

A photograph of two children, a girl and a boy, smiling and posing in the rain. The girl, in the background, has red face paint on her cheeks and is wearing a red t-shirt. The boy, in the foreground, has purple face paint on his cheeks and is wearing a blue t-shirt. A large white circle with a blue border is overlaid on the top right of the image, containing the text 'Fall Program Guide'.

Fall Program Guide

binghamtonjcc.org

About

Since its inception in 1927, the JCC of Binghamton has evolved to become a vital part of the Broome County community as a full-service, not-for-profit, organization. Centrally located just south of the University Plaza, the JCC is a vibrant, dynamic institution enriching the lives of people of all ages through a wide variety of services. The JCC offers cutting edge programs in everything from day care, day camp and youth recreation leagues to aquatics, health and wellness, adult education, social, holiday and cultural programming.

Open to the entire community, our mission is to inspire people to live healthier lives, engaging participants in expanding their minds, and playing an active role in their community while developing important life skills and self-esteem.

As a nonsectarian, United Way partner, the Center welcomes participants regardless of age, race, religion, sexual orientation, nationality or ability to pay. Reduced rates for Membership are offered based on need and availability of funds.

Our Values



Our Purpose

Seeking to embrace the true spirit of community, the JCC of Binghamton is dedicated to the enrichment of family life and fosters the spiritual, emotional and physical development of its individual members through all of life's stages and circumstances. The JCC represents a model of acceptance, understanding and diversity and welcomes social inclusiveness, catering to a wide variety of ages, lifestyles ethnicities and socio-economic backgrounds. **JOIN US!**

Aquatics

Youth Group Swim Lessons (\$78 Members / \$132 Non-members)

Dive into confidence and safety with our engaging swim lessons, designed to help grow every child into a skilled and happy swimmer. Join us for a splash of fun and fitness—our certified instructors make learning to swim an unforgettable adventure! Recommended groups: Preschool ages 2-5; Youth ages 6-9; Advanced Youth ages 9-12; Parent/Child - any age.

Fall Session 1

- Sundays - September 22- October 27
- Tuesdays - September 24 - October 29

Fall Session 2

- Sundays - November 10- December 15
- Tuesdays - November 12- December 17

Class Schedule		
	Sundays	Tuesdays
Preschool	10:00 - 10:30	4:30 - 5:00
Youth	10:30 - 11:00	5:30 - 6:00
Advanced Youth	11:00 - 11:30	6:00 - 6:30
Parent/ Child	9:30 - 10:00	5:00 - 5:30

Youth Private Swim Lessons

Experience personalized attention and rapid progress with our private swim lessons, tailored to meet your unique needs and goals. Enjoy the exclusive benefits of one-on-one instruction from our expert coaches, ensuring a safe and confident journey to swimming success! Please call to inquire about availability & times. Classes are 30 minutes.

1 Student

1 Session: \$25/\$30
4 Sessions: \$96/\$116
8 Sessions: \$184/\$224

2 Students

1 Session: \$35/\$40
4 Sessions: \$136/\$156
8 Sessions: \$264/\$304

3 Students

1 Session: \$40/\$50
4 Sessions: \$156/\$196
8 Sessions: \$304/\$392

Adult Water Aerobics (\$0 Members)

Non-members 1 day/ week - \$75 3 days/week - \$135 5 days/week - \$170
2 days/week - \$110 4 days/week - \$155

Join us for Water Aerobics, a class that offers a low-impact workout that is gentle on joints while effectively building strength and endurance. Additionally, it provides a social environment that can enhance motivation and make exercising more enjoyable.

9:00 - 9:45 Mondays - Fridays

Meet our Aquatics Instructors



Nate Stillman

Nate has spent more of his life in the water, than out of it, and actually learned to swim at the JCC! He understands the importance of emphasizing safe water practices, while still maintaining an upbeat positivity to encourage people of all ages to enjoy getting into the water. In his free time, Nate enjoys traveling, fixing things, and playing music!

Jo Cramer

Jo has been a Certified lifeguard and swim instructor since 2018 and enjoys customizing swim lessons to meet the needs of the child. Jo currently attends Binghamton University, majoring in philosophy, creative writing, and English literature. In his free time, he enjoys rock climbing, backpacking, triathlon training, reading, snowboarding, and theatre.



Infant Swim Rescue (ISR)



**Start
date:
10.28**

Self-rescue swim class

2 GREAT LOCATIONS:

JCC, VESTAL - 7 TO 9:50AM

6 MONTHS TO 6 YEARS OLD

Central New York ISR

Email: s.krause@infantswim.com

Aquatics Schedule

Our aquatics facility is a great place to participate in lap or family swimming activities. Lap swimming provides a comprehensive cardiovascular workout that improves overall fitness and endurance while promoting stress relief. Family swimming allows for quality bonding time, encouraging physical activity and healthy habits for all family members. Swimming during open times is free for JCC members.

September 1 - December 31, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Member Swim 7:00 - 10:00	Member Swim 7:00 - 10:00	Member Swim 7:00 - 10:00	Member Swim 7:00 - 10:00	Member Swim 7:00 - 10:00	JCC Closed	Member Swim 8:00 - 3:45
Water Aerobics 9:00 - 9:45	Water Aerobics 9:00 - 9:45	Water Aerobics 9:00 - 9:45	Water Aerobics 9:00 - 9:45	Water Aerobics 9:00 - 9:45		
Pool Closed ECC Swim 10:00 - 11:00	Pool Closed ECC Swim 10:00 - 11:00	Pool Closed ECC Swim 10:00 - 11:00	Pool Closed ECC Swim 10:00 - 11:30	Pool Closed ECC Swim 10:00 - 11:00		
Member Swim 11:00 - 1:00	Member Swim 11:00 - 1:00	Member Swim 11:00 - 1:00	Member Swim 11:00 - 1:00	Member Swim 11:00 - 4:00		
Member Swim 3:00 - 7:45	Kids Connection 3:45 - 5:00	Member Swim 3:00 - 7:45	Kids Connection 3:45 - 5:00			
Member Swim 5:00 - 7:45	Member Swim 5:00 - 7:45		Member Swim 5:00 - 7:45	JCC Closed		

Arts + Culture

Youth Theater (\$160 Members / \$180 Non-members)

Tuesdays & Wednesdays 4:00 - 5:30 p.m.

8-week session begins September 17th

Final performance - November 13th at 6:00 p.m.

Unleash your creativity and step into the spotlight with our dynamic Youth Theatre Class, where budding performers explore the four major concepts of show business! Dive into the world of music as you learn how to harmonize and sing with confidence. Explore stage development to understand the art of transforming a simple set into a captivating world. Master the craft of script writing and following as you create your own narratives and bring them to life. Embrace the spontaneity of improv, where quick thinking and imagination take center stage.

Throughout the class, you'll collaborate with fellow students to create a unique performance, culminating in a spectacular show. Do we know what the show will be named yet? Nope- that is for YOU to figure out! You don't want to miss this thrilling adventure in theatre, where every voice and idea shines! Instructor: Mr. Harry



binghamtonjcc.org

Arts + Culture

Little Brushes (\$65 Members / \$80 Non-members)

6-week session beginning October 1

Tuesdays 12:45 - 1:30 p.m.

Age 3-5

Little Brushes is a creative and engaging paint class designed specifically for preschoolers, where young children explore their artistic talents in a fun and supportive environment. Guided by Mr. Harry, kids are introduced to basic painting techniques while working on simple, age-appropriate projects. The class encourages creativity, fine motor skill development, and self-expression, making it a delightful and educational experience for the little ones. Each session is filled with color, imagination, and the joy of creating something unique.



Nature Explorers (\$65 Members / \$80 Non-members)

6-week session beginning October 2

Wednesdays 12:45 - 1:30 p.m.

Age 3-5

Nature Explorers is an interactive class for preschoolers, where young children are introduced to the wonders of the natural world. Through hands-on activities, guided nature walks, and sensory experiences, kids learn about plants, animals, and the environment around them. The class fosters curiosity, a love for nature, and an understanding of ecological concepts, all while encouraging exploration and outdoor play. It's a perfect way for little ones to connect with nature and develop a lifelong appreciation for the environment. Instructor: Mr. Harry



Fitness

The JCC offers a diverse range of athletic programs designed to cater to all ages and skill levels, promoting physical fitness and community engagement. The JCC also participates in SilverSneakers, a fitness program through Medicare Advantage which is designed for older adults, and offers access to gym memberships, fitness classes, and wellness resources.

\$0 Members / \$4 Non-members)

Yoga:

Mondays 10:45 - 11:30 a.m.

Instructor: Jill

SilverSneakers Eligible: Yes

A gentle and effective way to improve flexibility, balance, and overall wellness through yoga routines. Our classes provide a supportive and social environment to help maintain physical health and mental well-being and include both standing and seated positions.

Classic Exercise:

Wednesdays 10:45 - 11:30 a.m.

Instructor: Jill

SilverSneakers Eligible: Yes

Join us for traditional exercise classes focused on enhancing strength, coordination, and range of motion through a series of seated and standing exercises. These classes use light weights, resistance bands, and chairs to ensure a safe and accessible workout.

BOOM Workout:

Fridays 10:15- 11:00 a.m.

Instructor: Jill

SilverSneakers Eligible: Yes

BOOM workout offers mild-energy exercise designed to improve cardiovascular endurance, strength, and agility. These classes feature fun, fast-paced routines that are adaptable to various fitness levels, providing an invigorating experience for adults looking to stay active.



Fitness

Pilates Fall Package:

Drop in: \$15 M/\$20 NM

1 day/week \$130M/\$195NM

2 days/week \$260M/\$390NM

October 1 - December 31

Tuesdays 9:30 - 10:30 a.m. Instructor: Rita

Tuesdays 4:15 - 5:15 p.m. Instructor: Jill

SilverSneakers Eligible: No

A gentle and effective way to improve flexibility, balance, and overall wellness through yoga routines. Our classes provide a supportive and social environment to help maintain physical health and mental well-being and include both standing and seated positions.



Pilates (October Only):

\$45M/ \$65NM

October 2, 9, 16, 23, 30

Wednesdays 9:30- 10:30 a.m.

Instructor: Jill

SilverSneakers Eligible: No

A gentle and effective way to improve flexibility, balance, and overall wellness through yoga routines. Our classes provide a supportive and social environment to help maintain physical health and mental well-being and include both standing and seated positions.

Pilates (November + December Only):

1 day/ week \$90M/ \$130 NM

2 days / week \$180M/ \$260NM

November 1 - December 31

Thursdays 9:30 - 10:30 a.m. Instructor: Jill

Fridays 9:00 - 10:00 a.m. Instructor: Jill

SilverSneakers Eligible: No

A gentle and effective way to improve flexibility, balance, and overall wellness through yoga routines. Our classes provide a supportive and social environment to help maintain physical health and mental well-being and include both standing and seated positions.

Fitness

Tai Chi:

\$50M / \$60 NM

Participants over the age of 80 are free.

September 23 - October 30

Mondays & Wednesdays 10:30 - 11:30 a.m.

Instructor: Peg

SilverSneakers Eligible: No

Tai Chi is a gentle form of exercise that combines deep breathing with slow, flowing movements, promoting relaxation and mental clarity. It helps improve balance, flexibility, and overall physical strength, making it a great option for all ages. Additionally, regular practice can reduce stress, enhance mood, and support cardiovascular health.



Personal Training

Personal training offers tailored workout plans that cater to individual fitness goals and needs, ensuring more effective and efficient results. It provides motivation and accountability, helping clients stay consistent and committed to their fitness journey. Additionally, personal trainers can educate clients on proper form and technique, reducing the risk of injury and enhancing overall performance.

Introductory Package 3 60 Minutes Sessions

\$120/ \$144

New clients only. Limited to one package per person.

Personal Training 30 Minutes

1 Session: \$35/\$42
5 Sessions: \$165/\$198
10 Sessions: \$315/\$378

Personal Training 60 Minutes

1 Session: \$60/\$72
5 Sessions: \$250/\$300
10 Sessions: \$450/\$540

Partner Training 45 Minutes Sessions

1 Session: \$30/\$36
5 Sessions: \$140/\$168
10 Sessions: \$250/\$300

Call today to schedule your free personal training consultation and take the first step toward achieving your fitness goals. Our trainers are ready to create a personalized workout plan tailored just for you, ensuring you get the most out of every session!

607.724.2417

Email: CatyF@binghamtonjcc.org

binghamtonjcc.org

Sports

Pickleball:

\$4 Members / \$8 Non-members

Sundays 12:15 - 3:10 p.m.

Mondays 5:00 - 8:00 p.m.

Wednesdays 12:00 - 1:30 p.m. (beginner friendly)

Thursdays 5:00 - 8:00 p.m.



Pickleball is a paddle sport that combines elements of tennis, badminton, and table tennis. It is played indoors on a court with a net, using a perforated plastic ball and paddles. The game can be played in singles or doubles, and it is known for being easy to learn, making it popular among players of all ages and skill levels.

Adult Basketball League:

\$600/Team or \$115/Free Agent

September 24- December 3

Tuesdays 8:00-10:00 p.m.

Join our Adult 30+ Basketball League for an exciting 4v4 short-court experience! Open to players aged 30 and up, with one exception per team, this league guarantees 8 games officiated by Board 49 officials. Teams will consist of 6-9 players, with rosters of fewer than 6 players supplemented by free agents. Each team receives custom shirts, so gear up and get ready to compete! (Note, weeks are built into the schedule in case of inclement weather or scheduling adjustments.)

Youth Basketball League:

September 22 - November 13

Lil' Hoopsters

\$75M/\$125NM

Ages: 3-5

Sundays 9:00 - 10:00 a.m.

Junior Hoopsters League

\$100M/\$150NM

Grades: K-2

Wednesdays 5:00- 6:00 p.m.

Sundays 10:00 - 11:00 a.m.

Hoopsters League

\$100M/\$150NM

Grades: 3-6

Wednesdays 6:00- 7:00 p.m.

Sundays 11:00 a.m.- 12:00 p.m.

The Hoopsters Youth Basketball League offers an engaging and supportive environment for children from ages 3 through 6th grade. Our program focuses on teaching the fundamentals of basketball while fostering teamwork, sportsmanship, and personal growth. By emphasizing skill development, we aim to build confidence in each player, helping them achieve their personal fitness and health goals. Join us for a season of fun, learning, and character-building on the court!

Sports

Youth “Soccer Shots”:

\$150 M/NM

September 24 - November 12 (8-week session)

Tuesdays 9:30 a.m. & 10:10 a.m.

Ages 2-5

Soccer Shots Soccer Program brings the joy of soccer directly to children during the regular school day, making it easy for families to participate. The program focuses on teaching soccer fundamentals while promoting teamwork, sportsmanship, and confidence. Each lesson is designed to be fun and engaging, helping children develop both their skills and a love for the game in a familiar, supportive environment. Join us for a season of active learning and growth! Each participant will receive a Soccer Shots shirt!

To register, please visit soccershots.com/Binghamton

Fall Soccer

Soccer Shots is an engaging children's soccer program for ages 2 to 8. Join the best coaches in the business on Soccer Island for age-appropriate soccer skills, character-building and *FUN!*

Soccer Shots®



binghamtonjcc.org



YOUTH BASKETBALL

WITH COACH LOIC SEBUHARA

Join our youth basketball program to grow your child's passion for the game while enhancing their skills, teamwork, and confidence. both on and off the court!

September 22 - November 13

LIL' HOOPSTERS

AGES 3-5

SUNDAYS 9:00 - 10:00 AM

\$75M / \$125M

JUNIOR HOOPSTERS LEAGUE

GRADES K-2

PRACTICES: WEDNESDAYS 5:00 - 6:00 PM

GAMES: SUNDAYS 10:00 - 11:00 AM

\$100M / \$150NM

HOOPSTERS LEAGUE

GRADES 3-6

PRACTICES: WEDNESDAYS 6:00 - 7:00 PM

GAMES: SUNDAYS 11:00 AM - 12:00 PM

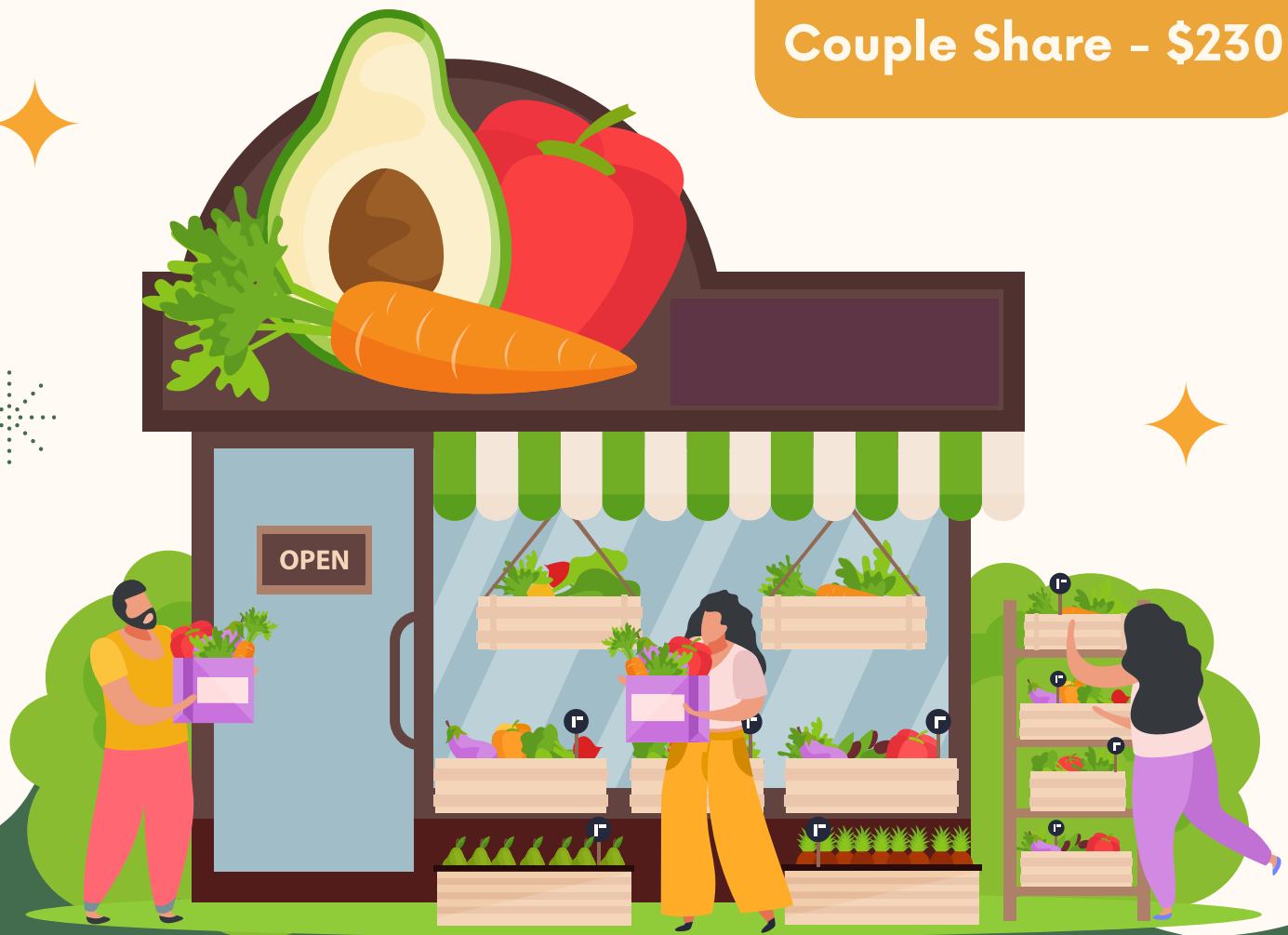
\$100M / \$150NM



Crop Share

with Russell Farms

Full Share - \$320
Half Share - \$270
Couple Share - \$230



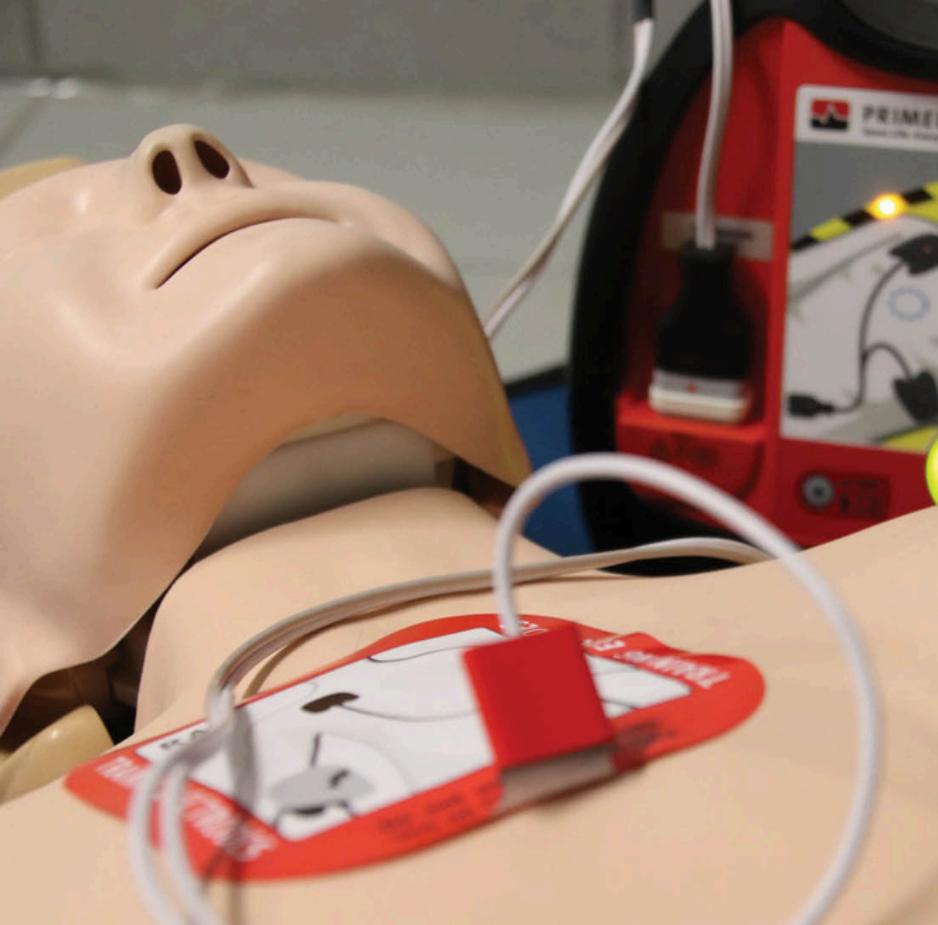
10 Week Program

September 12 - November 14

Pick up every Thursday 3:30 - 5:45 PM

JCC Main Lobby

<https://russell-farm.com/shop/csa/binghamtonjccprogram/>



Free community AED
and CPR training.

**Wednesday, September
25, from 6:30-9:30 pm**

**Jewish Community
Center, 500 Clubhouse
Rd., Vestal**

Registration required. Go to
www.jfgb.org or call 607-
724-2332.

Guardian Training

Learn to protect yourself and
your community.

Tuesday, August 27 at
the JCC.
Beginning at 6:30 pm.
Registration required.

**YOUR
Campaign
Dollars at
Work**

LOW ST
700

Location host:



Events sponsored by:



Sisterhoods of Beth David Synagogue,
Temple Concord, + Temple Israel

Community Hanukkah Celebration

Thursday, December 19th, 2024*

5:15 to 7:00pm

HOMEMADE LATKES

Help us transform the darkness into light!

*Due to the the first night of Hanukkah falling on Christmas this year we will be celebrating a few days early before everyone leaves on winter break vacation

5:15pm

OUTDOOR CANDLE LIGHTING

5:30pm

ENTERTAINMENT

JCC Preschool

Hillel Academy

Community Hanukkah Video!



6:00pm

DINNER

Latkes, Applesauce, Tuna
Rolls & Dessert

6:00 - 7:00pm

ACTIVITIES

Dreidles, Gelt, games & crafts

\$8 Adults/\$6 Children/ \$28 max per family



JCC
binghamton

500 Clubhouse Rds., Vestal NY 13850

Reservations appreciated

(607) 724-2417

Early Childhood Center & Universal Pre-Kindergarten

Licensed early education center providing infant, toddler, preschool, and Universal Pre-Kindergarten (UPK) care.

At the ECC we believe in developing the whole child. We take the time to recognize and nurture the physical, emotional, social, linguistic and cognitive skills of each individual child. We believe that children learn best through hands-on experience in an atmosphere that is safe, loving and stimulating.



2024-2025 Tuition Rates (effective September 1, 2024)

Infant (6 weeks - 18 months)
Waddlers (Infant to Toddler)
Toddler (18 months - 3 years)
Preschool (3 years - 5 years)

Members: \$1477.67/ Non-members \$1612
Members: \$1445.67/ Non-members \$1580
Members: \$1412.67/ Non-members \$1547
Members: \$1321.67/ Non-members \$1456

Universal Pre-Kindergarten

Participating schools: Vestal & Binghamton;
Limited self pay spots available: \$800

Open Registration & Enrollment

admissions@binghamtonjcc.org

607.724.2417



Office of Children
and Family Services



Kids Connection

Kids Connection offers comprehensive after-school care, providing a safe and engaging environment for children once their school day ends. Additionally, our drop-in care services are available during snow days, school closures, and other unexpected breaks, ensuring that parents have reliable childcare options whenever needed. “Long day” care is available for snow days, school closures, and half days. Kids Connection follows the Vestal Central School District calendar, which often coincides with other local districts.

After School Child Care

1-5 days a week
Long Day care available

2024 - 2025 Full Year Contract:

Registration Fee: \$100

Members: \$80 per week / Non-members: \$110 per week

Long day Fee (additional): Member: \$40 per day / Non-member \$50 per day

Drop-in Child Care

Long Day care, only

2024 - 2025 Drop-in Contract:

Registration Fee: \$40

Members: \$65 per day / Non-members: \$75 per day



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We couldn't do this, without YOU!

Together, we achieve more. With your continued support, we can reach even greater heights.

How you can help:

- ✓ Volunteering
- ✓ Donations of items in need
- ✓ One time giving
- ✓ Annual giving
- ✓ Fundraising



Interested in learning how you can help?
Please contact Raychel Reilly, COO
E: RaychelR@binghamtonjcc.org
P: 607.724.2417

SCHOOL SUPPLY DRIVE

✓ Glue Sticks & Liquid Glue

✓ Chalk (Classroom & Sidewalk Chalk)

✓ Composition Notebooks

✓ Paint Brushes

✓ Construction Paper

✓ Play-Doh

✓ Crayons & Markers

✓ Folders

✓ Scissors (Left & Right Handed)

✓ And More! You Pick!

Help the ECC FILL their art closet for the school year!



August 16 - September 13



Bins will be located near each classroom. The classroom with the most donations will win an ice cream party!



Information



Hours

Office

Monday - Friday 8:30a.m. - 5:00 p.m.
CLOSED SATURDAY & SUNDAY

Fitness Center + Health Club

Sunday - 8:00a.m. - 4:00p.m.
Monday - Thursday - 7:00a.m. - 1:00p.m.
3:00-8:00 p.m.
Friday - 7:00 a.m. - 4:00 p.m.
CLOSED SATURDAY

Early Childhood Center

Monday - Friday 7:30a.m. - 5:30 p.m.
CLOSED SATURDAY & SUNDAY

Kids Connection

Monday - Friday 3:15 - 6:00 p.m.
*Long Day schedule 7:30 a.m. - 6:00 p.m.

Our Team

Leadership Team

Sheryl Brumer, Chief Executive Officer
Raychel Reilly, Chief Operating Officer
Deborah Beylo, Chief Financial Officer

Administration & Membership

Laura Hotaling, Administrative Manager
Taylor Simrell, Administrative Assistant

Athletics

Lucille Dellos, Basketball League Coordinator
Loic Sebhara, Youth Basketball Coordinator

Communications & Marketing

Katelynn Hrywnak, Marketing Manager

Early Childhood Center

Toni Dougherty, Early Childhood Center Director
Molly Buckland, Curriculum + Child Development Mgr.
Mikaela Atwater, Admissions + Family Engagement Mgr.
Sandra Schmitz, Kitchen Coordinator

Facilities & Maintenance

Scott Nowalk, Sr. Facilities Technician
John Kakusian, Maintenance Assistant
Ashley Frost, Maintenance
Casey Bleck, Maintenance

Health & Wellness

Nate Stillman, Aquatics Director
Caty Flagg, Fitness Coordinator + Personal Trainer
Raeli Foster, Personal Trainer

Youth & Camp

Harry Cohen, Arts + Culture Director
Willa Cohen, Youth + Teen Director
Katie Shaheen, Camp Director

Interested in working at the JCC Binghamton?

We'd love to have you! Submit your resume to
info@binghamtonjcc.org

JCC Policy Information

The classes listed in this Program Guide are provided by the Jewish Community Center as a service to all residents of the Broome County area. Participation is open to everyone regardless of JCC membership. Non-members are encouraged to consider joining to pay lower course fees and have greater access to facilities.

Insurance

It is incumbent upon all participants to have personal insurance coverage in case of an accident or injury. The JCC or its employees are not responsible for injuries suffered while present or participating in JCC activities or for loss or damage to valuables or property.

Class Refund Policy

Classes will be not pro-rated for late entry or refunded if missed. There are no refunds after the first class of the session.

Registration Policy

Pre-registration to a class is required. A minimum number of registrants is required for each course to run. If there is insufficient enrollment, a course may be cancelled in advance of its start date. No seat will be reserved without payment. No class will be pro-rated for late entry or refunded if missed. No refunds will be given after the first class.

Guest Policy

JCC Members in good standing may receive complimentary passes to the Center for out-of-town guest for up to 2 weeks. A \$10 guest pass can be purchased up to 3 times for a local guest. Guests must be accompanied by a Member.

Facility Closing Policy

The JCC closes if a Broome County State of Emergency with a travel ban has been declared. However, the JCC including ECC & KC has the discretion to close in other instances due to predictions of severe weather events or other situations that warrant closures.

Open Gymnasium/Pool Policy

As a licensed day care provider, we comply with the NYS requirements for childcare as follows: Members who are 13 or under may use the gymnasium, pool or facilities only if they are accompanied by a parent. (For anyone using our Fitness Room you must be 18 older)



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