Everyone is welcome!
York Jewish Community Center | 2000 Hollywood Drive | 717.843.0918 | yorkjcc.org

* Photos shown on the cover may reflect images taken pre-covid.
Session 1 June 14–June 24  
Class is Monday-Thursday for 2 weeks  
Member registration May 31  
Non member registration June 7  
Registration closes June 10  

Session 2 July 12–July 22  
Class is Monday-Thursday for 2 weeks  
Member registration June 28  
Non member registration July 5  
Registration closes July 8  

GROUP SWIM LESSONS  
For the safety of students and instructors, each participant will have their temperature checked upon entering the pool deck. Parents will then be asked to leave the pool deck and may return at the end of the lesson. Instructors will be wearing face shields during instruction. There will be no make-up for classes missed.  
Member+ | Free  
M | $50  
NM | $100  

PARENT & CHILD  
Ages 6 Months - 4 years  
This class is designed for children and their parents with the purpose of familiarizing children in the water and teaching swimming readiness skills. In addition, you are provided with safety information and techniques used to help orient children to water.  
5:45pm-6:15pm  

PRESCHOOL SWIMMING Ages 4 - 5  
Level 1  
At the first level, children start developing good attitudes and safe practices around the water. This class is for children that are new to the pool and have never taken any swim lessons before or swam without a flotation device.  
5:00 - 5:30 PM

Level 2  
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.  
4:00 - 4:30 PM | 5:00 - 5:30 PM

Level 3  
Students grow the skills learned in Levels 1 and 2 by providing additional guided practice of basic aquatic skills at more proficient performance levels and greater distances and times. Skills in this level are performed independently. This class improves coordination of combined, simultaneous, and alternation of arm and leg actions.  
4:00 - 4:30 PM
GROUP LESSONS Ages 6+

Level 1 - Intro to Water
Participants learn elementary aquatic skills and basic water safety to help feel comfortable in the water.
4:30 - 5:00 PM

Level 2 - Fundamental Aquatic Skills
Learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills
4:30 - 5:00 PM | 5:30-6:00PM

Level 3 - Stroke Development
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.
4:00 - 4:45 PM

Level 4 - Stroke Improvement
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
4:45 - 5:30 PM

PRIVATE LESSONS Ages 4+

Must be used within one year of purchase date. To book your lessons, contact Patty at patty@yorkjcc.org.
Parents are not permitted to stay on the deck during the lessons.

1 Lesson
M+ $30 | M $ 35 | NM $40

6 Lessons
M+ $160 | M $190 | NM $210

10 Lessons
M+ $240 | M $290 | NM $320

12 Lessons
M+ $260 | M $320 | NM $360

PRIVATE PARTNER LESSONS Ages 4+

Only two people of the same swimming ability, per lesson. Participants are responsible to have a partner. Each person must buy a package and they are not to be shared. Must be used within one year of purchase date. To book your lessons, contact Patty at patty@yorkjcc.org.
Parents are not permitted to stay on the deck during the lessons.

1 Lesson
M+ $23 | M $ 27 | NM $31

6 Lessons
M+ $120 | M $140 | NM $165

10 Lessons
M+ $185 | M $215 | NM $245

12 Lessons
M+ $210 | M $235 | NM $270
## Water Fitness Classes

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**Aqua Fit** improves overall strength and endurance using water resistance and low-impact training in shallow water while increasing range of motion.

**Aqua Zumba** combines dance, cardio, and body toning to mostly Latin music.

**Arthritis** is a certified Arthritis Foundation program aimed at those suffering from arthritis and other joint problems. A physician’s approval is recommended.

**Deep Water** is a non-impact, cardio class using flotation devices in deep water.

**Stretch-N-Flex** is a mild cardio class designed to improve balance and stamina. Takes place in shallow water.

**Tone-N-Flex** is a higher cardio class that also works your muscles.

**Water Cardio** is a fast-paced cardio workout in the shallow end.

**Water in Motion (WIM)** is a high-energy, calorie-burning workout.

**Water in Motion (WIM) Platinum** is a shallow water, low-impact class that offers deconditioned participants a fun workout.
## Aquatics Schedules

### Pool Schedule

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**Open Swim Times**

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Open lanes are for lap swim only.

Last revised 7/12/2021
WELLNESS & FITNESS

@JCCYORK | M = Member
#YORKJCC | NM = Non-Member

All sessions can be prorated contact Jen Landis - jlandis@yorkjcc.org

SMALL GROUP TRAINING

GRIT
This is a high-intensity interval training class that's only 30 minutes long.

FREE GRIT POP-UP
May 30 | Sunday
10:30-11:00 AM | Outside
Exercise alongside all the JCC GRIT coaches. Registration is required.

GRIT | SUMMER 1
June 1 - July 6 | Tuesdays
6:30 - 7:00 PM | Claudia | Studio 1
M $54 NM $75.60
Drop In: M $10 | NM $15

June 3 - July 8 | Thursdays
9:15 - 9:45 AM | Jen | Studio 3
M $54 NM $75.60
Drop In: M $10 | NM $15

June 5 - July 10 | Saturdays
9:30 - 10:00 AM | Claudia | Studio 1
M $54 NM $75.60
Drop In: M $10 | NM $15

GRIT | SUMMER 2
July 13 - August 17 | Tuesdays
6:30 - 7:00 PM | Claudia | Studio 1
M $54 NM $75.60
Drop In: M $10 | NM $15

July 15 - August 19 | Thursdays
9:15 - 9:45 AM | Jen | Studio 3
M $54 NM $75.60
Drop In: M $10 | NM $15

July 3 - August 21 | Saturdays
9:30 - 10:00 AM | Claudia | Studio 1
M $54 NM $75.60
Drop In: M $10 | NM $15

OPERATION PT
This class will always have something different to offer, making sure you never get bored and are always looking forward to the next week.

OPERATION PT | SUMMER 1
June 3 - July 8 | Thursdays
6:30 - 7:30 PM | Heather | Studio 3
M $81 NM $113
Drop In: M $15 | NM $20

OPERATION PT | SUMMER 2
July 15 - August 19 | Thursdays
6:30 - 7:30 PM | Heather | Studio 3
M $81 NM $113
Drop In: M $15 | NM $20
NON-TRADITIONAL GAMES
Ages 10 - 14
Come join the fun with these interactive games that aren’t mainstream sports. Each day 1-2 new games will be taught.

NON-TRADITIONAL GAMES | SUMMER 1
Wednesday | Caleb | Gym
Ages 10 - 14 | June 2 - July 7
1:30 - 2:30 PM | M $90 NM $126
Drop In: M $15 | NM $21

NON-TRADITIONAL GAMES | SUMMER 2
Wednesday | Caleb | Gym
Ages 10 - 14 | July 14 - August 18
1:30 - 2:30 PM | M $90 NM $126
Drop In: M $15 | NM $21

THE COMPETITIVE EDGE
Ages 10 - 14
Does your teen want to be active with other teens in a safe environment? This small group training is for athletes or teens who want to get moving. They will be taken through strength and athletic movement while increasing mobility and speed.

THE COMPETITIVE EDGE | SUMMER 1
Wednesday | Caleb | Studio 2
June 2 - July 7 | 12:30 - 1:15 PM
M $75 NM $105
Drop In: M $12.50 | NM $17.50

THE COMPETITIVE EDGE | SUMMER 2
Wednesday | Caleb | Studio 2
July 14 - August 18 | 12:30 - 1:15 PM
M $75 NM $105
Drop In: M $12.50 | NM $17.50

JUMP CLINIC
Ages 14-18
Jump Clinic is a class for teen athletes that want to improve their vertical jump safely yet still effective! Give yourself the edge over your competition and improve your vertical jump!

JUMP CLINIC | SUMMER 1
Wednesday | Caleb | Studio 3
June 2 - July 7 | 3:00 - 3:30 PM
M $60 NM $84
Drop In: M $10 | NM $15

JUMP CLINIC | SUMMER 2
Wednesday | Caleb | Studio 3
July 14 - August 18 | 3:00 - 3:30 PM
M $60 NM $84
Drop In: M $10 | NM $15
CALISTHENICS
Ages 14-18
This is an intensive body weight exercise program for teen athletes to build strength without the harm of lifting weights. It will build endurance and set you up for success against your competition!

CALISTHENICS | SUMMER 1
Wednesday | Caleb | Studio 3
June 2 - July 7 | 3:30 - 4:00 PM
M $60 NM $84
Drop In: M $10 | NM $15

CALISTHENICS | SUMMER 2
Wednesday | Caleb | Studio 3
July 14 - August 18 | 3:30 - 4:00 PM
M $60 NM $84
Drop In: M $10 | NM $15

FAMILY ACTIVITIES

FAMILY YOGA SUMMER SERIES
Bring the kids and enjoy family style yoga! This class will be geared toward families to create a positive atmosphere.

JUNE FAMILY YOGA
Ages 7+
June 20 | Sunday | 1:00 - 2:00 PM
Auditorium | M $5 NM $7

JULY FAMILY YOGA
Ages 7+
July 18 | Sunday | 1:00 - 2:00 PM
Auditorium | M $5 NM $7

AUGUST FAMILY YOGA
Ages 7+
August 15 | Sunday | 1:00 - 2:00 PM
Auditorium | M $5 NM $7

Specific times will be given once teams are set.
J-ADVENTURE GROUP
SUMMER SERIES
Take the J with you every second Saturday (weather permitting). There will be a JCC facilitator there to guide you through free monthly activities. Contact Danny at damon@yorkjcc.org for more information.

June Shanks Mare Kayaking Trip
June 12  | Saturday
Single Kayaks - $29
Double Kayak - $39

July Biking Trip
July 10  | Saturday
More information to come

August Caving Walking Trip
August 14  | Saturday
M & NM = Nominal Charge
More information to come

J-FIT CONSULTATION
Ages 10+
This is a complimentary virtual or in-person session with a personal trainer in which you can discuss your current workout routine, nutrition, and health habits. Your trainer will help you formulate a plan for your time in the J or at home. We offer a wide range of virtual options for those who are not comfortable returning in person just yet.

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

J-LIFE COACH CONSULTATION
Ages 16+
This is 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. We will make sure you successfully move forward to lasting change. Your coach will provide accountability as well as extra support that is needed as you conquer your journey and reach your health and wellness goals.

Contact Jen Landis with any questions at jlandis@yorkjcc.org or call 717.843.0918.
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<td>S2-Rachel</td>
<td># S1-Justine</td>
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<td>S1-Christ</td>
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<td>TUNE UP</td>
<td>RPM/CYCLE</td>
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<td>BODYATTACK</td>
<td>FRIDAY NIGHT FIGHTS</td>
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<td>S3-Dave</td>
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<td>BODYPUMP</td>
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<td>CORE FOCUS</td>
<td>BODYPUMP</td>
<td>SPRINT</td>
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# - Also available live on the J Wired virtual platform.

Last edit date - 6/24/2021
Barre is an intense, calorie-burning, muscle sculpting workout designed to trim, tighten and tone your entire body using small, controlled movements and high repetition. Elements of Pilates, dance, yoga and strength combine to create a strong and lean physique.

Power Yoga will teach you to develop your breath, understand alignment and step outside your comfort zone. Embark on a journey of personal growth full of empowerment and inspiration. Discover the unlimited possibilities that Yoga can offer you.

BODYATTACK by LES MILLS is a sports-inspired cardio workout for building strength and stamina. This high-energy, interval training class combines athletic aerobic movements with strength and stabilization exercises.

RPM by LES MILLS is an indoor cycling workout where you ride to the rhythm of powerful music. Take on the trail with your pack through hills, flats, mountain peaks, time trials and interval training.

BODYCOMBAT by LES MILLS is a fun, energetic mix of martial arts and endurance, unleashing strength you never knew you had.

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. Sh'BAM is the perfect way to shape up and let out your inner star -- even if you’re dance challenged.

BODYPUMP by LES MILLS is a barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls.

SilverSneakers® Classic is your time to 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.

CORE by LES MILLS is building the core strength, improving functional fitness of the abdominals, mid-section, and glutes as well as working the cross-slings, which run from the upper to the lower body.

CORE FOCUS is all for strengthening and toning the core through abdominal and back work.

SPRINT by LES MILLS is a 30-minute High Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. This short duration of a SPRINT workout will motivate you to push your physical and mental limits.

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

Fit Seniors - a fun and energetic combination of toning, cardio, balance and agility, this class uses a chair for seated/standing support.

Tai Chi Chih consists of 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.

Gentle Yoga is 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 that will strengthen your balance, core and flexibility.

TONE by LES MILLS combines blocks of cardio, strength and core training into one complete and convenient workout. You will be able to optimize your workout by choosing your option(s) to work the whole body and elevate the heart rate.

High/Low Circuit consists of multiple stations using a variety of equipment where you alternate with high and low intensity aerobic, tabata and HIIT intervals that make you sweat!

Tune-Up is a combination class of High/Low aerobic and dance moves, plus total body strength training.

PIYO is a challenging class fusing Pilates, yoga, cardio, strength and flexibility. You will raise your heart rate, tone muscles, burn fat and develop a strong body.

Yoga uses breathing techniques, exercise and meditation. It helps to improve health, relaxation and happiness.

Zumba® is 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® is for active, aging adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. Focus on balance, range of motion and coordination.

Have fun!
Be encouraging!
Stay positive!

You’re only one workout away from a great day!
## YOUTH FITNESS & SPORTS CAMPS

@JCCYORK | M = Member  
#YORKJCC | NM = Non-Member

**SUMMER**  
Updated 4/20/2021

### Paw Patrol/ PJ Mask Adventures

| Ages 3 - 5 | June 7 - 11 | 9 - 10 AM | Miss Holly | Gymnasium | M $85 | NM $115

| Ages 6 - 9 | July 5 - 9 | 9-10:15 AM | Miss Holly | Gymnasium | M $95 | NM $125

### Sports Academy

Athletes will practice their fundamentals in basketball, tennis, t-ball, track, tumble, and soccer. Continue to build physical literacy through practicing, dribbling, kicking, running, catching, throwing, and kicking. Ceremony will be held on the last day of class.

| Ages 3 - 5 | June 14 - 18 | 9 - 10 AM | Miss Holly | Gymnasium | M $85 | NM $115

| Ages 6 - 9 | July 26 - 30 | 9 - 10:15 AM | Miss Holly | Gymnasium | M $95 | NM $125

### Princess Dance Camp

| Ages 5 - 9 | Aug 2 - 6 | 4 - 5 PM | Miss Cheryl | Studio 1 | M $85 | NM $115

### Tennis

| Ages 4 - 5 | Aug 2 - 6 | 9 - 10 AM | Miss Holly | Gymnasium | M $85 | NM $115

| Ages 6 - 9 | July 26 - 30 | 9 - 10:15 AM | Miss Holly | Gymnasium | M $95 | NM $125

### Gross Motor Movement & Sports

| Ages 4 - 7 | August 16 - 19 | 9 - 10 AM | Miss Holly | Gymnasium | M $70 | NM $91

### Mark Ludwig Soccer Academy

| Ages 3 - 5 | June 22 - 25 | 10 - 10:50 AM | Coach Mark | Gymnasium | M $68 | NM $88

| Ages 6 - 9 | June 22 - 25 | 11 AM - 12:15 PM | Coach Mark | Gymnasium | M $80 | NM $104

| Ages 3 - 5 | July 13 - 16 | 10 - 10:50 AM | Coach Mark | Gymnasium | M $68 | NM $88

| Ages 6 - 9 | July 13 - 16 | 11 AM - 12:15 PM | Coach Mark | Gymnasium | M $80 | NM $104
### Mario Movement Mysteries
Ages 4 - 7  | June 28 - July 1  | 9 - 10 AM  
Miss Holly  | Gymnasium  
M $67 | NM $92

### Circus Time Dance Camp
Ages 3 - 5  | July 5 - 9  | 4 - 5 PM  
Miss Cheryl  | Studio 1  
M $85 | NM $115

### Basketball Skills & Drills
Grades 4 - 8  | July 19 - 23  
9 AM - 12 PM | Gymnasium  
M $150 | NM $195

### Ninja Warrior Training
Ages 4 - 7  | August 9 - 13  | 9 - 10:15 AM  
Gymnasium | M $95 | NM $120

### Bowling
**Ages 6-10**
Come join us for youth bowling where we will keep your kids moving and having fun.

**Week 1** | Tue, Thu | Megan | Gym  
Ages 6-10| June 08 - June 10 | 10:30 - 11:30 AM | M $30 NM $42 | Drop-in: M $15 NM $21

**Week 2** | Tue, Thu | Megan | Gym  
Ages 6-10| June 15 - June 17 | 10:30 - 11:30 AM | M $30 NM $42 | Drop-in: M $15 NM $21

### Kickball
**Ages 8-11**
Come join us for Kickball outside where we will keep your kids moving and having fun.

**Week 1** | Mon, Wed, Fri | Megan | Outside  
Ages 8-11| June 21 - June 25 | 10:30 - 11:30 AM | M $45 NM $60

**Week 2** | Mon, Wed, Fri | Megan | Outside  
Ages 8-11| June 28 - July 2 | 10:30 - 11:30 AM | M $45 NM $60
YOUTH FITNESS & SPORTS CAMPS

@JCCYORK | M = Member
#YORKJCC | NM = Non-Member

SUMMER
Updated 4/20/2021

Salmon

Youth Lacrosse
Ages 10-14
Come join us for youth lacrosse, soft stick, where we will keep your kids moving and having fun.

Week 1 | Mon, Wed, Fri | Megan
Outside | July 12 - July 16
8:00 - 9:00 AM | M $45 NM $60

Week 2 | Mon, Wed, Fri | Megan
Outside | June 19 - July 23
8:00 - 9:00 AM | M $45 NM $60

Competitive Edge
Ages 10 - 14
Does your teen want to be active with other teens in a safe environment? This small group training is for athletes or teens who want to get moving. They will be taken through strength and athletic movement while increasing mobility and speed.

Wednesday | Caleb | Studio 2
June 2 - July 7 | 12:30 - 1:15 PM
M $75 NM $105
Drop In: M $12.50 | NM $17.50

Wednesday | Caleb | Studio 2
July 14 - August 18 | 12:30 - 1:15 PM
M $75 NM $105
Drop In: M $12.50 | NM $17.50
Non Traditional Games

**Ages 10 - 14**

Come join the fun with these interactive games that aren't mainstream sports. Each day 1-2 new games will be taught.

**Wednesday | Caleb | Gym**

**Ages 10 - 14 | June 2 - July 7 | 1:30 - 2:30 PM | M $90 NM $126**

Drop In: M $15 | NM $21

**Wednesday | Caleb | Gym**

**Ages 10 - 14 | July 14 - August 18 | 1:30 - 2:30 PM | M $90 NM $126**

Drop In: M $15 | NM $21

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Mario Kart Races

**Ages 8-11**

Come join us for Mario Kart Scooter Races where we will keep your kids moving and having fun.

**Week 1 | Tue, Thu | Megan | Gym**

**Aug 03 - Aug 05 | 10:30 - 11:15 AM**

M $25 NM $30

**Week 2 | Tue, Thu | Megan | Gym**

**Aug 10 - Aug 12 | 10:30 - 11:15 AM**

M $25 NM $30

**Week 3 | Tue, Thu | Megan | Gym**

**Aug 17 - Aug 19 | 10:30 - 11:15 AM**

M $25 NM $30

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Check out family programming in Wellness & Fitness including the family yoga summer series.
EARLY YEARS DISCOVERY CAMP

Ages 3 - 6
Together, teachers and children explore weekly themes in a spirit of play both inside the classroom and outside on the play yard. Experienced teachers encourage and guide children in music, art, literature, games, and science activities. Teachers help children renew old friendships and discover new one.
Contact Tammy Golden at tgolden@yorkjcc.org or call 717.843.0918 with questions.

Mornings | 9:00 - 11:30 AM
M $109/Week | NM $165/Week

Full-Day | 9:00 AM - 3:00 PM
M $203/Week | NM $255/Week

Week 1: June 7 - 11 | Fairy Tales
Week 2: June 14 - 18 | Camping
Week 3: June 21 - 25 | Superheroes
Week 4: June 28 - July 2 | Reptiles
Week 5: July 5 - 9 | Space
Week 6: July 12 - 16 | Mad Science
Week 7: July 19 - 23 | Beach
*Week 8: July 26 - 30 | Art
*Week 9: August 2 - 6 | Music and Sound
Week 10: August 9 - 13 | Pet Care
*Weeks Full-Waitlist

J-CAMP SUMMER CAMP

Aleph Camp
Grades K - 1
Our youngest camp will give campers an opportunity to get a real taste of what camp means while providing them with activities, counselors, field trips, and an overall setting that is more geared toward their needs. This is a fantastic way to familiarize campers with all of the great aspects of a school-age camp in a smaller, home-based setting. Aleph campers will participate in everything that Camp has to offer but it’s tailored to suit their needs! General swim will be provided each week as part of registration. Breakfast, lunch, and two snacks will be offered daily.

June 1 - August 13
Members $245/Week | Non-Members $275/Week

Contact Summer Camp Director Erica Grudi at egrudi@yorkjcc.org for more details or call 717.843.0918.

J-CAMP SUMMER CAMP REGISTRATION & PAYMENT AGREEMENT
CAN BE FOUND AT YORKJCC.ORG/CHILDREN/SUMMER-CAMPS
Camp at the J  
Grades 2 - 6

Campers will enjoy an exciting summer of fun, friendship, and learning at JCC Summer Camp through a variety of sports, activities, field trips, special events, swim, and many other options. True, we follow a regular schedule, but within that schedule, we want our campers to have a say in what they do each day, since it is their summer too! While at the JCC, campers may also sign up for sports and swim programs outside of our camp. We will provide drop-off and pick-up for any sports camp or swim lesson while here. General swim will be provided each week as part of registration. Breakfast, lunch, and two snacks will be offered daily.

June 1 - August 13  
Members $245/Week | Non-Members $275/Week

Repair the World  
Grades 7 - 8

Get ready for a summer filled with fun, social action, and community leadership! Loosely based on the Hebrew saying, “Tikkun Olam,” Repair the World (RTW) gives 7th and 8th grade students the chance to implement and accomplish service projects of all kinds. RTW seeks to take action in our community to bring awareness to certain causes and programs. Through RTW, students learn about the significance of volunteerism and the positive results that it yields through community service projects, charity, and fundraising. RTW participants also take part in all of the activities that J-Camp has to offer. General swim will be provided each week as part of registration. Breakfast, lunch, and two snacks will be offered daily.

June 1 - August 13  
Members $245/Week | Non-Members $275/Week

Contact Summer Camp Director Erica Grudi at egrudi@yorkjcc.org for more details or call 717.843.0918.

J-CAMP CAMP PACKET CAN BE FOUND AT YORKJCC.ORG/CHILDREN/SUMMER-CAMPS

yorkjcc.org | 717.843.0918 | 2000 Hollywood Drive | York, PA 17403
### J-CAMP SPECIALTY CAMPS

*Full day care can be added to ALL Specialty Camps for an additional fee: +$125/week for all specialty camps.*  
Contact Summer Camp Director Erica Grudi at egrudi@yorkjcc.org for more details or call 717.843.0918.

#### J-CAMP CAMP PACKET CAN BE FOUND AT YORJKCC.ORG/CHILDREN/SUMMER-CAMPS

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<th>Grades K - 5</th>
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<td>9:00 - 11:30 AM</td>
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<th>Grades K - 5</th>
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<td>Grades K - 2</td>
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<td>Grades 3 - 5</td>
<td>June 21 - 25</td>
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<td>M $150</td>
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<td></td>
<td>Grades 3 - 5</td>
<td>June 28 - July 2</td>
<td>9:00 - 11:00 AM</td>
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Contact Summer Camp Director Erica Grudi at egrudi@yorkjcc.org for more details or call 717.843.0918.

*J-CAMP CAMP PACKET CAN BE FOUND AT YORJKCC.ORG/CHILDREN/SUMMER-CAMPS*
SUMMER CAMPS

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#YORKJCC | NM = Non-Member

Updated 4/20/2021

Tiny Chef’s Cooking Camp
Grades K - 2
Tiny Chef’s cooking camp will be taught by local Corporate Executive Chef, Dave Clarke from O.N.E. Hospitality. The camp will explore a variety of foods and teach children the basic skills they will need to be successful in the kitchen.

June 21 - 25 | 9:00 - 11:00 AM
M $175 | NM $225

Science in the Kitchen Cooking Camp
Grades 3 - 5
Science in the Kitchen camp will be taught by local Corporate Executive Chef, Dave Clarke from O.N.E. Hospitality. The camp will explore how cooking not only allows you to be creative but how science happens in every recipe. The camp will explore different foods from different regions of the world.

July 19 - 23 | 9:00 - 11:00 AM
M $175 | NM $225

Twirl, Jump, Spin Dance Camp
Grades K - 5
Twirl, Jump, Spin Dance Camp will be taught by local Dance teachers from the surrounding area. Each day will be dedicated to a new style of dance, such as ballet, jazz, interpretive, musical theater, and hip hop.

Grades K - 2 | June 14 - 18
9:00 - 11:30 AM | M $150 | NM $200

Grades 3 - 5 | July 26 - 30
9:00 - 11:30 AM | M $150 | NM $200

Contact Summer Camp Director Erica Grudi at egrudi@yorkjcc.org for more details or call 717.843.0918.

J-CAMP CAMP PACKET CAN BE FOUND AT YORKJCC.ORG/CHILDREN/SUMMER-CAMPS
RUGBY CAMP
Are you looking for a great, inclusive, team-building, confidence-boosting sport for your child? Join the fastest growing sport in the nation! During our rugby summer camp, All-American and All-Star player Amber DeFabio will take your child from the basics of rugby to game-ready skills. Amber currently coaches York College Women’s Rugby and is USA Rugby Coaching certified. All levels of experience welcome!

Rugby Camp for Ages 7 – 10
Coach DeFabio will lead your child through the basics of rugby rules and focus on ball handling skills. Camp will be filled with fun rugby games and team-building and communication activities to help the player grow confidence in the sport and in themselves. All games will be touch. There is no contact.

July 26 - 30  | 9:00 - 11:00 AM
M $150 | NM $200

Contact Summer Camp Director Erica Grudi at egrudi@yorkjcc.org for more details or call 717.843.0918.

J-CAMP CAMP PACKET CAN BE FOUND AT YORKJCC.ORG/CHILDREN/SUMMER-CAMPS
Specialized Youth Fitness & Gross Motor Development Summer Class Programming is specially designed to have small class sizes to provide a structured learning environment for all participants. All classes are designed and taught by Holly Metzger-Brown, M.Ed. a graduate of Behavior Analysis, POINTE Training Consultant, Certified Youth & Tween Instructor, and Cosmic Kids Yoga Instructor 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 will be used throughout the program for classroom management, skill development, and task completion. Classes focus on breaking complex movements into smaller steps to assist with learning.

For more details, contact Holly at hmetzger@yorkjcc.org.

Social & Play Series
Meet Miss Holly in the gymnasium for free play. Socialize with peers and families, while using various tumble equipment, tunnels, playground balls, cars, and more!

June 3 | Ages 3 - 5 | 9 - 10 AM
Thursdays | Miss Holly | Gymnasium
M Free | NM $10

June 3 | Ages 6 - 10 | 9 - 10 AM
Thursdays | Miss Holly | Gymnasium
M Free | NM $10

July 12 | Ages 3 - 5 | 9 - 10 AM
Mondays | Miss Holly | Gymnasium
M Free | NM $10

July 12 | Ages 6 - 10 | 9 - 10 AM
Thursdays | Miss Holly | Gymnasium
M Free | NM $10

August 23 | Ages 3 - 5 | 9 - 10 AM
Mondays | Miss Holly | Gymnasium
M Free | NM $10

August 23 | Ages 6 - 10 | 9 - 10 AM
Mondays | Miss Holly | Gymnasium
M Free | NM $10
**SPECIALIZED YOUTH PROGRAMS**

*Using the science of ABA*

@JCCYORK | M = Member
#YORKJCC  | NM = Non-Member

**SUMMER**

Updated 5/06/2021

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**FUNctional Fitness**

*designed for children who need additional support*

This program is designed to improve student’s gross motor and object control skills, while increasing movement through using ABA principles and methods. A few ABA tools that may be used are behavior-specific feedback modalities such as video modeling and auditory feedback, antecedent manipulations such as visual movement cards and schedules. [hmetzger@yorkjcc.org](mailto:hmetzger@yorkjcc.org).

- **Ages 7 - 9 | June 21 - July 12**
  - 10:30-11:15 AM | Mondays
  - Studio 1 | Miss Holly
  - M $62 | NM $82

- **Ages 8 - 10 | July 19 - August 9**
  - 10:30-11:15 AM | Mondays
  - Studio 1 | Miss Holly
  - M $62 | NM $82

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**Cosmic Kids Yoga Program**

*designed for children who need additional support*

Specialized yoga programs are designed for children who need additional support to teach relaxation techniques and coping strategies. Instructors use ABA principles and methods to provide a successful experience for all children. Class is designed to help children build muscle memory, strength, coordination, breathing techniques, and motor planning through repetitive storytelling and postures. To enhance learning experience instructor uses verbal and visual prompts, imitation, visual schedules, clear directions, class rules, and reinforcers.

- **July 1 - July 22 | Ages 4 - 5**
  - 11 - 11:30 AM | Thursdays
  - Miss Holly | Studio 1
  - M $50 | NM $70

- **July 29 - August 19 | Ages 6 - 7**
  - 11 - 11:30 AM | Thursdays
  - Miss Holly | Studio 1
  - M $50 | NM $70
Gross Motor & Sports Development
The instructor uses ABA principles and methods to enhance gross motor development in areas such as: kicking, throwing, running, catching, jumping, galloping, skipping, and balancing using age-appropriate teaching tools.

June 8 - June 29 | Ages 4 - 5
11 - 11:30AM | Tuesdays
Miss Holly | Studio 3
M $50 | NM $70

July 6 - July 27 | Ages 6 - 9
11 - 11:30AM | Tuesdays
Miss Holly | Studio 2
M $50 | NM $70

Gross Motor Movement & Sports Camp
Ages 4 - 6 | August 16 - 19 | 9 - 10 AM
Miss Holly | Gymnasium
M $70 | NM $91

Gross Motor Development using the science of ABA
Holly Metzger-Brown, M.Ed., a graduate of Behavior Analysis and 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. For more information on this one-on-one session, contact hmetzger@yorkjcc.org.

Ages 3 - 10 | Miss Holly | 30 min.
M $35 | NM $40

Dance, Music & Movement designed for children who need additional support
The program is designed for dancers to experience dance in a structured and reinforcing environment through our 30-minute classes. Dancers will be introduced to a variety of dance movements while listening to music. Dance Instructor, Miss Erica will provide extra support for dancers who may have skill delays or deficits to ensure everyone is engaging and moving.

July 8 - July 29 | Ages 4 - 5
12-12:30 PM | Thursdays
Miss Erica | Studio 3
M $44 | NM $61
# OPEN GYM SCHEDULE

Schedule is subject to change. Please call ahead for the most current schedule.

Members are welcome to use the gym if it is empty during non-listed hours.

If weather forces programs indoors, programs will have priority.

Birthday parties may be scheduled on Saturdays between 10 AM-12 PM.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30-7:15 AM – Open</td>
<td>6:00-7:30 AM - Adult Full-Court Basketball</td>
</tr>
<tr>
<td>2:00-3:00 PM - Open</td>
<td>2:00-3:00 PM - Open</td>
</tr>
<tr>
<td>6:00-9:30 PM - Open</td>
<td>5:30-6:30 PM - Open</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TUESDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30-7:15 AM - Open</td>
<td>8:00-10:00 AM – 1/2 Open</td>
</tr>
<tr>
<td>8:30-9:30 PM - Open</td>
<td>12:00-3:00 PM - Adult Full-Court Basketball</td>
</tr>
<tr>
<td></td>
<td>3:00-5:00 PM - Open</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WEDNESDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30-7:15 AM - Open</td>
<td>8:00 AM-10:00 AM – Adult Gym</td>
</tr>
<tr>
<td>2:00-3:00 PM - 1/2 Open</td>
<td>10:00 AM-12:00 PM - Tentative Programs</td>
</tr>
<tr>
<td>or Family Gym/Curtain Down</td>
<td></td>
</tr>
<tr>
<td>6:00-9:30 PM - Open</td>
<td>12:00-1:00 PM - Family Gym</td>
</tr>
<tr>
<td></td>
<td>1:00-3:00 PM - Adult Full-Court Basketball</td>
</tr>
<tr>
<td>8:30-9:30 PM - Open</td>
<td>3:00-7:00 PM – Open</td>
</tr>
</tbody>
</table>

17.5 Laps in Gym = 1 Mile  
Effective 6/1/2021 thru 6/30/2021
GAMES WITH FRIENDS

MEETS WEEKLY
THURSDAYS
5:30-7:30 PM
AGES 7-13

DROP-IN $10
MONTHLY RATE
$20 - Members
$25 - Non-Members

• Meet New Friends
• 100’s of Board Games
• Practice Social Skills
• Utilize Critical Thinking Skills

BONUS:
A night out for parents!

Register at yorkjcc.org or 717.843.0918
PRIVATE EVENTS
Allow us to host your private event today!

Corporate Events | Socials | Weddings | Parties | Showers | Workshops & More

THE BALLROOM/AUDITORIUM
We offer a beautiful ballroom for wedding receptions, birthday parties and a meeting facility for both large and small groups. This space seats up to 200 people banquet style, 325 people theater-style, has a sweeping parquet dance floor, and a large stage area with acoustic and lighting systems.

ADDITIONAL RENTAL SPACES
We offer several additional spaces to meet your needs including two meeting rooms, full gymnasium, and two studio spaces. These can be used as breakout rooms for corporate retreats and workshops, birthday parties, showers and other celebrations.

All events include set-up and tear-down of tables and chairs.

We are pleased to share that Copper Crust at Cafe Nosh, conveniently located inside the York JCC, is our preferred catering partner. Copper Crust can create custom menus to satisfy any need. The full Copper Crust catering menu can be found at yorkjcc.org

For catering information, please email Copper Crust: coppercrustcatering@gmail.com

*A 20% discount will be applied to your rental fee when using our preferred caterer, Copper Crust at Cafe Nosh.

Everyone Is Welcome
yorkjcc.org | 2000 Hollywood Drive, York, PA 17403 | 717.843.0918
rentals@yorkjcc.org
Become a CORPORATE MEMBER

Offer employee wellness at no cost to you!

CORPORATE MEMBERSHIP PERKS

- 15% off current membership rates and no initiation fee
- Specialized on-site wellness workshops
- 10 free hours of babysitting for children 2 months-5 years old
- 60 free weekly in-person and digital group fitness class options
- Fitness center with specialty equipment
- Cycling
- Free assessment with a personal trainer or life coach to create a wellness roadmap
- Six-lane indoor heated pool
- Full-sized basketball court
- Free guest WiFi
- Youth lounge (grades 1+)
- Discounts at local businesses
- Programming for all ages
- Member-exclusive rerecorded and live fitness, aquatics, and educational digital classes

AVAILABLE ADD-ON’S
- Personal training (partner and 1:1)
- Life coaching
- Small group training (4-10 people)
- Group swim lessons
- Private swim lessons (ages 4+)
- Massage
- Child care and pre-school
- Before and after school care
- Summer camp
- Youth fitness, sports, and dance programs

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Regular Price</th>
<th>15% Off Monthly</th>
<th>Yearly Savings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family</td>
<td>$79</td>
<td>$67</td>
<td>$144</td>
</tr>
<tr>
<td>Two Adult</td>
<td>$69</td>
<td>$59</td>
<td>$120</td>
</tr>
<tr>
<td>Individual</td>
<td>$49</td>
<td>$42</td>
<td>$84</td>
</tr>
<tr>
<td>One Parent Family</td>
<td>$68</td>
<td>$58</td>
<td>$120</td>
</tr>
<tr>
<td>Senior Two Adult</td>
<td>$65</td>
<td>$55</td>
<td>$120</td>
</tr>
<tr>
<td>Senior Adult (68+)</td>
<td>$46</td>
<td>$39</td>
<td>$84</td>
</tr>
</tbody>
</table>

NO OBLIGATION TO SIGN UP
When 5 of your employees become members, their membership will be updated to the discounted corporate membership rate.

Employees can join online with promo code: CORPORATE or email Gina Kohr at gkohr@yorkjcc.org
**ADDITIONAL SERVICES**

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**WORKSHOPS**

$50/Hour
Buy 5, Get 1 Free

Hosted at the JCC or your venue.
- Creating better sleep habits
- Managing stress at work
- Flexibility and stretching
- Staying fit while working
- Eating habits and effect on body
- Posture awareness

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**CULTURAL**

Free

Contact Culture & Arts Director Rachel Singer at rsinger@yorkjcc.org for more details.

Raise awareness with educational programs that discusses Judaism 101, Jewish Holidays, Israel 101, and the Holocaust.

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**HEALTH & WELLNESS ACCOUNTABILITY**

Pricing Varies

Stay motivated with beginning/end measurements, social media support, weekly support emails, workshops on nutrition, goal setting, workouts, and more throughout this 10-12 week challenge.

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**ON-SITE TRAINING**

Pricing Varies

- Group Fitness
  - 30 Minutes - $50/Class or $540/12 Classes
  - 45 Minutes - $60/Class or $660/12 Classes
  - 60 Minutes - $70/Class or $780/12 Classes
- Small Group Training (4-10 People, 30-60 Minutes)
- Personal Training (30-60 Minutes)

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**MASSAGE**

$50/Hour

Contact Aquatics Director Patty Neidigh at patty@yorkjcc.org for more details.

Receive a therapeutic chair massage on-site or come to the York JCC to help work your stress away.

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**GETTING STARTED**

We’ll supply all marketing materials so you can share these benefits to your employees, and we’ll work with you to implement wellness goals throughout your organization.

**Contact Membership Director**
Gina Kohr at gkohr@yorkjcc.org