

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 3, SEPTEMBER 7, 20, 28**

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 \$80M/160NM
2 classes/week \$65M/120NM 4 classes/week \$105M/210NM

****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**

NO PILATES/YOGALATES THE WEEK OF 7/13 - 7/17

Sunday

8:30-9:15 am Spinning Kevin
10:00-11:00 am Total Body Cond Val

Monday

9:30-10:30 am Aerobics Carol
10:45-11:30 am Silver Sneakers MaryAnn
5:30-6:30 pm Beg/Inter Pilates Mary

Tuesday

6:15-7:00 am Spinning Suzanne
12:00-12:30 pm KettleBell Pump Jan
5:30-6:00 pm KettleBell Pump Jan
6:30-7:30 pm Yogalates Mary

Wednesday

5:30-6:30 pm Beg/Inter Pilates Mary

Thursday

6:15-7:00 am Spinning Kevin
10:45-11:30 am Silver Sneakers MaryAnn
5:30-6:00 pm KettleBell Pump Jan

Friday

9:30-10:30 am Aerobics 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\$ _____

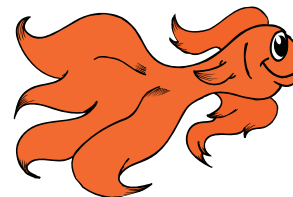
If paying by check, please make check payable to:
Jewish Community Center 500 Clubhouse Road, Vestal, NY 13850
JCC ACTIVITY REGISTRATION FORM
Please complete one form for each activity



**2009 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*



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

09Z550 6 months-2 years with parent
Tuesday 4:30-5:00 pm
6 weeks / July 7 - August 11
\$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 1

09Z551 3-5 years
Monday 4:00-4:30 pm
6 weeks / July 6 - August 10
\$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

09Z552 3-5 years
Monday 4:30-5:00 pm
6 weeks / July 6 - August 10
\$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.

Level 1 Introduction to Water Skills

09Z554 5 years & older
Tuesday 4:00-4:30 pm
6 weeks / July 7 - August 11
\$30M/\$40NM

This class is for children 5 years old and older who are new to the water or especially for those who are not comfortable going underwater. We will work on water safety, gaining confidence in the water and basic water skills, such as floating, gliding, elementary backstroke, etc. Water safety and fun are emphasized. Min 4, Max 8.

Level 2 Fundamental Aquatic Skills

09Z555 5 years & older
Wednesday 4:00-4:45 pm
6 weeks / July 8 - August 12
\$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

09Z556 5 years & older
Thursday 4:00-4:45 pm
6 weeks / July 9 - August 13
\$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.

Levels 5 / 6 Competitive Swimming

09Z558 5 years & older
Thursday 4:45-5:30 pm
6 weeks / July 9 - August 13
\$30M/\$40NM

This class is open to those who have successfully complete Level 4 or who have the instructor's permission. The focus on this class will be on improvement of technique in all strokes (freestyle, backstroke, breaststroke and butterfly plus elementary backstroke and sidestroke if time allows), speed and endurance. Refinement of or introduction to flip turns and racing starts will be included. This is a great class for those interested in refining their strokes, improving their speed, or learning all the tricks that competitive swimmers utilize. Goggles, as well as caps for those with long hair, are highly recommended. Swimmers are advised to come early and stretch before each class. Min 4, Max 8.

Community Swim

09ACS
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 Mary Puthawala at mputhawala9@mac.com or Doreen Jamba at djamba1956@yahoo.com.

ADULT PROGRAMS

You must register for the following aquatics classes on specific days. Fees are prorated on a monthly basis only. Classes can be purchased individually for \$6 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	\$35M/65NM
2	classes/week	\$50M/100NM
3	classes/week	\$76M/125NM

Water Exercise

Adult, co-ed

Monday / Wednesday / Friday
8:00 - 9:00 am July 1 - August 28
9:00 - 10:00 am August 31 - September 2

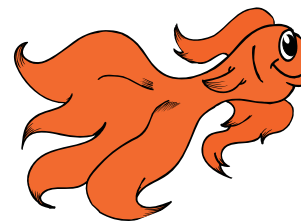
Water offers resistance without shock and trauma. No swimming skills needed. Class offers a moderate aerobic workout with a warm-up, concentration on muscular toning and cool down. No classes July 3, September 7 & 28.

Aquafit

Adult/Teen, co-ed

Monday & Wednesday 5:00 - 6:00 pm
July 1 - September 30
1 class per week - \$36M/\$72NM
2 classes per week - \$54M/\$96NM

Pain free, strain free and complain free. A fun, safe and effective water aerobic workout. This class will improve muscle tone, strength, flexibility, endurance and aid in weight loss. From novice to conditioned athlete, this wonderful water environment greatly reduces joint stress. Min. 6. No class September 7 & 28. Doreen Jamba



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