circumstances prevent you from participating in a program, you may request a refund by submitting a completed credit request form at the Front Desk before the program's first day. All requests are subject to review and approval by the program director.

Questions about your York JCC Membership?

Contact us at jccmembership@yorkjcc.org.

Photo ID is required for all non-members, visitors, and vendors of the York JCC.

Participating In

SilverSneakers

Silver&Fit

Renew Active by UnitedHealthcare

Your JCC Experience Starts Here.

GET OUR APP!

YORK

ANYTIME, ANYWHERE.

Tap In to the J for Classes, Events & Easy Entry!

App Store Google Play



SCAN HERE to view the latest program dates & times and to register for classes online!

TODDLER & PRESCHOOL

Ages 3 Months - 5 Years

NEW! First Signs for Babies & Toddlers

Ages 1 - 2 • Fridays • 10:30 - 11:15 AM
January 15 - 29 • February 12 - 26
3 Week Class • PlaySpace • Instructor: Sandy Harberger
M $60 per session | NM $65 per session

Sign, Sing, and Play! Join Sandy Harberger, a licensed speech-language pathologist, for a fun, interactive class where toddlers and caregivers discover the magic of American Sign Language together! Caregivers will take home simple, natural strategies to boost overall speech and language development. Come connect, play, and give your toddler a head start on communication!

NEW! Circle Time for Twos

Ages 2 • Fridays • 11:30 AM - 12:15 PM
January 15 - 29 • February 12 - 26
3 Week Class • PlaySpace • Instructor: Sandy Harberger
M $60 per session | NM $65 per session

Circle Time for Twos is a fun, play-based group where toddlers build early communication, listening, social interaction, and language skills alongside their parents or caregivers. Through songs, movement, books, toys, and simple routines, children and parents have fun together while learning new skills for preschool.

NEW! Make Some Waves

Ages 2 - 4 & Caregiver • Mondays • 5:30 - 6:15 PM
January 4 - February 8
6 Week Class • Pool • Instructor: Cindy Riess
M $72 | NM $150

Enjoy quality time with your little ones while getting a full-body workout! This is a fun water exercise class choreographed to upbeat music designed for parents and caregivers with young children ages 2 - 4 years old. This format incorporates water aerobics, resistance exercises, and a playful interaction in a safe environment. You'll improve strength, endurance, balance, and flexibility while helping your little one become comfortable and confident in the water.

Parent & Tot Basketball

Ages 2 - 3 • Sundays • 10 - 10:30 AM
January 17 - February 7
4 Week Class • Basketball Gymnasium • Instructor: Justin Friedman
M $40 | NM $55

Introduce your little player to the game in this fun, supportive program that brings parents right onto the court to partner in the action. Together, you and your child will practice basic basketball skills and build confidence through guided exercises.

Youth Basketball

Ages 4 - 5 • Mondays • 5:35 - 6:05 PM
January 11 - February 15
6 Week Class • Basketball Gymnasium • Instructor: Justin Friedman
M $65 | NM $90

Step onto the court for a high-energy, positive introduction to basketball basics tailored for ages 4 and 5. Using age-appropriate equipment, young players will keep moving through fun games that naturally build fundamental skills like dribbling, passing, and shooting.



Youth Dance Program - Ages 3 - 5

Little dancers ages 3 to 5 can step into the world of ballet and tap with experienced instructor Miss Cheryl in this fun 15-week program starting February 8. Your child will learn the fundamentals of dance and build confidence, ending in a special final performance on May 23 (costume included).

Ballet

Ages 3 - 5 • Mondays • 3:45 - 4:15 PM**
15 Week Program • Studio 1 • Instructor: Cheryl Smith
Monday, February 8 - Monday, May 17
Dance Rehearsal: Saturday, May 22, 2027 • 9 AM
Dance Recital: Sunday, May 23, 2027 • 1 PM
M $240 | NM $360
***This class is reserved for students in the JCC's Early Childhood Education program.*

Ballet

Ages 3 - 5 • Mondays • 4:30 - 5 PM
15 Week Program • Studio 1 • Instructor: Cheryl Smith
Monday, February 8 - Monday, May 17
Dance Rehearsal: Saturday, May 22, 2027 • 9 AM
Dance Recital: Sunday, May 23, 2027 • 1 PM
M $240 | NM $360

Tap

Ages 3 - 5 • Mondays • 5 - 5:30 PM
15 Week Program • Studio 1 • Instructor: Cheryl Smith
Monday, February 8 - Monday, May 17
Dance Rehearsal: Saturday, May 22, 2027 • 9 AM
Dance Recital: Sunday, May 23, 2027 • 1 PM
M $240 | NM $360

Questions about the Youth Dance Program? Contact Whitney Poole, Director of Adult and Family Services, at wpoole@yorkjcc.org.

Toddler Tumble & Play

Ages 1 - 3 • Tuesdays & Thursdays • 10:30 - 11:15 AM
January 5 - 26 (Tuesdays) • January 7 - 28 (Thursdays)
February 2 - 23 (Tuesdays) • February 4 - 25 (Thursdays)
4 Week Class • Basketball Gymnasium
M $25 per session | NM $35 per session

Get moving, playing, and socializing in a fun, age-appropriate environment! Children and their caregivers can explore tumbling equipment, balls, hoops, tunnels, cars, and more. Have fun together while building gross motor skills, coordination, and confidence through active play.

YOUTH
Ages 5 - 12 Years



Questions about any of our Youth Fitness programs? Contact Luke Beam, Youth Fitness Coordinator, at lbeam@yorkjcc.org.

Youth Fitness programs at the York JCC are funded in part by York County Community Foundation.

NEW! Pickleball Pals
Ages 6 - 8 • Thursdays • 6 - 6:45 PM
January 21 - February 18
5 Week Class • Basketball Gymnasium • Instructor: Abbey
M $65 | NM $90

A fun, active introduction to pickleball designed just for kids ages 6 to 8! This program takes the fastest-growing sport in America and turns it into 45 minutes of high energy fun. Your young athlete will learn the fundamentals, from proper paddle grips and serving to keeping score and rallying, through interactive drills, friendly mini-matches, and skill-building challenges.

Kickstart Soccer
Ages 5 - 8 • Wednesdays • 6 - 6:45 PM
January 13 - February 17
6 Week Class • Basketball Gymnasium • Instructor: Justin Friedman
M $65 | NM $90

Kickstart Soccer is all about learning the game while having fun! Kids will practice dribbling, passing, shooting, and teamwork through fun drills, games, and plenty of time with the ball.

Youth Basketball
Ages 6 - 9 • Mondays • 6:15 - 7 PM
January 11 - February 15
6 Week Class • Basketball Gymnasium • Instructor: Justin Friedman
M $85 | NM $110

Step onto the court for a high-energy, positive introduction to basketball basics tailored for ages 6 through 9. Using age-appropriate equipment, young players will keep moving through fun games that naturally build fundamental skills like dribbling, passing, and shooting.

NEW! Color Guard K.I.M.
Ages 10+ • M and NM $200
November through April

Learn the basics of color guard while having fun, making friends, and working as a team! Through Color Guard K.I.M. (Kindness in Motion), participants will practice flag skills, movement, and routines in preparation for performances and competitions throughout the season. No experience is necessary, but regular attendance and a commitment to the team are expected. For the latest practice times and schedules, please visit bit.ly/yorkjccprograms.

Youth Dance Program - Ages 6 - 10



Growing dancers will continue to build on the fundamentals of ballet and tap while refining their technique, rhythm, and artistic expression. Guided by experienced instructor Miss Cheryl, students will elevate their skills and confidence in this 15-week program, culminating in a final rehearsal and a special performance on May 23 (costume included)!

Ballet
Ages 6 - 10 • Mondays • 5:30 - 6 PM
15 Week Program • Studio 1 • Instructor: Cheryl Smith
Monday, February 8 - Monday, May 17
Dance Rehearsal: Saturday, May 22, 2027 • 9 AM
Dance Recital: Sunday, May 23, 2027 • 1 PM
M $240 | NM $360

Tap
Ages 6 - 10 • Mondays • 6 - 6:30 PM
15 Week Program • Studio 1 • Instructor: Cheryl Smith
Monday, February 8 - Monday, May 17
Dance Rehearsal: Saturday, May 22, 2027 • 9 AM
Dance Recital: Sunday, May 23, 2027 • 1 PM
M $240 | NM $360

Questions about the Youth Dance Program? Contact Whitney Poole, Director of Adult and Family Services, at wpoole@yorkjcc.org.

ONE DAY EVENTS

Indoor "Snowball" Fight One Day Event
Ages 6 - 10 • Sunday, January 17 • 11 AM - 12 PM
Basketball Gymnasium • Instructor: Justin Friedman
M $25 | NM $30

Get ready to join Coach Justin for a fun-filled game of Snowball Dodgeball! Players will take on team games and individual challenges using soft, snowball-style dodgeballs in a fast-paced, action-packed session. No mittens required!

NEW! Board Games & Social Skills One Day Event
Ages 7 - 10
Saturday, January 23 • 12 - 12:45 PM
Tuesday, February 16 • 5 - 5:45 PM
PlaySpace • Instructor: Sandy Harberger
M $15 per session | NM $17 per session

Join Miss Sandy Harberger, a licensed speech-language pathologist, for a great time with board games! Children will practice taking turns, winning and losing graciously, and building friendships through screen-free board games. This is a great opportunity for children who could benefit from extra practice with social skills while enjoying time with peers.

Extreme Nerf Training One Day Event
Ages 6 - 10 • Sunday, February 7 • 1 - 2 PM
Basketball Gymnasium
M $25 | NM $30

Have a blast as you put your Nerf skills to the test! Participants will hone their accuracy in the shooting range, navigate obstacles through boot camp target practice, and battle during games of ultimate team attack, zombie strike, and tactical capture of the chicken. Safety will be a priority (no headshots). All children will be provided with safety goggles and tactical gear to use for the session. Please provide your own Nerf blaster that uses standard darts (7.2 x 1.2 cm), but do not bring your own darts as they will be provided. Participants will leave with a Nerf Training Completion Certificate.

SCAN HERE
to view the latest program dates & times and to register for classes online!

YOUTH
Ages 5 - 12 Years

BABYSITTING ROOM & YOUTH LOUNGE

Trust us with your child's care while you focus on your wellness.



Registration is required for the Babysitting Room by noon the day before. Registration is also encouraged for the Youth Lounge by noon the day before. There is a limit of two consecutive hours per visit. Parents must remain in the building while their child is under the care of staff. Photo ID required.

Babysitting Room Hours

Ages 2 Months to 6 Years

- Mon - Fri: 8:30 AM - 1:30 PM
- Mon - Thurs: 5:30 - 7:30 PM
- Sat: 8 AM - 12 PM
- Sun: 9 AM - 12 PM

Youth Lounge Hours

Ages 7 - 12

- Mon - Thurs: 5:30 - 7:30 PM
- Sat: 8 AM - 12 PM
- Sun: 9 AM - 12 PM

JCC MEMBER PERK!

10 Hours of **FREE** Babysitting or Youth Lounge per child a month

**Benefit applies to Family or Single-Parent Family Memberships.*



Storytime with Miss Brenda

Recommended for Children Ages 8 and Under, but All Ages Welcome!

Third Wednesday of the Month • December 16, January 20, February 17

4:30 - 5:15 PM • Studio 1 • Free and No Pre-Registration Required

Join Miss Brenda for a fun and engaging Storytime designed for children ages 8 and under (but fun for the whole family)! Enjoy a delightful story followed by a themed activity or craft that encourages creativity and a love of reading. This free, members-only program requires no registration; just stop by and join the fun!

Fit Kidz Gym Orientation

Ages 10 - 12 • Two 60 Minute Sessions • $80 per participant

Schedule Individually with a Personal Trainer

Our new Fit Kidz Gym Orientation is the perfect way to introduce kids ages 10 - 12 to the gym safely. This program includes two 60-minute sessions with a certified personal trainer, scheduled during a time that works best for you.

In the first session, we'll introduce the basics of gym etiquette, safety, and hygiene. In the second session, we'll introduce a general overview of working out, including warming up, stretching, basic movements, and machines, as well as any other areas of interest.

After completion of Fit Kidz, kids are able to work out with a parent or guardian present in the Fitness Center with them. Get started in the gym early and cultivate lifelong exercise habits! *Questions? Email Danny Amon at damon@yorkjcc.org.*



Host Your Next Event at the York JCC

Looking for the perfect venue? The York JCC offers versatile rental spaces to fit events of any size.

Our main auditorium is ideal for wedding receptions, milestone parties, and large corporate events. It comfortably seats up to 200 guests banquet-style (or 325 theater-style) and features a large stage, professional lighting, and a parquet dance floor.

Our Available Spaces Include:

- **The Auditorium:** Perfect for large celebrations and galas.
- **Basketball Gymnasium:** Ideal for sports, large youth events, or team-building activities.
- **Meeting & Activity Rooms:** Perfect for smaller family gatherings, workshops, or team events.

SCAN HERE for more information and to book your date!

Email us at rentals@yorkjcc.org.



SWIM LESSONS
Preschool & Youth



2 Sessions to Choose From:
Pick the sessions that work best for your family.

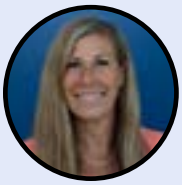
Private Swim Lessons
For Ages 4+
6 Lessons • 1-to-1 instruction
M $242 | NM $300

Help your child build water confidence, master essential safety skills, and perfect their strokes at their own pace! Our 1-on-1 private lessons pair your swimmer with a certified Water Safety Instructor who tailors every session to your child's unique needs and goals.

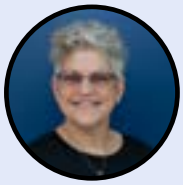
Parent Note: To help your child build confidence, stay focused, and connect with their instructor, parents are not permitted on the pool deck during lessons.

Ready to dive in? Contact our Aquatics Director, Patty Smith Neidigh, at **patty@yorkjcc.org** to schedule your child's lessons today!

QUESTIONS?
Contact our Aquatics team!



Patty Smith Neidigh
Aquatics Director
patty@yorkjcc.org



Cindy Riess
Assistant Aquatics Director
criess@yorkjcc.org



1. January 5 - 21

Member Registration
Opens December 21

Non-Member Registration
Opens December 28

January Swim Lesson Registration
Closes December 31

2. February 2 - 18

Member Registration
Opens January 18

Non-Member Registration
Opens January 25

February Swim Lesson Registration
Closes January 28

Parents and caregivers are not permitted on the pool deck during swim lessons.
There will be no make-up for missed classes or classes canceled due to inclement weather.

CLASS TIMES & PRICING
All classes are 45 minutes.

LESSON LEVEL	DAYS OF CLASS	TIME	MEMBER	NON-MEMBER
Parent & Child Ages 6 Months - 4 Years	Tuesday & Thursday	5:45 - 6:30 PM	$72	$150
Preschool Level 1 Ages 4 - 5	Tuesday & Thursday	4:15 - 5 PM	$72	$150
Preschool Level 2 Ages 4 - 5	Tuesday & Thursday	5 - 5:45 PM	$72	$150
Preschool Level 3 Ages 4 - 5	Tuesday & Thursday	5:45 - 6:30 PM	$72	$150
Level 1 Ages 6+	Tuesday & Thursday	4:15 - 5 PM 5 - 5:45 PM	$72	$150
Level 2 Ages 6+	Tuesday & Thursday	5 - 5:45 PM 5:45 - 6:30 PM	$72	$150
Level 3 Ages 6+	Tuesday & Thursday	5 - 5:45 PM	$72	$150
Level 4 Ages 6+	Tuesday & Thursday	4:15 - 5 PM	$72	$150
Level 5 Ages 6+	Tuesday & Thursday	4:15 - 5 PM	$72	$150

READY TO REGISTER?
Scan the QR code to view the latest swim lesson details, register for a class, and find the right class level for your child!

SWIM LESSONS

Preschool & Youth

WINTER 2027 SWIM LESSON SESSIONS
Session 1: January 5 - 21
Session 2: February 2 - 18

NEW WATER FITNESS CLASS!
Make Some Waves

Ages 2 - 4 & Caregiver • Mondays • 5:30 - 6:15 PM
January 4 - February 8
6 Week Class • Pool • Instructor: Cindy Riess
M $72 | NM $150

Enjoy quality time with your little ones while getting a full-body workout! This is a fun water exercise class choreographed to upbeat music designed for parents and caregivers with young children ages 2 - 4 years old. This format incorporates water aerobics, resistance exercises, and a playful interaction in a safe environment. You'll improve strength, endurance, balance, and flexibility while helping your little one become comfortable and confident in the water.

Parent & Child Swim Lessons

For Ages 6 Months - 4 Years

This class is designed for children and their parents to take together with the goal of helping children become familiar with the water and to teach swimming readiness skills. Families are provided with safety information and techniques used to help orient children to water safely.

Preschool Level 1 Swim Lessons

For Ages 4 - 5

At the first level, children begin developing positive attitudes and safe practices around the water. This class is for children new to the pool and who have never taken any swim lessons before or swum without a flotation device.

Preschool Level 2 Swim Lessons

For Ages 4 - 5

Students will build and refine the basic aquatic skills learned in Level 1 at a slightly more advanced degree. This level marks the beginning of independent locomotion skills.

Preschool Level 3 Swim Lessons

For Ages 4 - 5

Participants are provided more guided practice on skills learned in Level 2, including learning how to coordinate arm and leg action while putting their face underwater and swimming independently.

Level 1 Swim Lessons

Introduction to Water - For Ages 6+

Participants will learn elementary aquatic skills and basic water safety to help feel comfortable in the water.

Level 2 Swim Lessons

Fundamental Aquatic Skills - For Ages 6+

Participants will learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills.

Level 3 Swim Lessons

Stroke Development - For Ages 6+

Participants will learn the survival float, front crawl, and elementary backstroke, while building on previously learned skills. The scissor kick, dolphin kick, and diving will also be introduced.

Level 4 Swim Lessons

Stroke Improvement - For Ages 6+

Participants will improve their skills while increasing distances, using the learned stroke (front crawl, elementary backstroke). Swimmers are taught arms for scissor kick, backstroke, breaststroke, and butterfly.

Level 5 Swim Lessons

Stroke Refinement - For Ages 6+

Participants refine their performance of all six strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke) and increase the distances that they swim. Students also learn to perform flip turns on the front and back.



TEEN & ADULT

Ages 13+

Video Game Development Club

Ages 11 - 18 • Every Other Sunday Starting December 13 • 12:30 - 2:30 PM
Ongoing Class • Adult Lounge • Instructor: Josh Cauller
$20 for 1 Meetup

Level up your love for gaming in the Video Game Development Club! Led by game industry pro Josh Cauller, this club is for gamers ages 11 - 18 who want to go beyond just playing. Whether you dream of making your own games someday or just want to team up with others who love gaming, this is your place to explore. You'll unlock insider tips on how the indie game scene works, check out awesome games you might not have seen before, and of course, get plenty of time to play. Every meetup is a new quest with something exciting to discover!

Mahjong Meet-Up

Ages 18+ • Wednesdays • 10 AM - 12 PM
Ongoing Class • Adult Lounge
No Cost for Members | $5 per Session for Non-Members

Whether you're a seasoned player or just learning the game, join us for a fun and friendly Mahjong Meet-Up! This casual gathering is open to all skill levels and provides an opportunity to practice, socialize, and enjoy the company of fellow Mahjong enthusiasts. Players can share tips, learn from one another, and build confidence through relaxed gameplay. Come make new friends, sharpen your skills, and enjoy a morning of tiles, strategy, and fun!

Women & Weights

Ages 18+ • Thursdays • 10:30 - 11:30 AM
January 7 - 28 • February 4 - 25
4 Week Class • Fitness Center • Instructor: Jen Kuhn
M $70 | NM $90

Ready to feel strong and confident in the gym? This empowering workshop helps women feel confident in the weight room through strength training, proper form, and practice using free weights and machines. No experience needed; just bring your energy and get ready to gain confidence in the weight room!

NEW! Women & Weights 2.0

Ages 18+ • Tuesdays • 11 AM - 12 PM
January 5 - 26
4 Week Class • Fitness Center • Instructor: Shannon Wells
M $70 | NM $90

Women & Weights 2.0 takes strength training to the next level with a focus on powerlifting fundamentals. Learn how squats, deadlifts, and presses help women build strength, confidence, muscle, and bone density while improving everyday performance. This supportive program will help you lift with purpose and feel powerful in the weight room.

Reiki & Restorative Yoga

Ages 18+ • Thursdays • 6 - 7 PM
January 14 - February 4 • February 11 - March 4
4 Week Class • Studio 1 • Instructor: Kathy Tooley
M $70 | NM $90

Reset your central nervous system in this gentle class and shift from fight/flight to rest/digest. This practice will be done lying down, fully supported by bolsters, blankets and soft blocks. This gentle practice encourages deep relaxation and helps you unwind.The addition of Reiki facilitates the body's natural ability to seek homeostasis and provides even more opportunities to relax and restore.

NEW! Unearthing the Healer Within

Ages 18+ • Thursdays • 5 - 6 PM
January 7 - February 11
6 Week Class • Studio 1 • Instructor: Justin Aughenbaugh
M $105 | NM $135

Embark on a 6-week meditative and spiritual journey to explore inner healing through intention setting, Reiki, sound therapy, breathwork, and emotional energy practices. Reconnect with the layers of your authentic self, release limiting stories, and discover new ways to cultivate healing and well-being. No experience is necessary. Just bring a notebook and pen, water bottle, yoga mat (mats are available), and an open mind!

Self-Defense and Martial Arts

Ages 18+ • Fridays • 11 AM - 12 PM
January 8 - 29
4 Week Class • Studio 1 • Instructor: Sherry Campbell
M $70 | NM $90

Join Master Sherry to learn the fundamentals of martial arts and practical self-defense. Participants will develop the skills needed to protect themselves if the situation ever arises, they learn the basic punches, blocks, and kicks. This class welcomes all experience levels.

Judaism 101 - 105 Series

Ages 18+ • Wednesdays • 1 - 2:30 PM • March 3 - 31
5 Week Class • Studio 1 • Led by the Jewish Life & Culture Department
M $25 per class | NM $30 per class
This series will be held every Wednesday in March 2027.

Curious about Judaism? Join us for an engaging 5-part exploration of Jewish traditions, beliefs, and heritage. Designed for anyone looking to deepen their understanding. No prior knowledge required! Choose to attend individual sessions or enroll in the full series for a comprehensive experience. *(Note: Does not include comparative religious analysis.)*

Judaism 101 – **Foundations & Life:** Discover core tenets, foundational values, life-cycle events, and York's local Jewish community.

Judaism 102 – **Holidays & Traditions:** An in-depth look at major holidays, traditions, and observance across different Jewish movements.

Judaism 103 – **Culture & Arts:** Experience the rich cultural history of Judaism through music, food, literature, and art.

Judaism 104 – **Values & Ethics:** Delve into Jewish ethics and moral teachings, drawing on insights from Rabbi Joseph Telushkin.

Judaism 105 – **Global & Biblical History:** Trace the history of the Jewish people from their ancient roots in Canaan through their global diaspora.

ONE DAY EVENTS

Nutrition for Sports Performance

Ages 13+ • Thursday, January 21 • 6 - 7 PM
Adult Lounge • Instructor: Amy Sipe
M $10 | NM $15

Join our Holistic Wellness Coach and accomplished triathlete Amy Sipe as she does a deep dive into sports nutrition. She'll cover topics like macros for sports, the different needs for protein and carbohydrates, fueling before and during competition, and all the unique needs of athletes that differ from general recommendations.

Pop Culture Trivia Night: The 60s & 70s Edition

Ages 18+ • Thursday, January 21 • 5 - 6:30 PM
Auditorium • Led by Jeff Kasoff
$14 per player (includes Pizza Dinner!)

Test your memory and relive the music, TV, movies, and trends of the 60s and 70s! Gather your friends for an evening of retro trivia, friendly competition, and plenty of pizza. Prizes will be awarded to the winning team! Pre-registration for this event is required.

Country Line Dancing

Ages 21+ • Saturday, January 23 • 7 - 11 PM
Auditorium • Instructor: Heidi Kluck
M $30 | NM $40

Grab your boots and join us for a fun night of country line dancing! Learn the steps with a beginner-friendly lesson, then hit the dance floor and put your new moves to work. BYOB and enjoy a night of music, dancing, and good times!

Film Classics Matinee

Ages 18+ • January 28, February 25, and March 25
1 - 3 PM • Auditorium
M $8 per film | NM $12 per film (Pricing includes bottled water & snack)

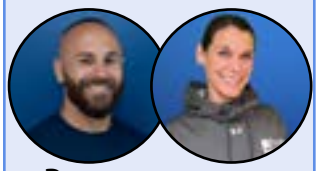
Step back into the golden eras of cinema! Join us monthly for iconic films, great company, and an informal post-movie discussion.

Jan 28 - *The Day the Earth Stood Still* (1951): The legendary sci-fi classic featuring Bernard Herrmann's unforgettable, haunting musical score.

Feb 25 - *Victor/Victoria* (1982): Julie Andrews stars in Blake Edwards' hilarious, Oscar-winning musical comedy set in 1930s Paris.

Mar 25 - *What a Way to Go!* (1964): A star-studded musical farce starring Shirley MacLaine, Paul Newman, Gene Kelly, and Dean Martin.

MEET YOUR ELITE TRAINING TEAM



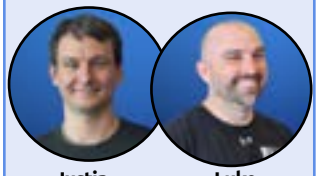
Danny Amon
Fitness & Wellness Director
damon@yorkjcc.org

Jen Kuhn
Assistant Fitness Director
jkuhn@yorkjcc.org



Megan Anderson
manderson@yorkjcc.org

Brittany Andrews
bandrews@yorkjcc.org



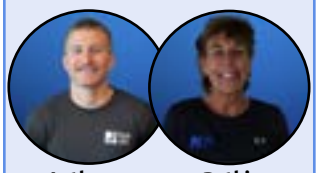
Justin Aughenbaugh
jaughenbaugh@yorkjcc.org

Luke Beam
lbeam@yorkjcc.org



Kelly Block
kblock@yorkjcc.org

Courtney Eagles
ceagles@yorkjcc.org



Anthony Droege
adroege@yorkjcc.org

Ruthie Miller
rmiller@yorkjcc.org



Jovani Santiago
jsantiago@yorkjcc.org

Lisa Schreiber
lschreiber@yorkjcc.org



Shannon Wells
swells@yorkjcc.org

Heather West
hzinn@yorkjcc.org

YORK JCC PERSONAL TRAINING

Elevate Your Performance. Achieve Your Potential.

Stop guessing and start transforming. At the York JCC, we believe that your goals deserve a roadmap. Whether you're looking to reclaim your mobility, train for a specific event, or finally see the results you've worked so hard for, our elite training team is here to help.

Your journey is personal; your training should be too.



1:1 PERSONAL TRAINING RATES

MEMBER RATES

30-Minute Sessions
(6) ½-hr sessions • $228 ($38/session)
(12) ½-hr sessions • $420 ($35/session)

Hourly Sessions
(6) 1-hr sessions • $378 ($63/session)
(12) 1-hr sessions • $720 ($60/session)

NON-MEMBER RATES

30-Minute Sessions
(6) ½-hr sessions • $264 ($44/session)
(12) ½-hr sessions • $492 ($41/session)

Hourly Sessions
(6) 1-hr sessions • $432 ($72/session)
(12) 1-hr sessions • $816 ($68/session)

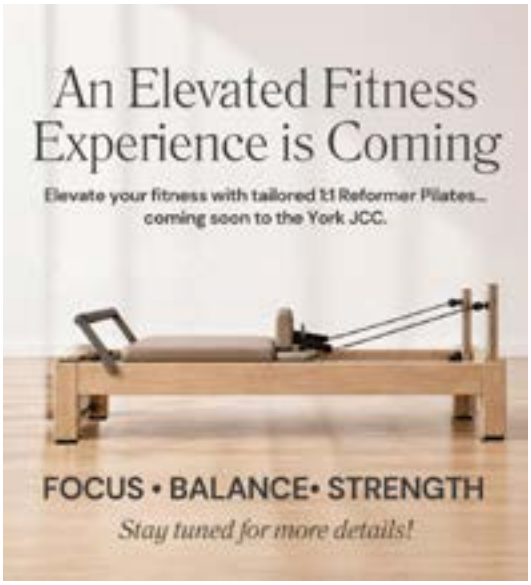
Monthly drafts are available at reduced rates.

TAKE THE FIRST STEP: FREE J FIT CONSULTATION

Scan to Schedule Your Free Personal Training Session! Ready to see what's possible? Claim your Complimentary J Fit Consultation. This no-obligation session includes a movement assessment and a personalized strategy session with one of our pros.

PERSONAL TRAINING FIRST TIME BUYER'S SPECIAL

Ready to kickstart your fitness journey? New personal training clients can get **3 one-hour sessions for just $135!** Work one-on-one with a certified trainer to set goals, build a customized plan, and gain the confidence to make lasting progress. Perfect for all fitness levels. Limited to first-time personal training clients. To get started, contact Danny Amon at damon@yorkjcc.org.



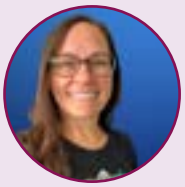
NEW! Holistic Wellness Coaching

Personalized support for lasting wellness at the York JCC

As a health coach, Amy guides clients through sustainable lifestyle changes to overcome challenges and achieve their wellness goals.

Through personalized one-on-one coaching, explore solutions that support diet, physical activity, health, relationships, career, and stress management, helping you cultivate habits that improve overall happiness, health, and well-being.

30- and 60-minute sessions are available for members and non-members of the York JCC.



Amy Sipe
asipe@yorkjcc.org
717.880.2999

SCAN TO LEARN MORE & REGISTER

ACTIVE ADULTS
Ages 55+

KEEP LEARNING & STAY CONNECTED
WITH THESE TWO GREAT PROGRAMS FOR OLDER ADULTS!

THE TUESDAY CONNECTION

The Tuesday Connection offers engaging educational and social experiences for adults ages 55 and up. Every other week will feature speakers and group discussions on topics including history, culture, the arts, wellness, and the outdoors. Participants also enjoy occasional off-site outings that foster connection and lifelong learning. Everyone is welcome, and we always enjoy meeting new faces! *Questions? Contact Whitney Poole at wpoole@yorkjcc.org.*

Ages 55+ • Every Other Tuesday • Auditorium
Program 10:30 AM - 12 PM with Social Hour and Lunch 12 - 1 PM

- JCC Member: $7 per session
- JCC Insurance-Based Member: $8 per session
- Non JCC Member: $10 per session
- Drop-In: $12 per session

Program pricing is valid through the Friday before each program. Registrations received after the Friday before and up to the day of the program will be charged the $12 drop-in fee.

SCAN HERE
to view the Winter 2027 Presenter Schedule!

This program is sponsored by a grant from the Jewish Community Foundation.

Nosh AND Learn

A free program for older adults:
Learn, Connect, and Discover

Join us for Nosh and Learn! Connect with friends and other older adults while you explore engaging cultural, educational, and social topics every other Tuesday at the York JCC. Enjoy great conversation, tasty noshes, and a welcoming community atmosphere. No pre-registration needed... completely free to attend! *Questions? Contact Adriel Resh at aresh@yorkjcc.org.*

Ages 55+ • Every Other Tuesday • Adult Lounge
11 AM - 12:30 PM • Free Program - No Cost to Attend!

Winter Session Topics:

- Jewish Comedy
- Victory Gardens during WWII
- Jewish History of Groundhog Day
- Jewish Women's History



MOMENTUM J

FEEL STRONGER, MOVE FREELY!



Join Momentum, the science-based class that turns everyday movements into powerful actions!

Designed for those living with neuro-cognitive conditions, Momentum classes help your brain and body work together for safer, easier motion in daily life. Build strength, boost mobility, and gain confidence with each class. We have daily Momentum classes, as well as social groups, support groups, and special training for participants who would benefit from additional support.

To qualify for Momentum, you must have a diagnosis of a neurocognitive condition or movement disorder. The next step is to contact us and come into the York JCC for a movement, flexibility, and fine motor assessment with a member of our team. Learn more about the Momentum program or schedule your assessment at **momentum@yorkjcc.org.**

This program is supported by a Community Grant from the Parkinson's Foundation, made possible thanks to the generosity of the estate of Stanley and Gloria Brams.

J Tech Connect

Get connected. Get help. Get confident!

NEW! Tech Connect at the J

1st and 3rd Thursdays of the Month • 4:30 - 5:30 PM
JCC Cafe • No Cost • No Pre-Registration Needed

Are you an older adult with a tech question? Our teen tech gurus are here to help! Bring your phone, tablet, or laptop and get one-on-one assistance with everyday technology.

Learn things like how to: attach a photo to a text, search Google, add items to your online shopping cart, check and manage your email, join or host a virtual meeting, and more!

No question is too simple, and there's no need to register! This intergenerational program gives older adults the opportunity to learn from local teens in a friendly, relaxed environment while building connections across generations.

Questions? Contact Whitney Poole at wpoole@yorkjcc.org.

This program is sponsored by a grant from the York County Community Foundation.

FAMILY & ALL AGES

HAPPY CHANUKAH!

It's that time of year again for our Chanukah celebrations! Save the Date for these fun programs.



HOT CHOCOLATE CHANUKAH

Tuesday, 12/8 • 4 - 6 PM
JCC Cafe • Free & Open to All

Join the Jewish Life and Culture Department in the Cafe on December 8 for hot chocolate and latkes to celebrate the Festival of Lights. This event is free and open to all. **Enter our drawing to win a free bingo card for Chanukah Glow Bingo on December 9!**



CHANUKAH GLOW BINGO

Wednesday, 12/9 • Doors open at 5 PM, bingo starts at 6 PM • Auditorium • $10 per person, $30 for family of 5

Get your glow on this Chanukah at the York JCC's Chanukah Glow Bingo! This family event is open to all ages. Snacks will be available for purchase. Bring a non-perishable food item to donate to our Project Manna Food Pantry for an extra bingo card!



Stitches of Love

All Ages • 1 - 2:30 PM • No Cost • 3rd Wednesday of the Month at York JCC

Join us for knitting, crocheting, and community! Stitches of Love brings together caring hands to create handmade hats, mittens, scarves, and more for children in need, both here in York and around the world. Whether you're a seasoned stitcher or just starting out, all are welcome. Bring your yarn, your needles or hooks, and a friend. Help us spread warmth and kindness one stitch at a time.

Floating Soundbath Meditation

All Ages • Sunday, December 27 • 2:30 - 4 PM
Led by Jenn PageWise in JCC Pool • M $80 | NM $95

Crystal singing bowls, gongs, chimes, and other therapeutic instruments create waves of sound that travel through both air and water, surrounding each participant in a calming sonic field. The buoyancy of the water encourages the body to release tension while the layered frequencies invite the mind into stillness and restorative calm. This immersive and unique experience is designed to nurture the nervous system, encourage deep relaxation, and reconnect you with a sense of inner balance and peace.

New Year's Day Detox Yoga

All Ages • Friday, January 1, 2027 • 1 - 2:30 PM • Auditorium
Led by Karen Comery & Craig Snyder • No Cost, Donations Welcome

Kick off the New Year with energy, clarity, and renewed focus! Join us at the York JCC for a special New Year's Day Detox Yoga Class designed to help you release, refresh, and restore your body and mind after the holiday season. This rejuvenating practice will help you reset your intentions, reconnect with your breath, and start 2027 feeling grounded and renewed. Class donations will benefit our Project Manna Food Pantry.

J Adventure: Indoor Climbing

Sunday, January 24 • 12 - 2 PM • Led by Danny Amon
Warehouse Rocks Climbing & Fitness • 301 Pleasant Street, Abbottstown, PA
Free to Register, Guest Pass Fees Apply at Site

Join us for an indoor climbing event at Warehouse Rocks; all abilities and experience levels welcome! We'll be bouldering (no ropes needed) and top-roping (higher walls with a partner belaying you), so you can do both or either! Equipment is available for rental onsite. *Note - If Offgrid Climbing & Fitness in York officially opens before January 24, we will move this J Adventure there! Danny will contact participants if this occurs.*



J RIDE: VOLUNTEERS NEEDED

BECOME A VOLUNTEER FOR J RIDE!

As a volunteer driver for J Ride: Staying Connected, you'll provide safe, friendly rides to older adults who need a little extra support. Whether you can give a few hours a week or just a couple of rides a month, your time and kindness will go a long way in helping our seniors stay connected, independent, and cared for. Schedules are flexible - you choose when you drive - and you'll receive mileage reimbursement. All that's required is a driver's license and clean driving record. If you're interested or want to learn more, please contact Whitney Poole at wpoole@yorkjcc.org.

THANK YOU TO OUR PATRONS!

We are proud to recognize our Patron Members who go above and beyond in their support of the York JCC. Through an annual contribution added to their membership, Patron Members play a vital role in advancing our mission of creating opportunities for everyone, inspiring relationships, building a community of well-being, and enhancing Jewish communal life.

Their generosity helps sustain the JCC as a vibrant center for family life, education, wellness, and culture. We are deeply grateful for their commitment and support.

Lou Betancourt
Erda Erdos
Stephanie and Alan Feinman
Leana Levin & Greg Finkelstein
Tim Grumbacher & Debbie Simon
The Kenny Family
The Lewin Family
Jonathan and Andi Liss
Ruby and Mark Schmidt
Carol and Barry Shapiro
Bryan and Allison Siegelman
Mark and Judi Taddonio
The Veiss Family
Sue and Elliott Weinstein

Patron members receive exclusive benefits and a significant portion of their dues is tax-deductible. Patrons give a monthly donation in addition to their membership fee, totaling $150/month or $1,800 annually. Email **jccmembership@yorkjcc.org** to get started or scan the QR code for more details.

THANK YOU TO OUR TZEDAKAH PARTNERS!

The York JCC Tzedakah Partners are the leading donors of our annual fund. Tzedakah comes from the Hebrew word *tzedek* meaning righteousness, fairness, or justice. In Judaism, tzedakah refers to the religious obligation to perform philanthropic acts.

Glatfelter INSURANCE GROUP An AIG company

Bob and Charlotte Aldinger
Mark and Janice Illfelder
Mark and Ruby Schmidt
Bryan and Allison Siegelman
Elliott and Sue Weinstein
Bob and Pat Zarfoss

SPONSORSHIP OPPORTUNITIES AVAILABLE

When your company partners with the York JCC, you make a real impact and gain real value in return.

Your support helps keep important programs open and accessible to people of all ages and abilities. At the same time, your brand reaches 7,000+ members and visitors each year through events, on-site recognition, emails, and digital outreach. Our members reflect the families, adults, and older residents who live and work across York County.

Year-Round Support and Exposure through our Tzedakah Partner program is available. Community Event Sponsorship opportunities are also available throughout the year.

If you would like to become a Tzedakah Partner or to learn more about our sponsorship opportunities, please reach out to our Development department at **jccdevelopment@yorkjcc.org.**

YORK BBYO

Dr. Morton B. Krechmer York B'nai B'rith Youth Organization

The BBYO is a youth-led organization for Jewish high school students to explore their Jewish identity, develop leadership skills, and create lifelong friendships. The group meets for meetings, Tzedakah projects, local activities, and regional conventions. If interested in joining, please email Adriel Resh at aresh@yorkjcc.org.

PROJECT MANNA FOOD PANTRY

& MATAN B'SETER FOOD SHARING CABINET

Serving All Ages and All Members of the York Community

Project Manna Food Pantry helps individuals and families right here in the York community who are experiencing food insecurity, either temporarily or long-term. If you or someone you know is experiencing food insecurity or is in need of local resources, please contact Whitney Poole at **wpoole@yorkjcc.org** or call 717.843.0918 ext. 181 for more information.

Matan B'Seter Food Sharing Cabinet

Located on the side of our building, the Matan B'Seter ("giving in secret") Food Sharing Cabinet is a free, outdoor pantry stocked with non-perishable food and paper goods that is available for people to give what they can and take what they need if experiencing food insecurity. There are no forms, no questions, and no judgment... just neighbors helping neighbors. Feel free to place donations directly in the cabinet on the labeled donation shelf.



UPCOMING DRIVES:

Chanukah Food Drive
December 1 - 31, We'll be collecting:
Hot Chocolate, Bottled Vegetable/Canola Oils, Flour, Instant Mashed Potatoes, Chocolate, Jams & Jellies, Honey, Applesauce Cups

Warm Up This Winter Food Drive
January 1 - 31, We'll be collecting:
Hearty Comfort Foods like Canned Chili, Tea, Coffee, Broth, Soups, Crackers, & Oatmeal

Share the Love Food Drive
February 1 - 28, We'll be collecting:
"Better Together" items like Pasta & Sauce, Tuna & Mayo or Tuna Helper & Tuna, Peanut Butter & Jelly, Ketchup & Mustard, Mac and Cheese, Rice & Beans, Taco Shells & Salsa, Cereal and Shelf-Stable Milk

ITEMS MOST NEEDED FOR PROJECT MANNA FOOD PANTRY YEAR ROUND:

- Spaghetti Sauce
- Pasta & Rice
- Coffee & Tea
- Ready-Made Meals *(e.g. Tuna Helper, Chili, etc.)*
- Canned Tuna & Chicken
- Peanut Butter & Jelly
- Personal Hygiene Items *(Bar Soap, Shampoo, Toothpaste, etc.)*
- Dish Soap
- Napkins and Toilet Paper
- Tissues and Paper Towels
- Non-Scented Laundry Detergent

Donations of nonperishable food, paper goods, and grocery store gift cards are always accepted at our front desk. Please, no expired food.

SCAN HERE
to learn more about Project Manna and how you can help neighbors in need.

The Matan B'Seter Food Sharing Cabinet is funded in part by WellSpan Health.