

Summer Program Guide



jccbinghamton.org

Aquatics

Youth Swim Lessons (\$90 Members / \$160 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 2-4; Youth ages 5-8; Advanced Youth 9-12; Parent/Child - any age.

Sunday Class Schedule

July 7, 14, 21, 28, August 4, 11, 18, 25

- 9:30 - 10:00 Preschool
- 10:00 - 10:30 Youth
- 10:30 - 11:00 Advanced Youth
- 11:00 - 11:30 Parent/Child
- 11:30 - 12:00 Preschool

Tuesday Class Schedule

July 9, 16, 23, 30, August 6, 13, 20, 27

- 5:00 - 5:30 Preschool
- 5:30 - 6:00 Youth
- 6:00 - 6:30 Advanced Youth
- 6:30 - 7:00 Parent/Child

Youth Private Swim Lessons (\$25 Members / \$30 Non-members)

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.

Adult Water Aerobics (\$0 Members)

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

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.

- 8:15 a.m. - 9:00 a.m. Mondays - Fridays



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.

Effective: July 1 - September 1, 2024

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--|---------------|-------------------------------|
| Member Swim 7:00 - 9:30 | Member Swim 7:00 - 9:30 | Member Swim 7:00 - 9:30 | Member Swim 7:00 - 9:30 | Member Swim 7:00 - 9:30 | JCC Closed | Member Swim 8:00 - 3:45 |
| Water Aerobics 8:15 - 9:00 | Water Aerobics 8:15 - 9:00 | Water Aerobics 8:15 - 9:00 | Water Aerobics 8:15 - 9:00 | Water Aerobics 8:15 - 9:00 | | |
| Toddler & Preschool Swim 9:30 - 10:00 | Toddler & Preschool Swim 9:30 - 10:00 | Toddler & Preschool Swim 9:30 - 10:00 | Toddler & Preschool Swim 9:30 - 10:00 | Toddler & Preschool Swim 9:30 - 12:30 | | |
| Camp JCC Swim 10:00-12:30 | Camp JCC Swim 10:00-12:30 | Camp JCC Swim 10:00-12:30 | Camp JCC Swim 10:00-12:30 | Member Swim 12:30 - 7:45* | | |
| Member Swim 12:30-1:30 | Member Swim 12:30-1:30 | Member Swim 12:30-1:30 | Member Swim 12:30-1:30 | | | |
| Camp JCC Swim 1:30 - 3:30 | Camp JCC Swim 1:30 - 3:30 | Camp JCC Swim 1:30 - 3:30 | Camp JCC Swim 1:30 - 3:30 | | | |
| Member Swim 3:30 - 7:45 | Member Swim 3:30 - 7:45 | Member Swim 3:30 - 7:45 | Member Swim 3:30 - 7:45 | *August 19- 30 Friday Member Swim Hours: 7:00 - 9:30 12:30 - 1:30 3:30 - 7:45 ONLY | | |

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.



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.

Meet the Trainer - Welcome Caty!



Caty is an International Sports Science Association (ISSA) Certified Personal Trainer. She received her Bachelor of Science degree in Exercise and Health Sciences from University of Massachusetts-Boston and is currently pursuing her Doctor of Physical Therapy degree at Binghamton University. In her spare time, Caty plays hockey and has played 2 years at the professional level in Buffalo, New York. Caty has previously worked as a full-time personal trainer and group fitness instructor in Buffalo.

Contact Caty today to start the conversation about your personal health goals!

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

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Athletics

Pickleball:

\$4 Members / \$8 Non-members

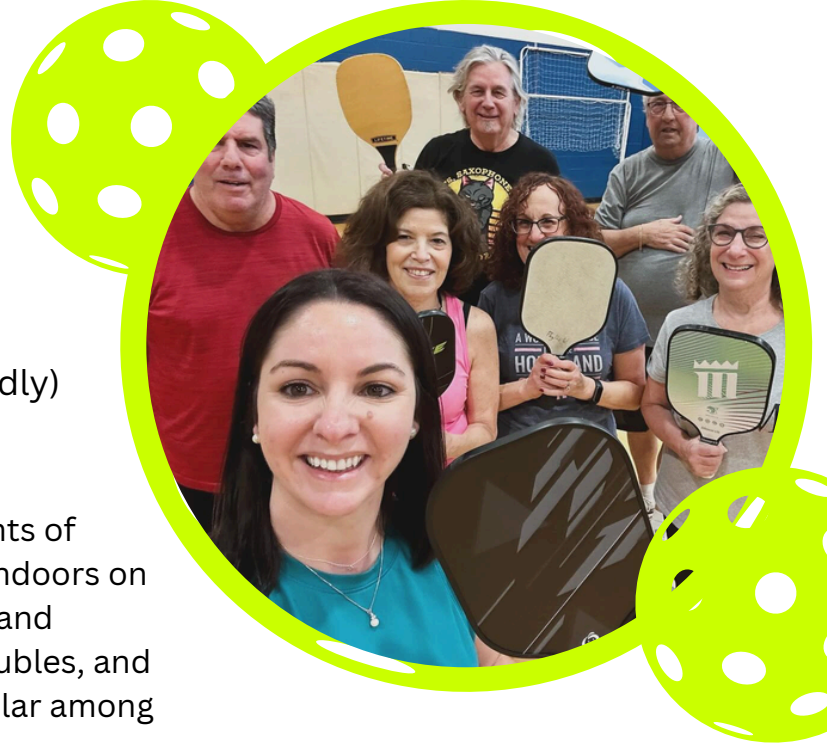
Sundays 12:15 - 3:10 p.m.

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



Pilates:

July 1 - September 30, 2024

Drop in: \$15 Members / \$20 Non-members

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

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

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

Tuesdays 4:00 - 5:00 p.m. Instructor: Jill

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

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

Pilates is a low-impact exercise method that focuses on strengthening the core, improving flexibility, and enhancing overall body alignment and posture. It involves controlled movements and breathing techniques, making it suitable for people of all fitness levels and effective for injury prevention and rehabilitation.



Did you know?

According to the USA Pickleball Association, "In the summer of 1965, pickleball was founded by Joel Pritchard, Bill Bell and Barney McCallum on Bainbridge Island, Washington. Within days, Joan Pritchard had come up with the name "pickle ball"—a reference to the thrown-together leftover non-starters in the "pickle boat" of crew races. Many years later, as the sport grew, a controversy ensued when a few neighbors said they were there when Joan named the game after the family dog, Pickles. Joan and the Pritchard family have held fast for decades that the dog came along a few years later and was named after the game."

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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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) | Members: \$341/ Non-members \$372 |
| Toddler (18 months - 3 years) | Members: \$326/ Non-members \$357 |
| Preschool (3 years - 5 years) | Members: \$305/ Non-members \$336 |

Universal Pre-Kindergarten Participating schools: Vestal & Binghamton;
Limited self pay spots available: \$200

Open Registration & Enrollment

admissions@binghamtonjcc.org

607.724.2417



Office of Children
and Family Services





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

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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