FALL I
2021
PROGRAM
GUIDE
SEPTEMBER 13 - OCTOBER 31

REGISTRATION
AUGUST 30 | 5:00 AM
Registration begins for members.

SEPTEMBER 3 | 5:00 AM
Open registration begins.

SEPTEMBER 9 | 9:30 PM
Swim registration ends.

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AQUATICS

Registration closes September 9

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

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.

Tuesday 6:00-6:30 PM  
Wednesday 5:30-6:00 PM  
Saturday 9:30-10:00 AM | 11:30-12:00 PM

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 swim without a flotation device.

Monday 4:30-5:00 PM  
Saturday 10:00-10:30 AM

Level 2
Students will build and refine the basic aquatic skills learned in Level 1 at a slightly more advanced degree. This class marks the beginning of independent locomotion skills.

Monday 5:00-5:30 PM  
Wednesday 5:00-5:30 PM  
Saturday 11:00-11:30 AM

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.

Monday 5:30-6:00 PM  
Tuesday 5:30-6:00 PM  
Wednesday 4:30-5:00 PM  
Saturday 10:30-11:00 AM

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.

Monday 4:30 - 5:00 PM  
Wednesday 5:00 - 5:30 PM  
Saturday 10:30 - 11:00 AM

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. Parents are not permitted on the deck during lessons.

Monday 5:00-5:30 PM  
Tuesday 5:00-5:30 PM | 5:30-6:00 PM  
Wednesday 4:30-5:00 PM  
Saturday 10:00-10:30 AM | 11:00-11:30 AM
AQUATICS

Registration closes September 9

**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.
- **Monday** 4:30-5:15 PM
- **Tuesday** 5:00-5:45 PM
- **Wednesday** 5:15-6:00 PM
- **Saturday** 10:00-10:45 AM

**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.
- **Monday** 5:15-6:00 PM
- **Wednesday** 4:30-5:15 PM
- **Saturday** 10:45-11:30 AM

**Level 5 - Stroke Refinement**
Participants refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke) and increase their distance. Flip turns are also introduced.
- **Tuesday** 5:45-6:30 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 $40 | NM $45
- **6 Lessons**
  - M $210 | NM $240
- **10 Lessons**
  - M $300 | NM $350

**LAP SWIMMING REQUIRES A RESERVATION**

Should you need to cancel, we ask that you please call the JCC at least 2 hours prior to your reserved time so that we can contact people on the waitlist for swimming. Should you not cancel in time we have a 3 No Show Policy. After your 3rd no show without contacting the JCC, a $15 late fee will be added to your account and you will not be able to register for a lap time until the fee is paid.
## 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.

**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.

**Water in Motion Strength** uses the unique properties of water to build lean muscle through the creative use of drag, resistance, and buoyancy. Water minimizes the strain of gravity on the joints and ligaments to prevent overuse on the muscles while enhancing recovery time and improving flexibility and power.
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**LAP SWIMMING REQUIRES A RESERVATION**
See page 3 for details.

*Number next to Member or Private indicate the number of lap lanes available for each.
J Adventure Group
Summer Series
Take the J with you every second Sunday (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.

September Pinnacle and Pulpit Rock Hike
September 12 | Sunday
FREE

October Chickie’s Rock Climbing Trip
October 17 | Sunday
$55

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.

Life Coaching Consultation
Ages 16+
Receive one 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.
WELLNESS & FITNESS

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.

September 14 - October 26 | Tuesdays
6:00 - 6:30 AM | Michelle | Studio 1
M $60 | NM $90
Drop In: M $10 | NM $15
No class September 7

September 16 - October 28 | Thursdays
9:15 - 9:45 AM | Jen | Studio 3
M $60 | NM $90
Drop In: M $10 | NM $15
No class September 16th

September 13 - October 28 | Mon/Wed
6:15 - 6:45 PM PM | Claudia | Studio 3-1
M $120 | NM $180
Drop In: M $10 | NM $15
No class September 6 and 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.

September 16 - October 28 | Thursdays
6:30 - 7:30 PM | Heather | Studio 3
M $90 | NM $120
Drop In: M $15 | NM $20
No class September 16th

HIIT or Miss
Don’t be afraid of the word HIIT! A trainer will guide you through a combo of strength, speed, agility, and endurance. You’ll be feeling great at the end! All levels/experience welcome!

September 13 - October 27 | Mon/Wed
9:30 - 10:30 AM | Shannon/Megan | Studio 3
M $165 | NM $220
Drop In: M $15 | NM $20
No class September 6, 8 & 15

Family Activities

Family Yoga
Ages 7+ | Auditorium
Bring the kids and enjoy family style yoga! This class will be geared toward families to create a positive atmosphere.

September 19 | Sunday | 1:00 - 2:00 PM
October 17 | Sunday | 1:00 - 2:00 PM
GROUP FITNESS SCHEDULE

FALL I
M = Member
NM = Non-Member
Updated 8/11/2021

@JCCYORK
#YORKJCC

yorkjcc.org | 717-843-0918 | 2000 Hollywood Drive | York, PA 17403
### Wellness & Fitness

**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.

**Body Attack** 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.

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

**Body Pump** 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.

**Chair Yoga** is a gentle form of Yoga that is practiced sitting on a chair, or standing using a chair for 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-strings, which run from the upper to the lower body.

**Core Focus** is all for strengthening and toning the core through abdominal and back work.

**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.

**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.

**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!

**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.

**Power Yoga** you will learn 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.

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

**Silver Sneakers® 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.

**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.

**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.

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

**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.
**Future Stars Golf**

Ages 4-11

Future Stars Golf is a youth development program for children. Classes will introduce golf skills through the use of (Starting New At Golf) SNAG Golf equipment and focus on fundamental movement skills. SNAG Golf equipment teaches the basic elements of golf in a fun and modified form. The fundamentals are combined in an enjoyable, understandable, and active class. The system builds on strong fundamentals of putting, chipping, pitching, and full swing to develop playing ability quickly and effectively. Class is taught by PGA Professional, Matt Keller

**Wednesdays | Sept 15 - 29**
5:00 - 5:45 PM | Matt Keller | Gymnasium  
M $42 | NM $54.75  
Drop In: M $14 | NM $18.25

**Wednesdays | Oct 6 - 27**
5:00 - 5:45 PM | Matt Keller | Gymnasium  
M $56 | NM $73  
Drop In: M $14 | NM $18.25

**Basketball Academy**

Coach Frank will lead you individually through shot mechanics and skill building drills, along with strength, speed, and agility. Register through our website to purchase a package!

**Basketball Small Group Training**

Coach Frank will coach a small group of about 3-10 individuals through shot mechanics and skill building drills, along with strength, speed, and agility. Contact Coach Frank to sign up for a day and time.

**Extreme Nerf Training**

Ages 7-11

Come have a blast as you put your Nerf skills to the test! Participants will hone their accuracy in the shooting range, obstacle 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 head shots). All children will be provided with safety goggles and tactical gear to use for the session. Please provide your own Nerf blaster that uses stand darts (7.2x1.2cm), but do not bring your own darts as they will be provided. Participants will leave with a tactical headband, and Nerf Training Completion Certificate.

**Sunday | September 19 | 1 - 2 PM**
Miss Cody | Gymnasium  
M $20 | NM $26

**Sunday | October 17 | 11 AM - 12 PM**
Miss Cody | Gymnasium  
M $20 | NM $26

**Taekwondo**

Ages 6 - Adult

A Master will guide you through a 12-week Taekwondo program, along with working on your fitness. Also learn about safety awareness provided by SafeKids.

Contact Judith Kirby to register. 717-252-2825  
mytkdnetwork@gmail.com

October 4 - December 20 | 6:30 - 7:30 PM | Judith Kirby | Movement Room
**Dance Ballet**
Sept 27 - Jan 16
For children to learn how to dance Ballet and perform in a recital for their parents/guardians. Costume price is included in the registration price.
Dress rehearsal is Saturday January 15, 2022 from 9-11 AM in the auditorium.
Recital will be Sunday January 16, 2022 at 1 PM in the auditorium.

- **Ages 3 - 4** | Monday | 3:30 - 4 PM
  - Cheryl | Studio 1 | M $150 | NM $195

- **Ages 3 - 5** | Monday | 4 - 4:30 PM
  - Cheryl | Studio 1 | M $150 | NM $195

- **Ages 5 - 9** | Monday | 5 - 5:30 PM
  - Cheryl | Studio 1 | M $150 | NM $195

- **Ages 3** | Wednesday | 1 - 1:30 PM
  - Robin | Auditorium | M $150 | NM $195

- **Ages 3 - 4** | Wednesday | 4:30 - 5 PM
  - Robin | Studio 1 | M $150 | NM $195

- **Ages 4 - 5** | Wednesday | 1:30 - 2 PM
  - Robin | Auditorium | M $150 | NM $195

- **Ages 5 - 9** | Wednesday | 5 - 5:30 PM
  - Robin | Studio 1 | M $150 | NM $195

**Family Yoga**
Ages 7+
Come join the fun! This is for ages 7+. Please register everyone in your family.

- **September 19th** | Ages 7-Adult | Sunday | 1:00 - 2:00 PM | Studio 2

- **October 17th** | Ages 7-Adult | Sunday | 1:00 - 2:00 PM | Studio 2

**Family Dance Party**
Ages 7+
A fun evening for the whole family to dance, laugh and unwind! No experience necessary!

- **September 1st** | Ages 7-Adult | Wednesday | 5:15 - 6:00 PM | Studio 3

- **October 6th** | Ages 7-Adult | Wednesday | 5:15 - 6:00 PM | Auditorium
Specialized Youth Fitness & Sports 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. Board Certified Behavior Analyst, 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.

Gross Motor Development using the science of ABA
Holly Metzger-Brown, M.Ed., BCBA 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.

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. For more information contact Miss Holly at hmetzger@yorkjcc.org.

Personalized Fitness & Sports Lesson using the science of ABA
Holly Metzger-Brown, M.Ed., BCBA and 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.
INCLUSIVE YOUTH PROGRAMS

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!

September 22 | November 17 | Ages 2 - 4
10:30-11:15AM | Wednesday
Miss Holly | Gymnasium
M Free | NM $10

Social & Play
Ages 2 - 4 | September 29 - October 27
Wednesdays | 10:30-11:15 AM | Miss Holly
Gymnasium | M $63 | NM $82

Explore & Play Day
Come explore and experience the day at the J. Our inclusive play date is designed for all abilities and age groups. Event will include access to explore our fenced in playgrounds as well as the opportunity to participate in Inclusive Youth Programs with Miss Holly including Cosmic Kids Yoga Program, Mario Movement Mysteries, and FUNctional Fitness. Opportunities throughout the event to explore, play and socialize with peers and families, while using various tumble equipment, tunnels, playground balls, cars, and more!

Sunday, October 17 | Ages 2 - 12
1-2:30PM | Miss Holly
Gymnasium | Gross Motor Room| Playground
M | NM Free

Mario Mysteries Movement Event
Come join Miss Holly for this action-packed event! Participants will experience Mario Mysteries video games come to life as they travel around the obstacle courses collecting coins to use to access activities and items. This event is the perfect fit for participants to socialize, practice their gross motor skills, and work hard, while building confidence!

Ages 4 - 7 | November 7 | Sunday
1-2PM | Miss Holly | Gymnasium
M $25 | NM $30

Cosmic Kids Yoga
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 experiences instructor uses verbal and visual prompts, imitation, visual schedules, clear directions, class rules, and reinforcers.

Ages 4 - 6 | October 12 - November 2
Tuesdays | 4:30 - 5 PM | Miss Holly | Studio 1
M $50 | NM $70

Paw Patrol Adventures
Ages 3 - 5 | October 5 - 26 | Tuesdays
12:15 - 12:45 PM | Miss Holly | Gymnasium
M $50 | NM $65

Ninja Warrior Training
Ages 4 - 5 | October 6 - 27 | Wednesdays
12:15 - 12:45 PM | Miss Holly | Gymnasium
M $50 | NM $65
Tuesday Club
Ages 55+
Tuesday Club meets weekly and provides educational programming for adults 55+. Topics include group discussions of current events, history, law, culture, wellness, and the arts. First class will be held on Tuesday, September 14th.

Tuesdays | 10:30 AM - 12 PM | Auditorium
Annual Fee $30 M | $40 NM
First half of the year (Sept - Dec)
$20 M | $30 NM.

Tuesday Club Schedule

Sep 07 | No Meeting
Center closed for Rosh Hashanah

Sep 14 | High Holidays Presentation

Sep 21 | Brunch in the Sukkah

Sep 28 | Self-Management
with Holly Metzger-Brown

Oct 05 | No Free Lunch:
Flim Flams, Schemes, & Scams with Mary Bach of AARP

Oct 12 | Talk & Tour
Converting a Bus to a Mobile Home with Teresa Casolo

Oct 19 | West Side Story with Debra Smith

Oct 26 | Encore Engagement Program
with Cathy Bollinger of York Community Foundation

Nov 02 | Couponing
with Lisa Barshinger of First Capital Federal Credit Union

J Gallery
The J Gallery, positioned in our main lobby, is designed for artists working with a variety of mediums to display and sell their work. If you are an interested artist, fill out the form or reach out to rsinger@yorkjcc.org for more details.

York County Camera Club
Sept 21 & October 26
7 - 9 PM | Adult Lounge
The York County Camera Club (YCCC), a gathering of friendly photography enthusiasts, will begin using the J as their gathering space starting September 21st. Photographers of all skill levels are welcome to join. Meeting monthly will enable us to share knowledge about photography, from inspiration to tweaking the final image and all things in between.

Holocaust Education Book Club
October 5th, 12th, & 19th | 7 PM | ZOOM
Free & Open to the Public - Registration Required
Please purchase Hitler’s Furies by Wendy Lower on your own and join Holocaust Educator Deb Smith for a 3 session discussion to dig deep into the material.

Hitler’s Furies challenges our deepest beliefs: women can be as brutal as men, and the evidence can be hidden for seventy years. In a surprising account that powerfully revises history, Wendy Lower uncovers the role of German women on the Nazi eastern front—not only as plunderers and direct witnesses, but as actual killers.

Author Wendy Lower will be joining us virtually during our last session on October 19th.

BBYO
Dr. Morton B. Krechmer York B’nai B’rith Youth Organization (BBYO) is a Jewish-led organization. It is designed for high school students to explore their Jewish identity, develop leadership skills, and create lifelong friendships. This group meets regularly for meetings, tzedakah projects, activities, and social events.

Yearly Fee $10/student
**CULTURE & ARTS**

**Elliott and Sue Weinstein**  
**Tot Shabbat**

***NEW DAY*** Starts Sept 1st  
Wednesdays | 2:15 - 3:15 PM  
Babysitting Room

Tot Shabbat centers around Shabbat and Jewish holidays. It introduces young children to Jewish traditions and culture through music, creative arts, stories, and Jewish rituals.

**Yearly Registration (Sept - May)**  
$118 M | $126 NM

½ Year Registration (Sept - Dec)  
$82 M | $126 NM

**Outsmarting Antisemitism**

Wednesdays | Oct 27 - Nov 10  
7 - 8:30 PM | Adult Lounge

Join Rabbi Green for a 4-week course. Against the backdrop of a recent uptick in antisemitism and the increased anxiety it has brought to the Jewish community, this course sets out to beat this age-old cancer—with purpose, positivity, and pride. Marshaling historical analysis, Talmudic sources, Jewish mysticism, and contemporary expert analysis, the four lessons of this course provide insight, perspective, practical direction, and personal reassurance to motivate and inspire proud, fearless Jewish life.

**M | NM $65 & $25 book fee**

**Upcoming Jewish Holidays**  
**Rosh Hashanah & Yom Kippur**

The Jewish High Holy Days fall during this program session. Rosh Hashanah (ROESH hah-SHUH-nuh or RUSH hah-SHUH-nuh) begins at sundown September 6th and continues through sundown September 8th, marking the start of the Jewish New Year, 5779.

This opens a 10-day period of spiritual self-examination and repentance that closes with Yom Kippur (YOME ki-PORE). Called the Day of Atonement, it begins at sundown September 18th and goes through sundown September 19th. This is a day of prayer and complete and total fasting by those who keep the tradition.

**Sukkot**

Sukkot (sue-COAT or SOOK-iss) begins at sundown September 20th and continues through September 27th. On this joyful Fall holiday we celebrate and give thanks for the harvest of food and crops. This holiday is symbolized by the sukkah (hut), which represents the huts built by farmers when they lived in the fields for days at a time tending their crops. It also represents the huts that God told Moses to build for shelter in the desert when he led the Jews out of Egypt. The sukkah symbolizes that God protects and provides.

**Mon | September 6**  
Erev Rosh Hashanah  
JCC to close at 1:00 PM

**Tue | September 7**  
1st Day | Rosh Hashanah  
JCC closed all day

**Wed | September 8**  
2nd Day | Rosh Hashanah  
JCC to open at 6:00 PM

**Wed | September 15**  
Erev of Yom Kippur  
JCC closes at 6:30 PM

**Thu | September 16**  
Yom Kippur  
JCC closed all day

**Mon | September 20**  
Erev Sukkot  
JCC open

**Tue | September 21**  
1st Day | Sukkot  
JCC open

**Wed | September 22**  
JCC Fall Fest & Sukkot Celebration  
JCC Open

**Shemini Atzeret/Simchat Torah**

Shemini Atzeret/Simchat Torah (SHMIN-ee aht-SAIR-et / SIM-khat TOE-rah) marks the conclusion of the Sukkot festival and the time when we take leave of the sukkah. This holiday, beginning at sundown on September 27th and ending at sundown on October 29th, marks the completion of the annual cycle of the weekly Torah (Old Testament bible) reading.

**Wed | September 29**  
Simchat Torah  
JCC open
FAMILY SERVICES

Services & Programs

**Project Manna**
Providing Safety Net and referral services to individuals and families in need.

Our Project Manna food pantry helps individuals and families who are in need of supplemental groceries either temporarily or long-term.

**J-Ride, Staying Connected**
Transportation
This unique transportation program for seniors over 60 utilizes volunteers to provide rides to health care appointments. This door-through-door transportation and supportive service encourages social connections and fosters independence. Volunteer drivers are always welcome by contacting Family Services at 717.843.0918.

Community: Social Groups

**Men’s Think Tank**
3rd Thursday of Each Month
If you enjoy stimulating discussion of contemporary issues, this group is for you. Come meet the guys for lunch – from deli to Chinese to a local diner.

Email cmiller@yorkjcc.org to learn more.

**Stitches of Love**
2nd Thursday of Each Month
Knit with us — for a good cause. Our volunteers have made thousands of hats, mittens, scarves and sweaters and donated them to needy children and adults here in York and around the world. Beginners welcome!

Email cmiller@yorkjcc.org to learn more.

Volunteer

**Serve a Meal**- at Our Daily Bread Soup Kitchen in York City.

**Provide a Ride**- become a driver for an older adult.

**Maintain our Food Pantry**- become a volunteer shopper, couponer, or help organize our Project Manna food pantry.

**Special Events**- help with our annual events including Memorial Day flag laying and our food drive.
STOCK THE J PANTRY
HIGH HOLY DAYS FOOD DRIVE
SEPTEMBER 1 - 30

DONATE ONLINE
• yorkjcc.org/fooddrive

DONATE IN PERSON
• JCC Lobby & ECE Entrance
• Gan Rimon Campus
• Yom Kippur Services
  Ohev Sholom - Kol Nidre, Sept 15

Proceeds benefit the J Pantry, a program of the JCC Family Services Department (formerly JFS), which serves food-insecure individuals and families in the York community.
Fall Fest

MEMBERSHIP SPECIAL
JOIN THE J ON 9.22
FOR ONLY $9.22!

LIVE MUSIC
FOOD TRUCKS
BALLOON ARTIST
CHILDREN'S ACTIVITIES
TOUCH A TRUCK
& MORE

September 22
Free
open
4 - 7 PM
&
family
friendly

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