

Effective July 1 - September 30

The JCC fitness staff is very proud of all the talented and dedicated instructors that we are so lucky to have. As always, the JCC is the leader in quality group exercise as well as the leader in introducing the newest and most popular modes of exercise to our area. **NO CLASSES JULY 4,5, SEPTEMBER 6,9,10,23,24,30**

Mix and Match for a Cross Training Effect!!

SPINNING * PILATES APPARATUS * AEROBICS * KETTLEBELL PUMP

**Registration Necessary / Min. 6 registrations per class
Drop-In Rate - \$10NM/class - \$6M/class**

FEES: 1 class/week \$50M/75NM 3 classes/week \$85M/160NM
2 classes/week \$70M/120NM 4 classes/week \$105M/195NM



**2010 JCC SUMMER
GROUP FITNESS/AQUATICS
PROGRAMS**

****REGISTER NOW FOR SUMMER PROGRAMS****

*JCC Aquatics Summer Programs include:
Water Babies & Preschool Levels
Youth Red Cross Levels
Adult Lessons / Total Body Conditioning / Water Exercise
Aerobics / KettleBell Pump / Spinning / Pilates / Silver Sneakers*

****PE Fit Care Kids Monday - Friday \$3M / \$5NM per session per child/day
Two Separate Sessions Available: 9:00-10:30am OR 10:30-12noon
** Register for one time slot by calling 724-2417 ext 133 at least 24 hours in advance**

** See previous page for separate pricing.*

Sunday

11:00-11:45 am Cardio Pump Aerobics * Lisa
12:00-1:00 pm Pilates Mary

Monday

9:30-10:30 am Aerobics w/a Blast Carol
10:45-11:30 am Silver Sneakers * Mary Ann
5:30-6:30 pm Pilates Mary
6:30-7:45 pm ZumbaMAX * Lindsay

Tuesday

6:15-7:00 am Spinning Suzanne/Kevin
10:45-11:45 am Intro to Pilates Mary Ann
12:00-12:30 pm KettleBell Pump Jan
5:00-5:30 pm KettleBell Pump Jan

Wednesday

9:15-10:15 am Zumba * Suzanne F
10:45-11:30 am CardioCircuit SS * Mary Ann
5:30-6:30 pm Pilates Mary

Thursday

6:15-7:00 am Spinning Suzanne/Kevin
10:45-11:30 am Silver Sneakers * Mary Ann
12:00-12:30 pm KettleBell Pump Jan
5:30-6:00 pm KettleBell Pump Jan

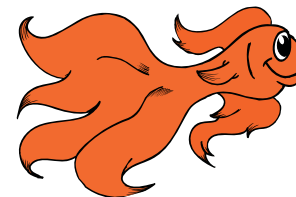
Friday

9:30-10:30 am Aerobics w/a Blast Carol
12:00-12:30 pm KettleBell Pump Jan

JCC ACTIVITY REGISTRATION FORM
Please complete one form for each activity

Participant's Name _____ Age _____ Grade _____
Date of Birth _____ Parent's or Spouse's Name _____
Address _____ Phone _____
Activity/Class _____ Course # _____
Day / Time _____ JCC Member _____ Yes _____ No _____ Fee\$ _____

If paying by check, please make check payable to:
Jewish Community Center 500 Clubhouse Road, Vestal, NY 13850
JCC ACTIVITY REGISTRATION FORM
Please complete one form for each activity



WEBSITE: binghamtonjcc.org

JCC SUMMER AQUATIC PROGRAMS

AMERICAN RED CROSS AQUATICS COURSES: The JCC is an authorized provider of The American Red Cross Progression Swim Courses. Classes meet once a week. Because correct placement is important to both your child and the class progression as a whole, please contact the JCC with any questions, and the instructor will return calls at your convenience. The JCC reserves the right to transfer a child to a class that better suits his or her skill level and/or aptitude. Instructor: Doreen Jamba

The Starfish Series is designed especially to allow preschool children to enjoy their early experiences in the water. Emphasis will be placed on fun, water safety and the American Red Cross Whale Tales Preschool. Parents are invited in the pool during class!

Water Babies *

10Z550 6 months-2 years with parent
Monday 4:00-4:30 pm
6 weeks / July 12 - August 30
\$30M/\$40NM

Games, songs and toys help make your child's experience in the pool a lot of fun. This class provides information and techniques for parents to successfully orient their child to the water. Every baby must wear "Little Swimmers." Disposable diapers are not allowed. Emphasis is on allowing your child to become comfortable in the water through the use of water games, songs, and skill repetition. Min 4, Max 8

Starfish I *

10Z551 3-5 years
Monday 4:30-5:00 pm
6 weeks / July 12 - August 30
\$30M/\$40NM

This class is for children 3-5 years old who are novices to the water and cannot swim and especially for those who are reluctant to put his or her face in the water. Children will learn about water safety and gain confidence in the water. Elementary water skills, including underwater skills, will be introduced in a fun and relaxing manner. Min 4, Max 8.

Starfish 2 *

10Z552 3-5 years
Monday 5:00-5:30 pm
6 weeks / July 12 - August 30
\$30M/\$40NM

This class is for children aged 3-5 who have successfully completed Starfish 1 or who are comfortable submerging. In addition to water safety, we will work on basic water skills such as floating, gliding, and introducing some elements of the basic strokes. Min 4, Max 8.

Starfish 3 *

10Z553 3-5 years
Monday 5:30-6:00 pm
6 weeks / July 12 - August 30
\$30M/\$40NM

This class is for children aged 3-5 years who have completed Starfish 2 or who are very comfortable going underwater. Children will learn the fundamentals of the strokes, including front crawl and backstroke. Breaststroke and sidestroke elements will be included if time allows. Upon successful completion of Starfish 3, children will be ready to advance to Level 3. Min 4, Max 8.

Level 2 Fundamental Aquatic Skills *

10Z555 5 years & older
Monday 6:00-6:45 pm
6 weeks / July 12 - August 30
\$30M/\$40NM

This class is for those who can submerge but who do not know proper stroking. We will learn fundamental water skills, such as gliding, floating, and the introduction to treading water, and basic stroke elements. Emphasis is placed on water safety and fun. Min 4, Max 8.

Level 3 / 4 Stroke Development *

10Z556 5 years & older
Monday 6:45-7:30 pm
6 weeks / July 12 - August 30
\$30M/\$40NM

This class is for those who are comfortable submerging and who have successfully completed Level 2 or Starfish 3, or can swim one-half the width of the pool and return. We will be working on stroke techniques (freestyle, backstroke and butterfly). Deepwater orientation and skills, such as treading water and basic diving, will be introduced. Safety and fun are emphasized. Goggles, along with caps for those with long hair, are suggested. Min 4, Max 8.

Community Swim

10ACS
Sunday 2:00-4:45 pm
Adults \$3/Children \$2

Non-members of the community may swim during this time. Pool rules apply. Boys and girls locker rooms available.

Private / Semi-Private Swim Lessons

Private instruction available for all ages and abilities. Lessons focus on your personal needs and interests. Arrange lessons with a friend or two. All lessons taught by Red Cross instructors. To arrange private lessons contact John Cappello, JCC Phys. Ed. Director at 724-2417 or johnc@binghamtonjcc.org.

ADULT PROGRAMS

You must register for the following aquatic classes on specific days. Fees are prorated on a monthly basis only. Classes can be purchased individually for \$6M/\$10NM at the Fitness Gate before class. All classes must be prepaid. Registration is necessary and must be made through the main office. If there is insufficient enrollment, a class may be cancelled. No credits will be issued for holiday closings. Min. 6, Max 20.

FEES

JULY 1 - SEPTEMBER 30

1	class/week	\$37M/67NM
2	classes/week	\$57M/102NM
3	classes/week	\$72M/127NM

Water Exercise

Adult, co-ed
Monday / Wednesday / Friday
8:00 - 9:00 am July 7 - August 27
9:00 - 10:00 am August 30 - September 30

Water offers resistance without shock and trauma. No swimming skills needed. Class offers a moderate aerobic workout with a warm-up, concentration on muscular toning and cool down. No classes July 5, September 6, 10, 24.

ZUMBA

10ZZUMBA
Wednesday 9:15-10:15 am
Ongoing
\$30M/\$40NM - 5 sessions
Certified ZUMBA instructor Sue Fahrenkrug

ZUMBA MAX

Monday 6:30-7:45 pm
Ongoing

ZUMBA

Wednesday 6:30-7:30 pm
June 30 - August 18

\$10 drop-in
Certified ZUMBA instructor Lindsay Poole

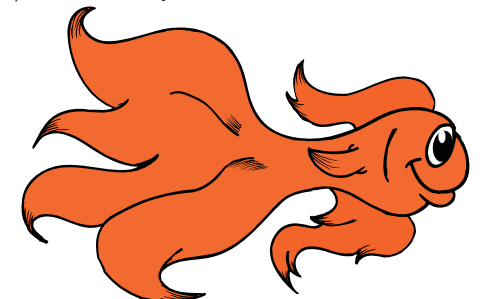
Tired of the same old workout? Then don't miss out on the latest fitness revolution. ZUMBA has spread like wildfire and has positioned itself as the single most influential movement in the industry of fitness. ZUMBA fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. The goal is simple: to achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! Check with individual instructors for package prices.

Cardio Pump Aerobics

Adult/Teen, co-ed
Sunday 11:00 - 11:45 am
June * July * August
\$12M/NM per month

New summer special. Take this class with Total Body Conditioning and/or Pilates for a cross-training effect or just by itself. Lisa Trejo

All class times are subject to change depending on enrollment.



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