

Kids belong here!



Fall 2009
Kids Preview Guide

About the JCC Rockland

Mission Statement

The JCC Rockland is dedicated to the enrichment and continuity of Jewish life and to the preservation and celebration of our rich heritage. The center shall strengthen individual awareness and connection to the Jewish community, the state of Israel, and the community at large through recreational, physical, educational, social, and cultural programs.

Directions

PIP to exit 8W, Route 59 W. Bear right onto Route 304 North. Make first right onto West Nyack Road. Pass Salvation Army on the left. Take the next driveway on the left to the Jewish Community Campus! Follow signs and long driveway to the front of building.

E-mail updates

The JCC sends e-mail updates twice a month. To ensure you receive these e-mails, please register on our website: www.jccrockland.org

We want to hear from you!

customercare@jccrockland.org

Todah Rabah / Thank you

The JCC Rockland receives funding from: The Jewish Federation of Rockland County, The Rockland County Executive's Office, The Rockland County Legislature, and the Rockland County Home for the Aged.

Regular Hours

JCC Offices

Monday-Friday	8:30am-5pm *
Sunday (front desk only)	7am-7pm

Russin Fitness Center

Monday-Thursday	5am-10pm
Friday	5am-6:30pm*
Sunday	7am-7pm

* Fall early closings are one hour before Shabbat.

For holiday closings, please check out our web site: www.jccrockland.org

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JCC registration and cancellation policy:

- A minimum enrollment is required to run all classes.
- A minimum of ten participants is required for all Vacation Sensation Programming.
- Advance registration is strongly recommended for all classes, programs and events.
- If JCC Rockland cancels a class, program or event, a full refund will be issued.
- If JCC Rockland cancels a class, program or meeting due to weather or instructor illness the class/program will have a make-up date.
- If you withdraw from an ongoing class prior to the start date a refund will be given minus a \$25 administrative fee.
- If you withdraw after a class has begun or sports draft has taken place, no refund will be issued.
- For one time programs and events, no refund will be issued after registration.
- If you miss a class meeting no refund or make-up session will be offered

Who's Who at the J

JCC Staff

Executive Staff

David Kirschtel	108	Chief Executive Officer
Josh Krakoff	136	Chief Operating Officer
Hayley Shapiro	183	Executive Assistant

Accounting Staff

Gerald Kolosky	123	Accounting Manager
Kelli Coppola	125	Asst. Accounting Manager
Nancy Adler	186	Accounting
Cheryl Stein	115	Accounting
Joan Marie Wilson	134	Accounting

Administrative & Fund Raising Staff

Lynn Sabat	105	Administrative Director
Donna Bergstol	100	Receptionist/Admin. Asst.
Elena Heydt	106	Fund Raising Director
Hani Sandler	118	RJCC & General Admin. Asst.
Janice Wertheim	101	Administrative Support

Fitness and Membership Staff

Kimberly Corey	112	Fitness General Manager
Theresa Gonzalez	176	Group Fitness Director
Steve Smith	104	Fitness Manager
Rachel Denmark	201	Membership Consultant
Marjorie Kornblau	189	Membership Consultant
Lynn Lederfarb	114	Fitness Admin. Assistant
Renee Martin	188	Membership Consultant
Robin Perlin	139	Administrative Assistant
Caryn Toback	187	Membership Services Specialist
Fitness Center	113	Welcome Desk
Membership Hot Line	209	

Marketing

Wayne Brown	178	Marketing Director
Karen Babat	117	Designer-Marketing Assistant

Program Staff

Sherry Feinberg	172	Sports Admin. Assistant
Cathie Izen	103	Parenting Director
Jeff Jacobs	107	Athletic Director
Nanci Goldman	175	Special Projects Coordinator
Monica Rosenbaum	173	Children, Teen, Family Director
Jennifer Spadaccini	110	J-Land Director, PC Assist.
Kim Sudwischer	131	Children & Family Asst.
Theresa Sullivan	111	School Age Care Director
Sharon Terzakis	171	SAC Assistant Director
Susan Wasser	102	Adult Services Assistant
Bonnie Wind	109	Adults Services Director

JCC Front Desk	116
Natural Skin Spa	845.624.2035

Jewish Community Campus of Rockland

Leon Notar	200	Facilities Director
		Inotar@jccrockland.org

To reach a staff person by e-mail: Each person's address is their first name and first initial of last name@jccrockland.org i.e. lynns@jccrockland.org

Board of Directors

President

Steve Gold

Acting President

Joel Zbar

Vice Presidents

Pam Greenspan
Micki Leader
Melinda Levin

Treasurer

Richard Goldman

Secretary

Shira Lewis



Steven Beldock
Frank Borelli, Jr.
Michael Dinowitz
Steve Dranow
Allan Eisenkraft *
Estelle Eisenkraft
Stephen Feibusch
Scott Friedman
Linda Gerstley
Julie Globus
Alan Goldstein
Monte Goldstein
Michael Greenspan
Abe Grohman
Mark Hausner
Orli Irgang
Barry Kantrowitz *
Thom Kleiner

Evan Kuperman
Brenda Lender *
Scott Milich
Dean Myerow
David Napach
Michael Parkes
Stephanie Ripps
Steve Rosenzweig *
Linda Russin *
Rabbi Craig Scheff
Sharon Schneider
Bart Silverman
Steven Silverstein
Sonia Stern
Renee Weiner
Larry Weiss
Michael Zack

* Past President

BABYSITTING

For children of parents working out -
Ages 6 months to 9 years of age.

Monday - Friday 8:15am - 12:30pm and

Monday - Thursday, 4:00pm - 7:30pm

Sunday - 8:00am - 1:00pm

\$5.00 per hour, per child

SPECIAL: Purchase a 10-hour card for \$30

To reserve a spot for your child in
babysitting, please call our Fitness Front
Desk at ext. 113.

Reservations are taken up to 48 hours in
advance. For full babysitting procedures,
please visit our website.

JCC Rockland

Meet Our Kids Program Directors

Jeffrey Jacobs, Athletic Director, has been working at JCC Rockland for over 5 years. Each year he oversees four seasons of excellent sports programming, from football and basketball to soccer and volleyball. With over 1,300 participants in our youth and adult leagues and sports classes, Jeff has enjoyed seeing the program continue to grow and develop. "I love this community of small size and big dreams," says Jeff, "I am extremely proud of how far we have come."



Cathie Izen, Parenting Director, has her Masters Degree in School Psychology from the University of Massachusetts, Boston and her Bachelors Degree in Education K-6 with a dual certification in Special Education K-12. She is also a seven year Melton graduate student. Cathie has been at JCC Rockland for over 18 years, and has developed some of our trademark programs including Mitzvah Day, Jake Talks, Euro Cafe, Camp J-Land, and The Sholom Family Programming. Cathie brings her talent, energy and passion to her work, and brings her "out of the box" approach in developing high quality parent and toddler enrichment classes.



Monica Rosenbaum, Children and Family Director, has worked with youth for the last thirteen years at the Richard G. Rosenthal JCC of Northern Westchester, Pleasantville, NY and the Valley of the Sun JCC, Scottsdale, AZ. She grew up in Ossining, NY, and attended Westchester Community College where she received a certification in School Age Child Care. She has served as the Children & Family Director at JCC Rockland since February 2008 where she has reached out to the community through mitzvah and family holiday celebrations, as well as exciting camp and enrichment class programming.



Theresa J. Sullivan, Director of School Age Care Programs, has been with the JCC since 1994. She received her Masters in Education in 2003 from Concordia University in St. Paul, Minnesota. Theresa is a devoted teacher to her staff and the children in her care. Theresa is also an Endorser and a Quality Advisor for the National Afterschool Association.



Birthday Parties

Monica Rosenbaum, Children and Family Director, ext. 173 or monicar@jccrockland.org
Kim Sudwischer, Program Assistant ext. 131 or kims@jccrockland.org

Let us make your child's birthday dreams come true!

Basic Party Package Includes:

1.5 hour party (2-5 years)
2 hour party (K-6 grades) (7-10 grades)
Party hostess
Party room
Activity staff
Solid color paper goods and decorations
Cake/Cupcakes and juice
Invitations
Set-up and Clean-up
Member \$275, Nonmember \$400

Pick your theme:

Arts & Crafts-Turning 2+ This fun and creative party offers many options. Choose from ceramics, jewelry, tie-dye, beading, wood crafts and more. Ask your birthday party specialist for help finding the best and most age-appropriate craft for your party.

\$100 (includes up to 15 participants)
\$8/additional party goers

Sports-Turning 3+ Get ready to run and play. Choose up to three of your favorite sport activities and leave the rest to us. Pick from soccer, football, dodge ball, floor hockey, kickball, pillow polo, relay races, group games and more. Playground option for ages 3-7 weather permitting.

\$100(includes up to 15 participants)
\$8/additional party goers

Cooking Party-Turning 6+ Come ready to stir up some fun. Join your closest friends in the JCC kitchen. We will make our own pizza lunch and decorate your birthday cake together. Even enjoy some food related games.

\$150(includes up to 15 participants)
\$15/additional party goers (maximum party size 20 participants)

Gymnastics-Turning 2+ Trampoline, uneven bars and tons of mats will keep you bouncing during this party. Our trained staff will run age-appropriate gym activities for this special occasion.

\$150 (includes up to 15 participants)
\$15/additional party goers

Dance-Turning 3+ Hip/ Hop, Ballet and Cheer- We have it all. Come ready to boogie with your dancing shoes on. Pick your style of dance and even the music if you would like. Learn some of the newest and

coolest moves out there. Or just enjoy some free style and freeze dance.

\$100 (includes up to 15 participants)
\$8/additional party goers

Music Class-Turning 2-6 years Enjoy time singing, dancing and playing with your friends. This fun and fully interactive party gets everyone moving and grooving to fun kids songs. It includes sing- a-longs and parachute games.

\$150(includes up to 15 participants)
\$15/additional party goers (maximum party guests 20)

Science-Turning 5+ Come explore science first hand with a tailor made party. Get a short science show and then experiment with hands-on activities.

\$200(includes up to 15 participants)
\$15/additional party goers

Magic-Turning 5+ This interactive and mystical party will have you amazed. Watch as the magician performs his tricks. A hands-on learning demo is included for our older birthday parties.

\$200(includes up to 15 participants)
\$15/additional party goers

Teen Center-Turning 8+ Grab your friends and head to the J for this fun filled interactive party. Shoot some pool, hit the paddle with ping pong, slap shots at air hockey, trivia games, karaoke, group activities and more. This is a special party for your older birthday boy or girl.

\$100 (includes up to 15 participants)
\$8/additional party goers (max party size 25 participants)

Specialty*-Make Your Own Party

Animal Show, Clown, Face Painting, Fashion Party, Specialty Ceramics, Aeronautics (airplanes and helicopters)

If we don't list what you're looking for, let us make it happen.
\$200 (includes up to 15 participants)

\$15/additional party goers

*age requirements based on specialty

Ask about special activities for our middle school parties.

These will make it the **BEST PARTY** ever for your older birthday boy or girl!



Early Childhood

Cathie Izen, Parenting Center Director ext. 103, or cathiei@jccrockland.org

Jennifer Spadicini, Parenting Assistant, J-Land Director ext. 102 or jennifers@jccrockland.org

The Deborah Koenig Parenting Center provides the perfect setting for you and your child to embark on a journey into the world of learning and discovery, wonder, and excitement, spiritual growth and social development. Friendships flourish as our warm and responsive staff create a sensitive, positive, and loving environment. Hands-on activities that stimulate and encourage development of language, as well as motor and cognitive skills are offered throughout the year.

Special Twins Discount get 10% off the second child. For our refund and makeup policy, please see page 2.

IN THE WAGNER FAMILY ROOM

Welcome to the Family Room! A FUN place at the JCC where parents of young children can enjoy discussions and workshops on parental issues, enrichment classes and Jewish holiday programs. All of this is provided in a warm, non-judgmental, baby safe environment.

Just Drop In

Birth-5 years

10 Thursdays, 11am-12pm

Oct 8-Dec 17 (no class on Nov 26)

Open time for new moms and dads to meet other parents and welcome their newborns/ toddlers to our community.

FREE!

Parenting with Values

Birth-5 years

4 Tuesdays, 12:30pm

Sept 15, Oct 20, Nov 17, Dec 15

Discuss topics that relate to raising children with values through a Jewish lens. Facilitator: Aviva Kohl

FREE!

New Parent Tea

Birth-2 years

4 Tuesdays, 12:30pm

September 1

October 6

November 3

December 1

Meet other new moms and babies and be introduced to Jewish organizations in the community while enjoying a light bite and great conversation. Pick up your birth basket!

FREE!

Breastfeeding Group

NEW

Birth-1 year

10 Wednesdays, 11am-12pm

Oct 7-Dec 16 (no class on Nov 11)

Members \$150 Nonmembers \$225

Drop in option Members \$20, Nonmembers \$30

Relax in our Shalom Baby Room while you nurse your babies. Schmooze with other moms, ask your questions and get the answers needed in our unique support group. Obtain practical information about infant development and parenthood.

INFANT TO TODDLER

Baby Fingers Sign Language

Birth-12 months

10 Thursdays, 10:30-11:30am

Oct 8-Dec 17 (no class on Nov 26)

Members \$150, Nonmembers \$225

Learn sign language through songs and play with other parents and babies. Go home each week with new vocabulary and new tunes to enhance communication between you and your child! Watch in awe as your baby or toddler discovers the world of language.

Instructor: Tara Callaghan, MS

Play Pals

6 months-15 months

10 Wednesdays 11-11:45am

Oct 17-Dec 16 (no class on Nov 11)

Members \$120,

Nonmembers \$180

This class will allow you and your child to explore avenues of play while stimulating the senses. Parent discussions will center on developmental skills at this age and activities to enhance each level. Instructor: Marcie Myerow



Toddler Parent 'Tango'

NEW

14-22 months

10 Mondays, 9:30-10:45am

Oct 5-Dec 14 (no class Oct 12)

Members \$220, Nonmembers \$320

Join us this fall for our "not yet nursery school" movement program. Together parents and tots enjoy music, art, stories, gym time, free play, and our very own parent discussion group. Instructor: Melissa McHugh

Cathie Izen, Parenting Center Director ext. 103, or cathiei@jccrockland.org
Jennifer Spadicini, Parenting Assistant ext. 102 or jennifers@jccrockland.org

Breaking Away

18-24 months

10 Thursdays, 9:30-11am

Oct 8-Dec 17 (no class on Nov 26)

Members \$240, Nonmembers \$360

Is your child ready to flex a little independence? Parents and tots begin the session together: finger painting, singing songs, reading books and exploring our wee tot room with loving JCC staff (weeks 1-5). Through a transitional period, moms begin to leave tots alone with staff (weeks 6-10). Successful separation is achieved weeks 11-15. Instructor: Pam McAndrew

On My Own

2 1/2-3 1/2 years

10 Mondays and 10 Wednesdays, 9:30-11:30am

Oct 5-Dec 16 (no class on Oct 12 & Nov 11)

Members \$360, Nonmembers \$540

Tots explore the world through arts and crafts, circle time, music, nature, science, mini gym exercises, and stimulating centers. For children who have completed Breaking Away or are ready for a separation experience. Instructor: Pam McAndrew

MUSIC

The Music Class 3 months-4 years

Section 1: 8 Sundays, Oct 18-Dec 13, 9:30-10:20am (no class Nov 29) Instructor: Merrite Mellion

Section 2: 8 Sundays, **For Dads Only** Oct 18-Dec 13 (no class Nov 29) 10:30-11:20am Instructor: Lisa Jay

Section 3: 10 Mondays, Oct 5-Dec 14 (no class Oct 12) 10-10:50am Instructor: Bonnie Halfond

Section 4: 10 Mondays, Oct 5-Dec 14 (no class Oct 12) 11-11:50am Instructor: Bonnie Halfond

Section 5: 10 Mondays, Oct 5-Dec 14 (no class Oct 12) 2-2:50pm Instructor: Lisa Jaye

Section 6: 10 Tuesdays, Oct 6-Dec 15 (no class Nov 3) 10-10:50am Instructor: Bonnie Halfond

Section 7: 10 Tuesdays, Oct 6-Dec 15 (no class Nov 3) 11-11:50am Instructor: Bonnie Halfond

Section 8: 10 Wednesdays, Oct 7-Dec 16 (no class Nov 11) 2:30-3:20pm Instructor: Lisa Jaye

8 weeks: Members \$100, Nonmembers \$150

10 weeks: Members \$120, Nonmembers \$180

The Music Class (TMC) features award-winning music and engaging activities. Everyone has a great time in class, while being introduced to a wide variety of musical scales, rhythms, instruments and styles that help to stimulate growth. CD and songbook included.

ART

Petite Picassos

2 1/2-5 years

Section 1: 10 Tuesdays, 2:45-3:45pm

Section 2: 10 Tuesdays, 4-5pm

Oct 6-Dec 15 (no class on Nov 3)

Members: \$130, Nonmembers \$190

Widen your child's world through creative expression. A stimulating environment includes finger painting, clay sculpting, and collage. Our teacher asks questions not only to help kids create their works of art, but also to validate their love of learning. Instructor: Debbie Yankowitz



Clay for Kids

3-5 years

Section 1: 10 Thursdays, 1-2pm

Section 2: 10 Thursdays, 4-5pm

Oct 8-Dec 17 (no class on Nov 26)

Members \$130, Nonmembers \$190

Help your child develop eye hand coordination and increased creativity while producing fun and beautiful ceramic objects. Instructor Misty Tarle

The Basics of Fine Art & Creativity

3-5 years

Section 1: 10 Thursdays 12-1pm

Section 2: 10 Thursdays 3-4pm

Oct 8-Dec 17 (no class on Nov 26)

Members \$130, Nonmembers \$190

Children explore their creative talents through the use of acrylics, printmaking, and more. Both still life images and figure drawings will be produced. Instructor: Misty Tarle

Arts from Around the World

3-5 years

10 Mondays, 4-5pm

Oct 5-Dec 14 (no class on Oct 12)

Members \$130, Nonmembers \$190

Experience arts and crafts from around the world, using a rich variety of techniques and materials. We will journey into the Land of the Rising Sun, with printmaking & calligraphy on rice paper. In China our kids will make decorative fans and experiment with ink nature paintings and stamp making. We will explore Thailand through working on fabric, France with expressionistic art, Armenia with traditional decorative drawings, and much much more! Instructor: Sigalit Ben Zeev

Early Childhood

Cathie Izen, Parenting Center Director ext. 103, or cathiei@jccrockland.org

Jennifer Spadicini, Parenting Assistant ext. 102 or jennifers@jccrockland.org

COOKING

Baking Buddies

18-30 months with parent

10 Wednesdays, 9:30-10:15am

Oct 7-Dec 16 (no class Nov 11)

Members \$130, Nonmembers \$190

Hands on fun in the kitchen! Parents and tots experience the fun of cooking together. Delicious new and traditional healthy recipes will be shared. Instructor: Marcie Myerow *Dietary laws observed.*

What's Cookin' Good Lookin'

2 1/2-5 1/2 years

10 Wednesdays, 4-5pm

Oct 7-Dec 16 (no class on Nov 11)

Members \$130, Nonmembers \$190

Tots try new foods and whip up delicious recipes in our kitchen. Our kids learn how to read a picture recipe and measure with a teaspoon, tablespoon, and measuring cup. Learn how to prepare kid-friendly delicacies that can be recreated at home! Instructor: Barbara Wiener and Sophie Goldstein *Dietary laws observed.*

GYMNASTICS AND DANCE

Swing & Play

1-2 years with parent

Section 1: 10 Tuesdays, 9:45-10:30am

Section 2: 10 Tuesdays, 4-4:45pm

Oct 6-Dec 15 (no class on Nov 3)

Section 3: 10 Thursdays, 2-2:45pm

Oct 8-Dec 17 (no class on Nov 26)

Members \$120, Nonmembers \$180

Tots with parents in tow, enjoy this instructor led program helping to increase your toddler's fine and gross motor mobility. Kids explore tumbling on the mats, bars, and trampoline. Instructor: Pam Bender

Little Gymnasts

2-3 1/2 years

8 Sundays, 9:30-10:15am

Oct 18-Dec 13 (no class on Nov 29)

Members \$109, Nonmembers \$155

Welcome to gymnastics and physical fitness. Focus on improving motor skills and confidence. We will enjoy all of the equipment from the trampoline to the rings, floor mats and the balance beam. Instructors: Pam Bender & Andrea Schnabel

Tumbling Tots

3-5 years

8 Sundays, Oct 18-Dec 13 (no class on Nov 29)

Section 1: 10:30-11:15am

Section 2: 11:30am-12:15pm

Members \$109, Non-members \$155

Come jump & play with your friends at this interactive gymnastics class. Swing like monkeys on the bars and bounce like popcorn on the trampoline. This is a great introduction to gymnastics for tots!

Instructors: Pam Bender & Andrea Schnabel

Intro to Ballet

3-4 years

8 Sundays 9:15-10am

Oct 18-Dec 13 (No class on Nov 29)

Members \$109, Nonmembers \$155

Get your little dancer off on the right foot with our beginner course. Our children will use the barre, perform center and across the floor exercises and learn coordination.

For information about dance classes for 4 year olds, see page 12.

SPORTS AND FITNESS

Parent & Me Yoga

Section 1: Birth-12 months with parent

10 Fridays, 12-12:45pm

Section 2: 1-2 years with parent

10 Fridays 10-10:45 am

Oct 9-Dec 18 (no class on Nov 27)

Members \$130, Nonmembers \$190

Yoga for moms with baby in tow! Babies are incorporated into the posture flow. The class will include postures,

breathing, and meditation. Share the positive energy with your baby! Instructor Meryl Hirsch



Yoga Play

3-5 years

10 Thursdays, 4-5pm

Oct 8-Dec 17 (no class on Nov 26)

Members \$130, Nonmembers \$190

Toddlers enjoy this work out by learning yoga techniques in stretching, breathing, and meditation. Kids increase their calm state of being, learn about their bodies, and have fun! Instructor: Meryl Hirsch

Cathie Izen, Parenting Center Director ext. 103, or cathiei@jccrockland.org
Jennifer Spadicini, Parenting Assistant ext. 102 or jennifers@jccrockland.org

Mini Soccer

3-4 years

5 Sundays, Sept-Oct

Members \$65, Nonmembers \$99, includes t-shirt
See page 15 for more info or contact Sherry at ext. 172

Mini Maccabees

3-4 years

10 Fridays, 1:15-2:15pm

Oct 9-Dec 18 (no class on Nov 27)

Members \$180, Nonmembers \$250
Join us for a fun-filled session of scooter races, soccer, basketball, pillow hockey, t-ball, obstacle courses and more. Kids gain fine and gross motor skills and improved coordination. Instructor: Pam McAndrew & Shayna Forte

Open Kids Gym Drop In Play

1-3 years with parent

10 Tuesdays, 1-3pm

Oct 6-Dec 16 (no class on Nov 3)

\$5 for one hour, \$8 for two
Parents and tots can drop in to the Kantrowitz Kids Gym for free play fun! Toddlers explore by crawling on the mats, going down the slides and through the tunnels! A great way to have fun and meet new friends. This is not a drop off program. Kids Gym is supervised by a JCC staff member.

For information about sports leagues for children, see page 15.

JEWISH LIFE

Circle of Chai: A Jewish Holiday Series

2 1/2-5 years with parent/guardian

2 Thursdays, 2pm

October 8 Celebrate Sukkot

December 10 Celebrate Chanukah

Members Free, Nonmembers \$5
Enjoy kid-friendly arts and crafts, snacks, and activities and learn about the Jewish holidays throughout the year. Fun for your little one!



A Taste of Shabbat

5 Fridays, 12:30pm

Oct 16, 30, Nov 13, Dec 4, 18

Members Free, Nonmembers \$5
Parents and toddlers welcome and celebrate Shabbat at the JCC! Sing songs, share stories and make crafts. A great introduction to Shabbat! Facilitator: Aviva Kohl

SAVE THESE DATES

Concert Series:

Soul Farm Concert

September 13

October 18

Jeffrey Friedberg and The Bossy Frog

December 6 - Koenig Chanukah Concert

Featuring Judy and David

January 24

Swingset Mamas sponsored by the Myerow Family

Scholastic Book Fair

November 1-6, 2009

Buy your holiday books and novelty items with us!

Character Breakfast

Friday, December 25

For families with children in Pre-school to grade 2
Contact Monica at ext. 173 for more info.

Winter Break Camp

J-Station Winter Break Camp for 3s and 4s!

9am-12:30pm (3pm option available)

December 24, 28, 29, 30, 31

Members \$30 per day, Nonmembers \$45 per half day if registered by December 11.
Full Day Members \$50, Nonmembers \$75



JCC 92 Y Camp / Day Trippers

Monica Rosenbaum, Children & Family Director ext. 173, monicar@jccrockland.org

92Y

For children entering grades K-6 June 29-August 21, 2009
Located on the Henry Kaufmann Campgrounds in Pearl River

The JCC Rockland partners with the **92nd Street Y** to offer campers a wide range of recreational activities and firsthand nature experience at the beautiful Henry Kaufmann Campgrounds in Pearl River, New York.

- 2 daily swims in our 3 pools and a water play slide
- Nature, Art, Karate, Gymnastics, Cooking, Ceramics and other special activities
- Beautiful indoor facilities
- Ropes challenge course
- Sports including baseball, soccer, archery, volleyball, basketball
- Weekly special events, including Shabbat celebrations
- Special visitors from NYC specializing in sports, acting, music and more



	K-4	5-6
8 weeks	\$3425	\$3600
6 weeks	\$3045	\$3200
5 weeks	\$2635	\$2775
4 weeks	\$2225	\$2340



Hit the road this summer...
Summer travel fun for grades 7, 8 & 9

week 1	five day trips
week 2	five day trips, one late night
week 3	five day trips, one overnight
week 4	one day trip and 4-day/3-night trip to Six Flags Great Escape, Lake George

4 week session Jun 29-Jul 24, \$2980

Checkout our full calendar online at www.jccrockland.org



Full registration form and more information can be found online: www.jccrockland.org

A minimum of JCC Community Membership of \$236 is required for participation in JCC Camps.

Camp J-Land / Sandlot Stars

Jennifer Spadaccini, J-Land Director, ext. 102 / Sherry Feinberg, Assist. Sandlot Stars ext. 172



7 weeks of summer fun for your Preschooler
June 29-August 14, 2009

- ♦ music ♦ computers ♦ arts and crafts ♦ clay ♦ water play
- ♦ indoor gym playground ♦ mini tennis ♦ special Shabbat program
- ♦ field sports and games and lots of TLC!

At J-Land, everyone's a winner! We provide young children with a quality, enriching summer experience that develops social and physical skills and fosters positive self esteem. Our program cultivates independence and self-confidence and challenges the imagination. Our caring, professional staff encourage the children to create, explore, play and giggle.

JCC Community Family Membership is required for enrollment in Camp J-Land.

WEE TOTS Ages 1 year 10 months to 2 years 9 months, 9:15am-Noon

MINI MUNCHKINS 2 years 9 months to 4 years 9 months, 9am-noon or 9am-3pm

KINDER KAMP Entering Kindergarten in fall 2009, 9am-noon or 9am-3pm

Many options available for each age group plus our after camp - camp...

KRITTER KAMP 3 & 4 year olds August 17-21, 2009, 9am-noon or 9am-2pm

Lunch 'n more

12:00-1:00pm

Send kosher dairy lunch
or purchase from café
for an additional fee.

NEW! SANDLOT STARS CAMP

MULTI-SPORT CAMP DIRECTED BY MIKE LOONEY

SANDLOT STARS provides the missing **athletic development** component that every child needs and deserves. Kids get stronger, faster, and better conditioned for sports, but in a fun way that still allows them to be kids. We combine a mix of physical education and traditional school games and activities, where kids learn to think for themselves, be creative, and most of all... just **play!** Our camp features college-age athletic counselors who are **dedicated** to teaching the proper fundamentals necessary for children to realize their own athletic potential.

SESSION HIGHLIGHTS:

★ Obstacle courses ★ Relays ★ Camp Olympics ★ Basketball ★ Dodgeball ★ Flag football ★ Soccer ★ Wiffleball

INCLUDES:

Lunch, Air-Conditioned huge Gymnasium, Outdoor Field, Recreation Room,
Rainy Day Rooms, Dance Studio, Aerobics Studios, XRKade Fitness

Before &
After Care
Available

6 WEEKLY SESSIONS: July 6 - August 14, Grades 1-8: 9am-3pm, Grades 9-10: 9am-1pm

JCC Members/Sandlot Stars Alumni: Early Bird until May 17

One week: \$265, More than one week or more than one child: \$240

After May 17 One week: \$290, More than one week or more than one child: \$265

Non-Members Early Bird: Early Bird until May 17

One week: \$295, More than one week or more than one child: \$270

After May 17

One week: \$320, More than one week or more than one child: \$295



Children and Family

Monica Rosenbaum, Children & Family Director, ext. 173 or monicar@jccrockland.org
Kim Sudwischer, Program Assistant ext. 131 or kiml@jccrockland.org

The J provides children with a safe and caring environment to explore their creativity and imagination while forming friendships and gaining new skills. Class instructors are comprised of dedicated and professional people from many fields, as well as private companies all of whom are committed to providing the best possible experience of learning for each student.

DANCE & GYMNASTICS

Ballet I

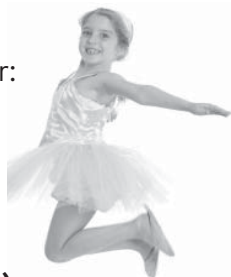
4 years-1st grade

8 Sundays, 10:15-11am

Oct 18-Dec 13 (no class on Nov 29)

Members \$110, Nonmembers \$160

Learn the basics of ballet in this mixed level class. With structured movements self expression will be encouraged. The students will learn all of the fundamental elements of ballet from foot positions to proper hand posture. The student will continue to grow through challenging combinations. Instructor: Miss Bizz



Ballet II

K-2nd grade

8 Sundays, 11-11:45am

Oct 18-Dec 13 (no class on Oct 29)

Members \$110, Nonmembers \$160

Continue learning the elements of ballet through structured movements. This class encourages self expression and exploration. The students will learn many fundamentals of ballet, and will continue to grow with challenging combinations and bar work. Instructor: Miss Bizz

Hip Hop I

K-2nd grade

10 Wednesdays, 4-5pm

Oct 7-Dec 16 (no class on Nov 11)

Members \$130, Nonmembers \$190

Join your friends on the dance floor as we tear it up. Learn technique and discover the freedom of hip hop dance. In this class you will experience a high level of dance training and learn some of the newest moves out there. The session will conclude with a full routine to be performed for your friends and family at the last class meeting. Instructor: Jenn Semon

Hip Hop II

3rd-5th grade

10 Mondays, 5-6pm

Oct 5-Dec 14 (no class on Oct 12)

Members \$130, Nonmembers \$190

Learn the fundamentals of freestyle hip-hop through high-energy workouts that include stretches, isolation exercises, walk variations, and a routine choreographed to today's popular music. Instructor: Jenn Semon

Gymnastics I

K-2nd grade

10 Wednesdays, 4:30-5:30pm

Oct 7-Dec 16 (no class on Nov 11)

Members \$130, Nonmembers \$190

This fun filled gymnastic class for beginners, will focus on the skills and techniques of floor routine, bar and beam exercises with an emphasis on individual skill development, self-esteem and independence. Instructor: Jane Wynne



Gymnastics II

K-2nd grade

10 Mondays, 4:30-5:30pm

Oct 5-Dec 14 (no class on Oct 12)

Members \$130, Nonmembers \$190

This is a high energy gymnastics class. The focus will be on growing and refining gymnastics skills. Individual attention is given to each student to encourage skill development, self-esteem and independence. Instructor: Jane Wynne

SPORTS

Beginner Fencing

2nd-5th grade

8 Sundays, 12-1:30pm

Oct 18-Dec 13 (no class on Nov 29)

Members \$150, Nonmembers \$200

Come learn the art and the skill of fencing. The beginner level class is for those who are new to the sport. Basics of fencing footwork, blade-work, and strategy are the main focus of this course. All equipment is provided. *Maximum of 12 students*
Instructors: Peekskill Fencing Center; Alex Acevedo

New
extended
class times!

Children and Family

Monica Rosenbaum, Children and Family Director, ext. 173 or monicar@jccrockland.org
Kim Sudwischer, Program Assistant ext. 131 or kiml@jccrockland.org

Intermediate Fencing

2nd-5th grade

8 Sundays, 1:30-3pm

Oct 18-Dec 13 (no class on Nov 29)

Members \$150, Nonmembers \$200

For students that have completed the beginner course. This program provides both cardiovascular and aerobic exercise. The course promotes safety and enhances listen skills. All equipment is provided. *Maximum of 12 students* Instructors: Peekskill Fencing Center; Alex Acevedo

New
extended
class times!

All Sorts of Sports

2nd-5th grade

10 Mondays, 4:15-5:15pm

Oct 5-Dec 14 (no class on Oct 12)

Members \$120, Nonmembers \$180

Get your game on! Each week enjoy working on your sports skills, including basketball, soccer, dodge ball and more. Instructor: Jeff Jacobs, JCC Athletic Director

Tennis with Ed

Section 1: 4-5pm, K-2nd grade

Section 2: 5-6pm, 3rd-6th grade

10 Thursdays

Oct 8-Dec 17 (no class on Nov 26)

Members \$130, Nonmembers \$190

Instruction focuses on eye-hand coordination, proper stroke mechanics, game play and etiquette. Both classes will offer beginner and intermediate instruction. For our intermediate level players the focus will be to improve your tennis skills through stroke analysis, drills, strategy sessions and playing matches. *The classes are split by grade and only eight spots are available per class in order to offer more personalized instruction.*

Instructor: Ed Fabry

Karate

Section 1: 4-5pm, 3rd-5th grade

Section 2: 5-6pm, K-2nd grade

10 Tuesdays

Oct 6-Dec 15 (no class on Nov 3)

Members \$130, Nonmembers \$190

Learn from the masters the ancient skills of karate. This program promotes a non-violent life style, inner balance and discipline through healthy exercise.

For sports leagues for children in grades K-13, see page 15.

ART & COOKING

The Art Workshop

2nd-5th grade

10 Tuesdays, 4:30-5:30pm

Oct 6-Dec 15 (no class on Nov 3)

Members \$130, Nonmembers \$190

Enjoy all that art has to offer. In this class we will work on masterpieces through many different mediums. Paint and draw what you see on canvas, learn many techniques of working with clay, explore your imagination with cartoon design and try a hand at sewing.

Culinary Kidz

Section 1: K-2nd grade, 1-2:30pm

Section 2: 3rd-5th grade, 3-4:30pm

8 Sundays

Oct 18-Dec 13 (no class on Nov 29)

Member \$140, Nonmember \$200

Create tasty treats and scrumptious snacks. This kid friendly healthy cooking course will fill your belly. Some of the featured items cooked in this class will be veggie lasagna, rainbow challah, falafel, baked potatoes, fruit smoothies and more. The last class meeting will be a café night for your family to enjoy all of your delicious treats. Each participant will conclude the course with a cookbook to take home. *This is a dairy class and all dietary laws are observed.*

THEATER, COMEDY & MAGIC

Clowning Around

1st-3rd grade

10 Tuesdays, 4-5pm

Oct 6-Dec 15 (no class on Nov 3)

Members \$130, Nonmembers \$190

Come get silly! Learn cool tricks and clowning games to amaze your friends and family for hours. Through magic and clowning you will develop hand/eye/finger coordination, digital dexterity as well as self-confidence. This class includes some take home tricks and face painting tips. Instructor: Paul the Magic Clown



Children and Family

Monica Rosenbaum, Children and Family Director, ext. 173 or monicar@jccrockland.org
Kim Sudwischer, Program Assistant ext. 131 or kiml@jccrockland.org

Musical Theater

K-2nd grades

10 Thursdays, 5:15-6:15pm

Oct 8-Dec 17 (no class on Nov 26)

Members \$130, Nonmembers \$190

Sing, act and dance all at the same time. Cover acts from your favorites like Camp Rock, Little Mermaid and HSM. Learn the skills to be a star like voice projection and staging. Conclude the session with a cabaret type performance for your friends and family.

Musical Theater II

3rd-5th grades

10 Thursdays, 4:15-5:15pm

Oct 8-Dec 17 (no class on Nov 26)

Members \$130, Nonmembers \$190

Musical Theater II is for the older actor. Take to the stage for a fun experience in theater. Learn how to project your voice and entertain a crowd. Some of the acts to be performed are from HSM, Aladdin, the Rodgers & Hammerstein collection and even some original pieces created by the class.

COMPUTER SCIENCE

Web Design

3rd-5th grade

10 Wednesdays, 4-5pm

Oct 7-Dec 16 (no class on Nov 11)

Member \$140, Nonmember \$200

Do you love playing on the computer? This is the class for you! Learn the skills needed to create and launch your own webpage. The class will cover step by step how to design a web page and publish it on the World Wide Web using Dreamweaver software. We will use some of the latest programs and tools to make it a fun and interactive page. As we advance we will learn how to add HTML files, install post scripts and more.



NEW! Snow Insurance Policy

K-5th grade

9am-4pm

November-April

Insurance: Member \$30, Nonmember \$45

What do you do when school's close for a snow day?

The JCC has got you covered. Sign up for Snow Insurance and when the school calls a snow day, and

the J is open, we will provide a guaranteed

spot for your child. Child care will be provided from

9am-5pm members \$40/day, nonmembers \$55

For more details and registration forms, contact

Monica Rosenbaum, ext. 173

SAVE THESE DATES!

Soul Farm Concert

September 13

2nd Annual Mitzvah Madness Bowl-a-thon

Sunday, November 15

Vacation Sensation

Options for children in grades K-5.

Traditional and specialties programs including sports, theatre and cooking December 24, 28, 29, 30, 31 For more information on Vacation Sensation programs, see page 16.

NEW Sports Break Camps with Mike Looney of Sandlot Stars. Call for details.

Character Breakfast

Friday, December 25

For families with children in Pre-school to grade 2



Cooking for the Holidays

September 13 & December 6

Jeffrey Jacobs, Athletic Director, ext. 107 or JeffreyJ@jccrockland.org
Sherry Feinberg, Program Assistant ext. 172 or sherryf@jccrockland.org

Mini Soccer

September-October

3 and 4 year old boys and girls

5 Sundays

Oct 18, 25, Nov 1, 8, 15

Members \$65, Nonmembers \$99

A perfect opportunity for parent/child bonding while learning how to play soccer and having fun. (Includes T-shirt)

Mini Basketball starts in December

NFL Flag Football

September-November

Grades 1-8

Members \$145, Nonmembers \$190

An exciting brand of non-contact football played outdoors wearing NFL replica jersey's. Practices are one evening a week. Games are played on Sunday afternoons and some evenings during the week. (Includes jersey)



Fall Soccer Grades K-2

September-November

For boys and girls

Member \$125, Nonmember \$185

Get your cleats, grab your friends & have fun. Practice one day a week & games on Sunday (Includes uniform)

Basketball League

November-March

Boys K-12, Girls K-11

Practice one evening a week, games on Sundays.

Come join the biggest league around! Over 800 kids annually play in this exciting program.

Member \$195,
Nonmember \$265



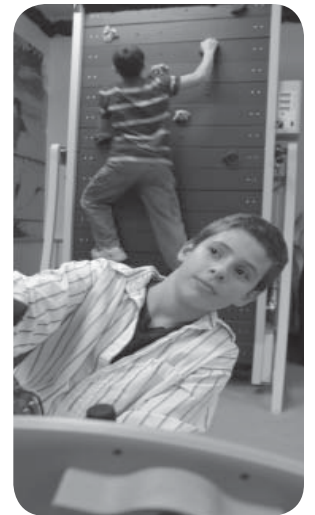
XRKADE

digital fitness

for kids in grades 2-8

The boldest fitness adventure for kids! It combines some of the best fitness equipment with gaming technology. Exercisers can compete against their friends. Powered by Play Station, XRKADE will capture kids' imagination and get them moving toward their fitness goals!!

Access to XRKADE requires a minimum one adult family fitness membership.



Kantrowitz

KIDS GYM

Fitness for kids in grades pre k 4-grade 2

The Kantrowitz Kids Gym at the JCC provides the perfect setting for our younger members to learn new skills and practice old ones.

Members in **grades preK-2** can enjoy the benefits of supervised **FUN ZONE!** Shoot some hoops, jump rope, kick a soccer ball, catch the lacrosse ball with friends!

The monthly schedule of activities are posted on our website.

Access to Kantrowitz Kids Gym requires a minimum of a one adult family fitness membership.

School Age Care (SAC)

Theresa Sullivan, SAC Director ext. 111, or theresas@jccrockland.org

Sharon Terzakis, Assistant SAC Director ext. 171 or sharont@jccrockland.org

School Age Care Programs

- New City Elementary
- Congers Elementary
- Link Elementary
- Pearl River
- Valley Cottage Elementary

Program Philosophy

We create an atmosphere where children can socialize, prosper, learn and enjoy themselves. Recent research has shown that latchkey children are at a greater risk of becoming involved in dangerous behavior during adolescence. The SAC program aims to arm students with the self-esteem and confidence needed to empower them to avoid such behaviors. We are able to achieve our goals by creating an environment where children feel safe, important, and nurtured.

Days of Operation

The JCC Rockland School Age Care program follows the Nyack, Clarkstown, and Pearl River School District calendars, accordingly. The program is open every school day and will be closed when school is canceled in the morning or when school is dismissed early for snow or any other emergency. Please be sure you have a plan in place for your child in the event of an early school closing.

Hours

School Age Child Care begins when school dismisses. The program ends at 6:00pm. Parents are welcome to pick up children at any time during the afternoon.

Activities

We understand that the children have had a long day and may just want to socialize with friends or run around to blow off steam. SAC follows the mood of the children. The aim of SAC is to be "loosely structured." Each day, children have the opportunity to choose from a variety of activities including the arts, organized games, large and small motor activities, dramatic and outdoor play.

Registration procedures:

Existing Students may register beginning May 1.

New Student registration will begin on May 15.

Registration forms are available at the JCC or at your SAC site during SAC hours.



Vacation Sensation Break Camps

No School? No Problem! The JCC offers full-day programming for grades K-6 when schools are closed. Vacation Sensation days are filled with engaging, educational and enjoyable activities for children, including occasional off-campus trips. Each day at the J will include recreational gym time, crafts and opportunities to relax and socialize with friends. The programs run from 9am-4pm with before/after care options available. Before care begins at 7:30 am and after care ends at 6pm Monday through Thursday and 5pm on Fridays.

Traditional & Speciality Camp fees:

Members \$45/day, Nonmembers \$60/day
Ask about special savings for multiple days!
Sibling discounts and SAC perks!

NEW Special Sports Break Camps with Mike Looney of Sandlot Stars. Call for details.

Each day requires a minimum of 10 participants per program.

Contact Monica at ext. 173 or monicar@jccrockland.org for more information.

Monica Rosenbaum, Teen Director, ext. 173 or monicar@jccrockland.org

The Tween program at JCC Rockland offers enrichment classes for youth who are in middle school grades 6-8. Our Tween program is designed to challenge students to develop and cultivate their interests and explore different areas of creativity.

Fencing for Tweens

6th-9th grades

8 Sundays, 3-4:30pm

Oct 18-Dec 13 (no class on Nov 29)

Members \$150, Nonmembers \$200

Come learn the art and skill of fencing. Cover the basics of fencing footwork, blade-work, and strategy. This program also provides both cardiovascular and aerobic exercise. All equipment is provided. Instructor: Rain Rozgatsjov (must have minimum enrollment of 5 students)

Going Gourmet

6th-8th grades

10 Mondays, 5:30-6:30pm

Oct 5-Dec 14 (no class on Oct 12)

Members \$130, Nonmembers \$190

Learn how to cook delicious dinners and healthy side dishes. Each week will focus on a different course and preparation style. *Dietary laws observed.*

Digital Photography

6th-8th grades

10 Mondays, 4-5:30pm

Oct 5-Dec 14 (no class on Oct 12)

Members \$150, Nonmembers \$200

This course will teach you everything you need to know to take stunning pictures and create beautiful albums. Learn about the effects of light and photo composition, as well as manipulating digital images using computer software. Students will develop a portfolio of photographs and end with a showcase of prints. Please bring a digital camera. Instructor: David Miller

Ceramics for Tweens

6th-8th grades

10 Tuesdays, 4-5pm

Oct 6-Dec 15 (no class on Nov 3)

Members \$130, Nonmembers \$190

Learn the basics of manipulating clay in our ceramics studio. Each week students will get their hands dirty making clay creations like vases and sculptures. All creations will be glazed and fired in our kiln to be taken home to decorate your home. Instructor: Susan Shaw

Fashion Design

6th-8th grades

10 Wednesdays, 4-5:30pm

Oct 7-Dec 16 (no class on Nov 11)

Members \$180, Nonmembers \$240

Experiment with principals of design in practical and free-form ways. Students will walk away with skills required to create and embellish certain basic clothing garments from materials that can be purchased in any fabric store. The final class session will feature a gallery showing of finished garments.

Hip Hop

6th-8th grades

10 Wednesdays, 5-6pm

Oct 7-Dec 16 (no class on Nov 11)

Members \$130, Nonmembers \$190

Learn the fundamentals of freestyle hip-hop through high-energy workouts that include stretches, isolation exercises, walk variations, and a routine choreographed to today's popular music. Instructor: Jenn Semon

Broadway Bound

6th-8th grades

10 Thursdays, 4-5m

Oct 8-Dec 17 (no class on Nov 26)

Members \$130, Nonmembers \$190

Dream of starring in Wicked or Chicago? Our instructor, a Carnegie Hall veteran, will help tweens develop their voice and performance skills. Students will prepare a one-act show to be performed during the final class session. Instructor: Melissa Wilkison, Rockland Academy of Vocal Arts

Web Design

6th-8th grades

10 Thursdays, 5:30-6:30pm

Oct 8-Dec 17 (no class on Nov 26)

Members \$140, Nonmembers \$200

Learn how to create your own website focusing on your interests. You'll start from scratch and end with a website that you can show off to your friends! Instructor: Samantha Sico

Sports leagues for tweens, see page 15

Save the Date!

Saturday, October 24 - Sunday, October 25

2nd Annual Community-Wide **"All Night to Do Right"**

For all Jewish youth grades 8-12

Teens

Monica Rosenbaum, Teen Director, ext. 173 or monicar@jccrockland.org

The Teen program at JCC Rockland creates a community that fosters an exciting, safe and supportive environment for youth in grades 9-12 to develop friendships and participate in fun and fulfilling activities like community service projects, field trips, enrichment classes, recreational activities, and a whole lot more! To learn more and register for Teen programs, please contact Shoshana Potts, ext 199 or shoshanap@jccrockland.org.

Jake Talks

Mondays, 4:15-5:30pm

Beginning Oct 5

JAKE TALKS, an Internet talk show run by JCC teens in grades 9-12, goes live on Mondays at 5:00pm on www.rocklandworldradio.com. Find out who is in the Hot Tub and which letter puts teens in a pickle! Share your points of view on the latest teen topic. Call 845-290-9493 to share your views on air! Contact Shoshana if you'd like to join our team.

Kickboxing for Teens

9th-12th grades

10 Tuesdays, 4:30-5:20pm

Oct 6-Dec 15 (no class on Nov 3)

Fitness Members \$60, Community Members \$120, Nonmembers \$150
Enjoy this great workout in a class just for teens! A challenging cardiovascular workout based on traditional martial arts. Participants punch and kick their way to a more fit physique.



Spinning for Teens

9th-12th grades

10 Thursdays, 4:30-5:20pm

Oct 8-Dec 17 (no class on Nov 26)

Fitness Members \$60, Community Members \$120, Nonmembers \$150
Indoor cycling with an inspiring team coach who leads riders over hills, through intervals and sprints. Burn serious calories with a great bike workout.

PSAT Preparation

5 Sessions

Sundays, Sept 6, 13 & 27, 9:00am-noon

Thursdays, Oct 1 & 8, 6:00-9:00pm

\$275 including all materials

SAT Preparation

8 Sessions

Sundays, Sept 6, 13, 27, 9:00am-noon

Thursdays, Oct 1 & 8, 6:00-9:00pm

Sundays, Oct 18, 25 & Nov 1, 9:00am-noon

\$425 including all materials

Marilyn Kohn Associates
PSAT/SAT Tutoring Specialists
Please contact Marilyn Kohn at 845-362-1385 or 201-722-0122 to register.

Teen Leadership Council

What do YOU want to see going on at the JCC? We are forming a teen leadership council starting in September so our programs can be all about you! This council is the perfect thing to put on your college resume, and it's a lot of fun! Program planning, leadership building, social events and community service will all be combined to give you a fun and fulfilling experience that you will remember. Contact Shoshana if you are interested in learning more.

Stay tuned for more fall programming for teens We will be offering one-time seminars and classes, as well as fun trips and activities for teens.

Save the Date!

Saturday, October 24 - Sunday, October 25

2nd Annual Community-Wide **"All Night to Do Right"** For all Jewish youth grades 8-12.

Sports leagues for teens, see page 15

Registration Form



Membership Id # _____ NEW RENEWAL ALUMNI

Membership Start Date _____ Membership Expiration Date _____

Please circle: Dr. Mr. Mrs. Ms Miss

Name _____ Male Female D/O/B _____

Address _____ City _____ State _____ Zip _____

(H) Ph _____ (C) Ph _____ Email _____

2nd Adult Name _____ D/O/B _____ M F Email _____

Child Name _____ D/O/B _____ M F Grade _____

Child Name _____ D/O/B _____ M F Grade _____

Child Name _____ D/O/B _____ M F Grade _____

Child Name _____ D/O/B _____ M F Grade _____

Who will be with child (if applicable) _____ Relation _____ Ph _____

I give my permission for my child to participate in the program(s) listed below: Signature _____

EMERGENCY CONTACT _____ Ph _____

Participant	Class Name or Description	Day	Time	Fee
	Additional donation			

Payment: Check # _____ CC # _____

 Card Type _____ Exp _____ Code _____ TOTAL _____

Membership fees are not refundable. ♦ \$15 cancellation fee on Senior day trips. ♦ **\$25 administrative fee for withdrawal prior to first class.** ♦ **No refund after first class.**
 ♦ You must be a member in good standing for the duration of the class/program to receive member rates. ♦ 2nd child discount applies to members ONLY.

I hereby release the JCC Rockland, their agents, employees, and management from any and all damage, liability, or injury in connection with the use of their programs and facilities and any of the programs and facilities contained therein and off-site, not relating to negligence. I hereby personally assume liability for loss, all items and all personal property brought into the JCC Rockland.

The JCC Rockland reserves the right to use all pictures that I/we might appear in, for publicity purposes with or without my/our permission.

I HAVE READ AND UNDERSTOOD MY RIGHTS AS STATED ABOVE. SIGNATURE _____
 DATE _____

SUNDAY SAMPLER...

FUN DAY AT THE J!

TAKE ADVANTAGE OF ALL THE JCC HAS TO OFFER!

SUNDAY, MAY 17 1-4PM

FREE
for the entire
community!!!



- FALL **CLASS TRIALS** FOR KIDS & ADULTS OF ALL AGES
- PROGRAM **REGISTRATION**
- VENDOR **BOUTIQUE**
- **MAGIC** SHOW
- **BOUNCE** HOUSE
- **MUSIC**
- PETTING **ZOO**
- 50/50 **RAFFLE**
- **SPECIAL** FALL PROGRAM DISCOUNTS

LOADS OF FUN!

Additional Discount Registration
Nights: Monday and Tuesday, May
18 & 19, 6:30-9:30pm

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The JCC Rockland is a beneficiary agency of the Jewish Federation of Rockland