



WINTER 2023/2024 PROGRAM GUIDE

FRIEDBERG JCC

15 Neil Court, Oceanside NY 11572

516-766-4341 • friedbergjcc.org



MEMBERSHIP

Jackie Ruiz, Program Director of Wellness & Membership
516-766-4341, membership@friedbergjcc.org

WHAT DOES MY MEMBERSHIP INCLUDE?

Membership at the JCC is a wonderful value. Included in your full service membership fee:

- Usage of our state-of-the-art health and fitness club
- 2 free fitness consultations
- Our beautiful heated indoor swimming pool
- Select fitness classes
- Wireless internet access
- Reduced fees for all programs, classes and special events
- Camp discounts

Membership also entitles you to register for certain activities that are only available to members such as certified personal training. JCC members benefit from priority registration for classes, special member-only offers and promotions throughout the year. Plus, it's a great way to support your local JCC!

The JCC also offers special categories of membership that are more limited in scope including senior club, snowbird, out-of-town college student, and teen.

NEW MEMBERS

As our welcome gift to you when you join the JCC, please enjoy Members Only bonus coupons (valued up to \$100)!

MGM (MEMBERS GETTING MEMBERS)

Members who refer new members who join the JCC will earn \$25 towards their membership at time of renewal. There is no limit to how many people you can refer... Membership does have its rewards!

MAY I BRING A GUEST?

Yes. Members (ages 13 and above) can purchase individual guest passes for use of the facility for one day. Members may purchase up to two guest passes per visit. Fees are \$15 for adults (19 years and over); \$10 for children (2-18 years); children under age 2 are free. An individual may use our JCC facilities up to 8 times per calendar year as a guest. Guests must provide a valid I.D. and must complete a guest registration form at the front office. Members must accompany their guests and are responsible for them at all times.

CAN ALL AGES USE THE WELLNESS, FITNESS & SPORTS FACILITY?

Children ages 13 and up can use our fitness center, gymnasium and pool unaccompanied by an adult. Children ages 12 and under can use our gymnasium when available and can sign up for family swim or partake in lap swimming with supervision.

WHAT ARE MY MEMBERSHIP DUES USED TOWARDS?

Your membership dues support the operating budget of the JCC. Membership dues are non-refundable.

WILL OTHER JCCS HONOR MY MEMBERSHIP?

If you travel outside the N.Y. area, many JCCs will honor your valid Friedberg JCC membership for up to two weeks. We extend the same courtesy to our out-of-town guests.

CHILDREN

While we encourage and welcome children of all ages at all times, children under the age of 12 must be accompanied by an adult/guardian who is 18 or over.

WEATHER CANCELLATIONS

In the event of inclement weather, please visit our website or Facebook for information on closings and cancellations.

CODE OF CONDUCT

The JCC strives to make our facilities as enjoyable as possible for all of our members. As such, we request that all members and visitors conduct themselves in a manner that does not interfere with others enjoying their visit here. Please note that the JCC reserves the right to suspend or revoke the membership of any individual who does not subscribe to generally acceptable standards of behavior.

SMOKING POLICY

Smoking and vaping is prohibited in the buildings and on the grounds of the JCC.

BECOME A JCC MEMBER!
CONTACT US AT 516-766-4341



WELLNESS

Jackie Ruiz, Program Director of Wellness & Membership
516-634-4019, jruiz@friedbergjcc.org

BOXING CLASSES

There are many benefits of boxing, including increased cardio & muscular endurance, strength, improved reflexes and footwork, self confidence and self defense skills. These classes are open to the public.

Fee per class: \$15; Members, \$10
Package Fee: \$150 (10 classes);
Members, \$100 (10 classes)

BOXING BOOT CAMP

Tuesdays, 6 pm
Thursdays, 7 pm

BOXING FOR PARKINSON'S

Mondays, 12:45 pm
Thursdays, 6 pm

ONE-ON-ONE BOXING

Special: \$225 for (6) 45-minute sessions
1st package only

FITNESS PROGRAMS FOR ALL ABILITIES

See Ezra Center page for more info

WATER WORKOUT

AGES 15 +
Mondays 3-3:45 pm

GROUP SWIM LESSONS FOR KIDS

AGES 8-16
Mondays 4-4:30 pm

BASKETBALL CLINIC

AGES 15 +
Thursdays, 4:15-5 pm

BOXING

AGES 15 +
Tuesdays, 5 pm
Thursdays, 5 pm

MULTI SPORTS

AGES 15 +
Wednesdays, 5:15 pm

NEW MULTI SPORT WITH BOXING (AGES 15 +) - NEW AGE GROUP

Saturdays 11:30 am-12:15 pm
Weekly fee per class: \$18; Members, \$10
(Except Boxing; see rates above)

YOUTH SPORTS

BASKETBALL LEAGUE GRADES 7-12

Practices start end of February, games are from March-June
Fee: \$250; Members, \$200

BOYS & GIRLS BASKETBALL CLINICS GRADES K-4

9 Tuesdays, 1/9-3/12 (no class 2/20)
5:30-6:30 pm
9 Saturdays, 1/6-3/16 (no class 2/17, 2/24)
10:15-11:15 am

Establish or improve upon the fundamentals of shooting, dribbling, rebounding, passing and defense.

Fee: \$198; Members, \$153 (t-shirt included)

BASKETBALL SKILLS CLINIC GRADES 5 - 8

6 Tuesdays, 1/9-2/13
6:45-7:45 pm

Work on your basketball skills, ending each session with scrimmages to work on your game skills.

Fee: \$132; Members, \$102

SUPER SPORTS PRE-K-GRADE 3

9 Saturdays, 1/6-3/16 (no class 2/17, 2/24)
9-10 am

This program will include warm-up games as well as learning basic skills in a fun environment. Run by Pioneer Sports.

Fee: \$180; Members \$135

SOCCER CLINIC AGES 2-3

9 Saturdays, 1/6-3/16 (no class 2/17, 2/24)
9-9:45 am

Fee: \$162; Members, \$126

MINI SPORTS AGES 3-4

9 Sundays, 1/7-3/17 (no class 2/18, 2/25)
9-9:45 am

A variety of sports and games will be played each week, including soccer, t-ball, basketball, dodgeball, relay races, kickball and more! Run by Pioneer Sports.

Fee: \$162; Members, \$126

ADULT SPORTS

TABLE TENNIS (AUDITORIUM)

Mondays, Ongoing, 7-9 pm
Fee per session: \$10; Members, free

OPEN PLAY PICKLEBALL Wednesdays, 1/3-2/21

6:30-8:30 pm
Members Only, Free

PICKLEBALL CLINICS, LESSONS AND RENTALS

Contact Jackie at jruiz@friedbergjcc.org or 516-634-4019 for pricing.

MEN'S OPEN PLAY BASKETBALL (AGES 18+)

10 Thursdays, 1/4-2/15
6:30-8:30 pm

Fee: \$15 per session; Members, Free

ADULT DANCE CLASSES 8 Tuesdays, 1/9-2/27

7:15-8:15 pm
Different Style Adult Dance Class: Latin, Ballroom; no partner needed.
Fee: \$80; Members, \$40

WOMEN'S SELF DEFENSE CLASS

Tuesday, 12/12, 2-3:30 pm
Fee: \$30; Members, \$18

PERSONAL TRAINING

By appointment only; contact Jackie Ruiz at jruiz@friedbergjcc.org or 516-634-4019.

SMALL GROUP TRAINING

Mondays, 5:15-6:15 pm (ongoing)

This is a bootcamp style total body workout taught by a Personal Trainer.
Fee per class: \$15; Members, \$10

NEW! STRETCHING AT THE J

One-on-one stretching with a certified trainer.
\$139 (4) 20-minute sessions

INTRODUCTION PACKAGE:

1st-time buyers only
\$199 (6) 30-minute sessions
\$225 (6) 45-minute sessions

60-MINUTE INDIVIDUAL SESSIONS

Single Session, \$67
6-Pack, \$384
12-Pack, \$720
24-Pack, \$1374

30-MINUTE INDIVIDUAL SESSIONS

Single Session, \$47
6-Pack, \$276
12-Pack, \$544
24-Pack, \$1062

45-MINUTE INDIVIDUAL SESSIONS

Single Session, \$57
6-Pack, \$336
12-Pack, \$606
24-Pack, \$1188

60-MINUTE BUDDY SESSIONS

Single Session, \$57
6-Pack, \$226
12-Pack, \$443

JCC APP

Register for group fitness classes, lap swimming, and virtual classes and programs. Check the crowds at the Fitness Center and Pool, and view regular and holiday hours. Find details on upcoming programs, and get status updates and alerts for delays and closures. For more information visit friedbergjcc.org/my-j-app





AQUATICS

Cori Caporimo, Aquatics Supervisor
516-634-4194, aquatics@friedbergjcc.org

PRIVATE LESSONS

Take swimming lessons with one of our trained instructors. By appointment only. Contact Cori at 516-634-4194 or aquatics@friedbergjcc.org

ONE-ON-ONE LESSONS

All pricing is per person
5 lessons: \$250; 10 lessons: \$500
Members: 5 lessons: \$175; 10 lessons: \$350

TWO-ON-ONE LESSONS

All pricing is per person
Two-on-one Lessons are for friends or siblings that are 5 yrs and older they need to be on the same swim level. We do not pair you with another person.
5 lessons: \$200; 10 lessons: \$400
Members: 5 lessons: \$140; 10 lessons: \$280

YOUTH AQUATICS CLASSES

PARENT AND ME SWIM CLASS 1

AGES 6 MONTHS-18 MONTHS

13 Sundays, 1/7-4/14, 11 am
(no class 2/18 & 3/31)

Orientation program designed to acquaint children with the water. Skills include kicking, blowing bubbles, floating and safety. Parent MUST go in the water with their children. Children MUST wear swim diaper.
Fee: \$455; Members, \$325

PARENT AND ME SWIM CLASS 2

AGES 18 MONTHS-2 1/2 YEARS

13 Sundays, 1/7-4/14, 10:30 am
(no class 2/18 & 3/31)

Orientation program designed to acquaint children with the water. Skills include kicking, blowing bubbles, floating and safety. Parent MUST go in the water with their children. Children MUST wear swim diaper.
Fee: \$455; Members, \$325

AQUATYKES WITH PARENT

AGES 2 1/2-3 1/2 YEARS

13 Sundays, 1/7-4/14, 9 am
(no class 2/18 & 3/31)

Designed for the child and parent to explore water safety and swimming skills. This class is for children that must be comfortable in the water and can separate from a parent
Fee: \$455; Members, \$325

ADVANCED AQUATYKES 1

AGES 3-4

13 Sundays, 1/7-4/14, 10 am
(no class 2/18 & 3/31)

For children that are confident in the water that are able to separate from their parents. Skills learned; floating on front and back, blowing bubbles, front crawl arms, flutter kick and pool safety. This class is for children that must be comfortable in the water and can easily separate from a parent
Fee: \$455; Members, \$325

ADVANCED AQUATYKES 2

AGES 4-5

13 Sundays, 1/7-4/14, 9:30 am
(no class 2/18 & 3/31)

For children that are confident in the water that are able to separate from their parents. Skills learned; floating on front and back, blowing bubbles, front crawl arms, flutter kick and pool safety. This class is for children that must be comfortable in the water and can easily separate from a parent
Fee: \$455; Members, \$325

JELLYFISH, ARC LEVEL 1

AGES 5-12

13 Sundays, 1/7-4/14, 9 am
(no class 2/18 & 3/31)

Fee: \$455; Members, \$325
14 Tuesdays, 1/9-4/16, 4 pm
(no class 2/20)

Fee: \$490; Members, \$350

For first time swimmers. Skills taught: Children will learn how to submerge, proper breathing and water safety. This class will teach children proper techniques for successful swimming.

STARFISH, ARC LEVEL 2

AGES 5-12

13 Sundays, 1/7-4/14, 9:30 am
(no class 2/18 & 3/31)

Fee: \$455; Members, \$325
14 Thursdays, 1/11-4/18, 4 pm
(no class 2/22)

Fee: \$490; Members, \$350

Skills taught: Fully submerged head, underwater retrieving, front/back float, front/back glide, back kick and basic front crawl.

SNAPPER, ARC LEVEL 3

AGES 5-12

13 Sundays, 1/7-4/14, 10 am
(no class 2/18 & 3/31)

Skills Taught: Elementary backstroke, breaststroke, butterfly kick, sidestroke kick and endurance. Pre-req; Level 2 skills
Fee: \$455; Members, \$325

BECOME A JCC MEMBER!
CONTACT US AT 516-766-4341



YOUTH SWIM TEAMS

GET READY FOR SWIM TEAM

AGES 9 AND OVER (30 MINUTES)

14 Mondays, 1/8-4/15 4 pm
(no class 2/19)

This class is designed for your child who is not quite ready for our swim team. Skills worked on: Lap and circle swimming, proper breathing, proper strokes, building up endurance leading up to joining the Waves Swim Team. All new swimmers must try out.
Fee: \$490; Members, \$350

RIPPLES: PRE-SWIM TEAM

AGES 5-8 (30 MINUTES)

13 Sundays, 1/7-4/14, 10:30 am
(no class 2/18 & 3/31)

Fee: \$455; Members, \$325
14 Wednesdays, 1/10-4/17 4 pm
(no class 2/21)

Fee: \$490; Members, \$350

For swimmers not ready for a competitive swim team. Skills taught: circle swimming, freestyle and backstroke, proper breathing and kicking techniques, proper starts and finishes, building endurance to lead up to swim team levels. Must be able to complete one length of our 25-yard pool. All new swimmers must try out.

WAVES COMPETITIVE SWIM TEAM

AGES 7-17

Mondays-Thursdays & Sundays
8 & Under Practice: M-Th, 4:30-5:30 pm
9 & Over Practice: M-Th, 5:30-7 pm & Sun, 1-2 pm

9/26/2023-3/28/2024

Fee: \$925; Members, \$825

All new swimmers must try out.

WAVES II

AGES 13 +

2 separate classes based on skill level:

Beginners: 7-7:30 pm

Advance Beginners: 7:30-8 pm

This swim program is designed for children, teens and young adults. It provides a fun, nurturing environment designed to strengthen swimming skills while encouraging connections with peers. Participants should be comfortable in the water and have the ability to swim a lap (any stroke) independently. Tryouts required.
Weekly Fee: \$25; Members, \$18
Fee: \$350; Members, \$252 (Jan-April)

GROUP FITNESS AND AQUATICS

Visit friedbergjcc.org/GEX
for the latest schedule



ADULTS

Lisa Charschan, Director

516-634-4169, lcharschan@friedbergjcc.org

IN-HOUSE ONGOING PROGRAMS

FOR MEMBERS ONLY
REGISTRATION REQUIRED

REAP (RETIRED, EXPERIENCED AND PROUD)

Mondays, 11 am-2 pm

Fee: \$36 per person quarterly (includes 3 months of weekly entertainment)

THE PEOPLE'S FORUM WITH GLORIA

Tuesdays, 11:30 am-12:30pm

Participate in lively conversation, make a social connection & face life's challenges together.

Fee: Free for Members

SPORTS ROUNDUP

Tuesdays, 12:15-1:15 pm

Let's discuss our favorite topic, sports!

Fee: Free for Members

HEADLINES AND TOPICS

Wednesdays, 11 am-12:15 pm

Join us for a lively discussion of current events and newsworthy stories.

Fee: Free for Members

POINT COUNTERPOINT

POLITICS FROM BOTH SIDES

Mondays, 7-8:30 pm

The left and the right are represented at this spirited exchange.

Fee: Free for Members

IN-HOUSE GAMES

REGISTRATION REQUIRED

MAH JONGG

Mondays, 12-4 pm

Fee: Free for Members

CANASTA

Wednesdays, 1-4 pm

Fee: Free for Members

OPEN PLAY

Fridays 11-4pm

Fee: Free for Members

BEGINNER CANASTA LESSONS WITH HEIDI PASHKO

6 Thursdays, 1/18-2/22, 1-3 pm

Canasta is making a comeback all over town. Learn why this high scoring and unpredictable game is so popular again and how to get in on the fun!

Fee: \$156; Members, \$130

BEGINNER MAH JONGG LESSONS WITH MICHELE LAMONSOFF

6 Wednesdays, 1/10-2/14, 3-5 pm

Join us to learn the game that has fascinated people for so many years with its strategies, sequences and combinations. This class will introduce you to the tiles and basic moves of the ancient game.

Fee \$156; Members, \$130

IN-HOUSE LECTURES/PROGRAMS

REGISTRATION REQUIRED

BETWEEN THE COVERS WITH LIZ ROPERS

Tue, 1/9, 2 pm: *Peril at End House* by Agatha Christie

Mon, 2/5, 1:30 pm: *Looking for Jane* by Heather Marshall

Mon, 3/4, 1:30 pm: *The Heaven and Earth Grocery Store* by James McBride

Fee: \$6; Members, \$3

LECTURE SERIES WITH LIZ ROPERS

Thursdays at 1 pm

1/11: Agatha Christie, *Woman of Mystery*

2/8: Haym Salomon, a Founding Father

3/7: The Influence of Isaac Bashevis Singer

Fee: \$12; Members, \$3

THE GILDED AGE; LEARN AND NIBBLE WITH EVA BERGER

Tuesday, 1/30, 1 pm

The Gilded Age was a time of excess and outrageous fortunes. It was also a time of extreme poverty and great unrest. Hear about the social life, the balls and endless parties. Come learn more about this fascinating period in our history. Bagels and a smear will be provided

Fee: \$18; Members, \$10

THE JEWS OF HARLEM WITH DR RONALD BROWN

Funded in part by Humanities New York with support from the National Endowment for the Humanities.

Thursday, 2/1, 1:30 pm

Like that of every immigrant and ethnic group in the Empire City, the Jews have had many and diverse New York Experiences. One of these Jewish histories is Harlem. Today books, films, and television specials with titles like "When Harlem Was Jewish" and "Remembering Jewish Harlem" preserve this unique chapter of Jewish life in the Big Apple. A light nosh of bagels and cream cheese will be served

Fee: \$15; Members, \$10

HE'S BACK.....CHAT WITH IRWIN

First Thursday of the month

7:30-8:30 pm

Motivational speaker and humorist Irwin Pfeffer will facilitate a lively discussion where the focus is always on you. Meet and mingle with new friends. Registration is required in our front office.

Fee: \$10; Members, \$8

CLASSIC MOVIES & DISCUSSION WITH LIZ ROPERS

Thursdays at 1 pm

1/18: *Evil Under the Sun* with Peter Usitinov

2/22: *Murder on the Orient Express* with Albert Finney

3/21: *Death on the Nile* with Kenneth Branagh

Fee: \$12; Members, Free

THE SONG OF NAMES: JOIN US AND THE JEWISH WAR VETERANS FOR THIS COMPELLING FILM

Thursday 2/15, 1 pm

Join us for this compelling, impactful film about Dovidl, a Jewish child and violin virtuoso whose Polish father leaves him in the care of an affluent London family at the beginning of World War II. Bagels and smear will be provided by the JWV.

Fee: \$5 Members and Jewish War Veterans



ADULTS (cont.)
Lisa Charschan, Director
516-634-4169, lcharschan@friedbergjcc.org

ACRYLIC PAINTING WITH EVA BERGER

6 Tuesdays, 1/9- 2/20 (no class 1/30), 1:30-3:30 pm

Learn basic painting techniques, color and composition with Eva Berger, a trained artist with a degree in Fine Arts.

Fee: \$78; Members, \$65

Additional \$35 fee for supplies or provide your own.

PEIR: AN ACRONYM FOR PERSONAL ENRICHMENT IN RETIREMENT

Thursdays, 10-11:30 am

PEIR is a unique organization that combines life-long intellectual stimulation and social interaction among our retired, or semi-retired adults, from all walks of life. What is unique about PEIR is that its members make the presentations either in-person and/or via Zoom to the membership. Wherever your interests take you: art, music, history, current events, technology, sports, government, travel, philosophy, etc., PEIR will peak your curiosity and desire to remain mentally alert. Registration required.

Fee: Free to all JCC and PEIR members

TUBISHVAT

Thursday, 1/25

Look out for our flyer on our TuBishvat Celebration!

PURIM PARTY; MUSIC MINGLING LUNCH AND HAMENTASHEN

Tuesday, 3/5, 12:30 pm

Join us as Shlomo Haviv returns to entertain us for our annual Purim Celebration. Come with or without costume and be ready for a festive time. Lunch will be catered by Wing Wong. This program is made possible by the support of the Sephardic Foundation.

Fee \$30; Members \$18



BECOME A JCC MEMBER!
CONTACT US AT 516-766-4341

DAY TRIPS

NASSAU COUNTY MUSEUM OF ART "THE GILDED AGE"

Wednesday, 1/31

Take a step back into time when the country was experiencing rapid growth. The Gilded age was at the end of the Civil War, from 1870-1914. Art, literature and architecture flourished, many mansions were built including the museum. This exhibit explores paintings, fashion, silver, china and other historic memorabilia from this time period. Lunch will be on your own at Ben's Deli.

Fee: \$59; Members \$35

COMMUNITY SYNAGOGUE IN SANDS POINT

Wednesday, 2/21

Join us for an exclusive exploration of the Community Synagogue, which resides inside a multilevel mansion on "The Chimneys" 1929 estate in Port Washington NY. The mansion used to be owned by the Fleischman Family. The tour includes the history of the synagogue and how it acquired the estate in a landmark decision, to how the congregation has adapted the house and grounds while preserving as much detail as possible. We will walk through the mansion's first three floors and explore the sub-level to see the remnants of the speakeasy and the recreation center

Fee: \$45; Members, \$30

CRADLE OF AVIATION: LET US JOURNEY INTO SPACE!

Wednesday, 3/13

The Cradle of Aviation Museum explores Long Island's role in air and space. It features eight galleries with exhibits, short films and over half a dozen cockpits. The exhibits range from hot air balloons to lunar modules to the role of drones. We will attend a show in the new state of the art planetarium. Includes docents to discuss the exhibits, a spectacular planetarium show, transportation and snacks. A group reservation for lunch will be made at a nearby restaurant. Please note lunch fee is not included in the trip price.

Fee: \$49; Members, \$35

JOHN ENGEMAN THEATER TO SEE THE JERSEY BOYS

Wednesday, 3/27

Price includes tickets, transportation and snacks. Lunch will be on your own in the beautiful town of Northport. Hop on our Senior Bus as we head to the Village of Northport. We will be seeing the Jersey Boys at the John Engeman Theater. Let's take a trip down memory lane as we listen to the hits that made The Four Seasons famous. The play also explores Frankie Valli's personal life. Before the show, enjoy lunch at one of Northport's famous restaurants.

Fee: \$125; Members, \$95

TUESDAY ADULT COUPLES CLUB (TACC)

Calling all active senior couples: Join our Club on Tuesday evenings! Join us for the opportunity to create new experiences and make new friends. For more information, please contact the front office at 516-766-4341.



EZRA CENTER FOR PEOPLE WITH DISABILITIES

Marcy Hallerman, Director

516-634-4173, mhallerman@friedbergjcc.org

These classes & programs are made possible in part by a grant from the J.E. and Z.B Butler Foundation

PROGRAMS @ THE JCC

FRIENDSHIP CONNECTION

This membership-based program provides social and recreational activities throughout the year. Meetings will be held twice a month and may include trips to local attractions, dances, bingo, and swimming and fitness at the JCC. Friendship Connection members are also invited to join the Sunday Social program at no additional charge. Group members will help plan the calendar and select trip destinations. The monthly fee covers all program events.

Monthly Fee: \$65; Members, \$55

SUNDAY ENRICHMENT CLASS

Sundays, 1-3 pm

Join us at the JCC on Sunday afternoon and choose your own adventure. During this block of time, we will offer classes in Art, Sports, Cooking, and Music. Students will be able to choose which class they want to enroll in on a weekly basis and will learn skills related to their preferred subject.

YOGA

Mondays, 5-6 pm

Stretch and get strong with this fun yoga class. Our certified yoga instructor will guide us through a series of yoga poses, sure to aid in fitness and flexibility.

Weekly Fee: \$15; Members, \$10

ART

Mondays, 6-7 pm

This class provides instruction on different art styles, including painting, drawing, and collage. Students are encouraged to try out different mediums and express their creativity through their artwork.

Weekly Fee: \$15; Members, \$10

TOTAL BODY WORKOUT CLASS

Tuesdays, 4-4:45 pm

A total body workout, including strength training and cardio movement to enhance core, strength and endurance. Registration required.

Weekly Fee: \$18; Members, \$10

BOXING

Tuesdays, 5-5:45 pm

A total body workout with boxing drills, cardio and movements to enhance core, strength and endurance.

Weekly Fee: \$15; Members, \$10

MULTI SPORT

Wednesdays, 5:15-6 pm

Includes a warmup and a variety of sports activities such as basketball, whiffle ball, soccer, relay races and fitness moves.

Weekly Fee: \$18; Members, \$10

WAVES II SWIM CLINICS AGES 12-18

Wednesdays

7-7:30: Beginners

7:30-8 pm: Advanced Beginners

This adaptive swim program is for children, teens and young adults with disabilities. It provides a fun, nurturing environment designed to strengthen swim skills while encouraging connections with peers. Participants should be comfortable in the water and have the ability to swim a lap (any stroke) independently. Tryouts required. Fee per session: \$23; Members, \$18

COOKING WITH STARS

Wednesdays, 12-1:30 pm

Wednesdays, 6-7:30 pm

Join Chef Paula & Cooking With Stars to make delicious & nutritious recipes from scratch. These classes are hands-on and chefs will learn how to measure, mix, slice, chop, and sauté. Each class will feature a fun food holiday, theme, or signature recipe. More than just learning to cook & become more independent, students will learn about food hygiene, mathematics of measuring, food chemistry, teamwork, and communication, plus the featured tool of the week. After cooking, our students will socialize and enjoy what they create together.

Fee per session: \$45; Members, \$35

BASKETBALL CLINICS AGES 16+:

Thursdays, 4:15-5 pm

Includes basic basketball drills plus exercises and stretches to stay fit. Registration required. All levels welcome!

Weekly Fee: \$15; Members, \$10

CHILD CARE CLASS

This class will teach skills for supporting children in a variety of settings. Learn about child development, supervision, health and safety, and age-appropriate activities. Upon completion, students who would like to learn more can apply for further training and internships in the JCC's Early Childhood and school-age after-school programs. Contact Jose Saint-Louis at jsaint-louis@friedbergjcc.org for information about our next cohort.

Fee \$300; Members, \$250

EAT-ABLE COOKING CLASSES PRESENTED BY POP.EARTH

Fridays, 12-1:30 pm

Join Eatable chefs as they show students how to make delicious and nutritious dishes. Chefs will get hands on each week and learn new cooking skills. After each class, participants will get to taste their creations together.

Weekly Fee: \$30; Members, \$20

RELATIONSHIP AND SEXUALITY EDUCATION CLASSES

These classes, using the Elevatus curriculum, will empower adults (18+) to build self-confidence and maintain healthy relationships. Topics include different types of relationships, public and private spaces, communication and decision-making, internet and social media, being in a relationship, body parts and more. Day and evening class options will be available. Please contact Marcy Hallerman at mhallerman@friedbergjcc.org for information on winter class options.

Weekly Fee: \$40; Members \$30

ASPIRE CLASSES

Wednesdays & Fridays

Please visit our website for class schedule & pricing. The Friedberg JCC is proud to present this series of independent classes that can be tailored to meet your interests and passions. Topics include physical fitness, cooking, painting, ceramics, theater, and music. For people of all abilities.

FAMILY SUPPORT SERVICE PROGRAMS

The Friedberg JCC offers free classes and programs to those who are eligible for New York State's Office of People with Developmental Disabilities (OPWDD) Family Support Services program. For more information please contact Marcy Hallerman, Senior Program Director at mhallerman@friedbergjcc.org or Fradeline Garcia, Disabilities Coordinator at fgarcia@friedbergjcc.org

VIRTUAL CLASSES

FITNESS

Thursdays, 4-4:30 pm

A total body workout including strength training and cardio movement designed to enhance core, balance & endurance.

Weekly Fee: \$12; Members, \$8

VIRTUAL SPECIAL ADVOCACY COALITION (SPEAC)

A community group for differently-abled adults who want to SPEAK UP and make changes in their lives and communities. SPEAC hosts the following virtual meetings via Zoom.

MEMBERSHIP MEETINGS

Mondays, 1/22, 2/17, 3/18

4:30-5:30 pm

Monthly structured self-advocacy meetings. Fee: Free to All

TALENT SHOW

Wednesdays, 1/3, 2/10

6:30 pm

SPEAC invites all singers, dancers, poets, artists, joke tellers and other performers to join us on Zoom for a night of music, laughter, and connection.

RED CARPET EVENT

Thursday, 3/7

Join us on the Red Carpet for our annual SPEAC Fundraiser. If you'd like to perform in the talent showcase, please contact Fradeline Garcia at fgarcia@friedbergjcc.org.



BECOME A JCC MEMBER! CONTACT US AT 516-766-4341



SOCIAL SERVICES

Gloria Lebeaux, LCSW, Director of Social Services, 516-634-4010, glebeaux@friedbergjcc.org
Susan Montanaro, LMSW Social Worker, 516-634-4175, smontanaro@friedbergjcc.org
Tara Corn, LMSW Isolation to Connection Specialist, 516-634-4160, tcorn@friedbergjcc.org

ONGOING PROGRAMS

VIRTUAL/IN-PERSON INDIVIDUAL AND FAMILY COUNSELING

Fee: \$70; Members, \$70

IN PERSON THE PEOPLE'S FORUM

Tuesdays, 11:30 am-12:30 pm

Participate in a lively conversation, make a social connection and face life's challenges together.

Fee: Free for Members

VIRTUAL CAREGIVER SUPPORT GROUP

1st and 3rd Friday of each month

1/5; 1/19; 2/2; 2/16; 3/1; 3/15; 10:30-11:30 am

Fee: Free and Open to the Community

NEW! VIRTUAL ADULT CHILDREN OF THOSE DIAGNOSED WITH PROGRESSIVE NEUROLOGICAL DISORDERS

Second Wednesday each month

1/10, 2/24; 3/13, 6-7 pm

Free and Open to the Community

COMMUNITY PROGRAMS AT THE JCC

MLK DAY OF SERVICE

Monday, 1/15, 10 am

Service learning and activities for all ages. Registration required.

INTERNATIONAL HOLOCAUST DAY COMMEMORATION

Monday, 1/29, 1 pm

Speaker to be announced

Fee: Free and open to the community

BEREAVEMENT GROUPS AT THE JCC

Contact Susan Montanaro for more info. No Refunds; groups will not launch with less than 8 people (minimum 8 people)

BEREAVEMENT I; WITHIN 1 YEAR LOSS OF SPOUSE/SIGNIFICANT OTHER

6 Tuesdays, 1/3-2/7, 2:30-3:30 pm

Fee: \$100; Members, \$80

BEREAVEMENT I; WITHIN 1 YEAR LOSS OF SPOUSE AGES 50-68

6 Wednesdays, starts 12/13, 5:30-6:30 pm

Fee: \$100; Members, \$80

GRIEF WORKSHOPS

Tuesdays, 1/16, 2/20, 3/19, 4:30-6 pm

Fee per workshop: \$15; Members, \$12

VOLUNTEER SERVICES PROGRAM

Find meaningful volunteer opportunities to use your skills, passion and leadership to meet the needs of the JCC and help partner agencies in the community. Volunteers serve as leaders, mentors and join in regular community-building gatherings. Contact Tara Corn to get on the list for the weekly volunteer job board and to sign up for volunteer projects.

MLK DAY OF SERVICE

Monday, 1/15, 10 am

Open to families, adults and teens. Service learning, activities and projects.

SWEET VISITORS: Monthly Friendly Visiting Program: Every third week of the month we are asking families and individuals to bring a challah and something sweet to "Sweeten Somebody's Day". The volunteer/family will be responsible for getting a challah and something sweet to go with it, pick up a craft/activity at the JCC, and will be provided with the name, address, and phone number of a person in need in the community. We will have different projects to do together for a short friendly visiting activity.

KNITTING HATS FOR ISRAEL: Volunteer to help the community knit hats for soldiers in Israel. You can either sponsor a hat to be made or knit your own from the materials provided.

CULINARY ASSISTANTS: Help as assistant to chef for a cooking class for adults with disabilities. Engage participants through ingredient prep, cooking, cleaning (and of course eating!!)

BOXING VOLUNTEER: Help in our Boxing with Parkinson's class on Mondays at 12:45 pm.

SPORTS VOLUNTEER: Help with our Sports Classes for Adults with Disabilities on Tue, Wed and/or Thurs early evenings.

MAINTAIN YOUR BRAIN

Registration required

VIRTUAL MAINTAIN YOUR BRAIN THROUGH BRAIN FITNESS WITH SHELLY PAZER

8 Mondays; 1/22-3/11, 10:30-11:30 am

Fee: \$50; Members \$40

IN PERSON MAINTAIN YOUR BRAIN THROUGH T'AI CHI WITH DONNA GROSSMAN

8 Fridays, 1/5-2/23, 10-10:45 am

Fee: \$50; Members, \$40

PROGRAMS FOR INDIVIDUALS WITH PARKINSON'S & THEIR CARE PARTNERS

FITNESS CLASSES

VIRTUAL/IN PERSON BOXING

Mondays, 12:45 pm

IN PERSON BOXING

Thursdays, 6 pm

VIRTUAL/IN PERSON T'AI CHI

Tuesdays, 12:45 pm

These balance-based exercises improve strength, balance and physical function, prevent falls and improve postural ability. Fee per class \$15; Members, \$10
10 pack: \$150; Members, \$100

NEW! VIRTUAL/IN PERSON CHAIR YOGA FOR MOVEMENT DISORDERS

8 Thursdays, 1/4-2/22, 12:45-1:30 pm

Fee: \$85; Members, \$45

IN PERSON PING PONG

Mondays, 2 pm

Fee: Free and open to the community

IN PERSON HEALTH & FITNESS PERSONAL TRAINING

For more information contact Jackie Ruiz at jruiz@friedbergjcc.org or 516-634-4019

VIRTUAL ONGOING PD DISCUSSION GROUP FOR THE INDIVIDUAL WITH PARKINSON'S

Thursdays, 2-3 pm

Supportive and informative group for those living with Parkinson's Disease.

Fee: Free and open to the community

VIRTUAL ONGOING PARKINSON'S CAREGIVER SUPPORT GROUP FOR SPOUSES

Every other Tuesday, starts 1/2, 7-8 pm

Fee: Free and open to the community

NEW! VIRTUAL ONGOING PARKINSON'S CAREGIVER SUPPORT GROUP FOR ADULT CHILDREN

1st Wednesday of each month, 7-8 pm

Fee: Free and open to the community

PARKINSON'S SUPPORT SESSIONS AND SPECIAL PROGRAMS

In partnership with NY Tech. Speakers on all Parkinson's related topics. Call Gloria at 516-634-4010 for more information

Fee: Free and open to the community

ISOLATION TO CONNECTION SUPPORT PROGRAM

UJA-Federation funded program linking seniors to community-based services. If you are looking to connect or know of an isolated senior or are looking for community resources, contact Tara Corn.



BECOME A JCC MEMBER!
CONTACT US AT 516-766-4341



DEMENTIA PROGRAMS & SERVICES

Pamela S. Jaffe, LCSW, Director

516-634-4192, pjaffe@friedbergjcc.org



ESP - EARLY STAGE DEMENTIA PROGRAM FOR THE RECENTLY DIAGNOSED AT THE JCC

A PROGRAM OF THE FRIEDBERG JCC CENTER FOR NEUROCOGNITIVE DISORDERS

Tuesdays, Wednesdays, Thursdays, 10:30 am-3 pm

A special program for those recently diagnosed with progressive neurocognitive impairment such as Alzheimer's disease or a related dementia. Participants join together in a supportive environment that allows for maximum independence while understanding the challenges of their diagnosis. Each session offers an opportunity to socialize with others who are living the same journey. Stimulating activities include guest lectures, music, art, brain games, creative writing, specialized exercise, and much more. Lunch is provided. An interview to assure proper placement is required. For more information please contact Pam Jaffe, LCSW at 516-634-4192 or pjaffe@friedbergjcc.org.

Fee: \$70 per session

NEW! AN ESP AFTERNOON

A PROGRAM OF THE FRIEDBERG JCC CENTER FOR NEUROCOGNITIVE DISORDERS

Wednesdays, 1-3 pm

For those who start their day later, join us for some fitness, fun and friendship. Activities will include a session of Chair Yoga, Brain Games, Art and a light snack. An interview is required. For more information contact Pam Jaffe, LCSW at 516-634-4192 or pjaffe@friedbergjcc.org.

Fee: \$35 per session

NEW! VIRTUAL SUPPORT FOR ADULT CHILDREN OF THOSE DIAGNOSED WITH PROGRESSIVE NEUROCOGNITIVE DISORDERS

Second Wednesday of each month

1/10, 2/14, 3/13, 7-8 pm

For more information contact Pam Jaffe, LCSW at 516-634-4192 or pjaffe@friedbergjcc.org.

Free and Open to the Community

VIRTUAL CAREGIVER SUPPORT GROUP

First and Third Friday of each month

1/5, 1/19, 2/2, 2/16, 3/1, 3/15. 10:30-11:30 am

For more information please contact Gloria Lebeaux, LCSW at 516-634-4010 or glebeaux@friedbergjcc.org.

Free and Open to the Community

UPBEAT RHYTHMS TO WARM YOUR SPIRIT

AN AFTERNOON FOR THOSE LIVING WITH A DEMENTIA AND THEIR CARE PARTNERS

Monday, 1/22, 1:30 pm

Join us for a drum circle led by Laura Cerrano, Feng Shui Long Island. Enjoy warm winter beverages and light snacks. Register by 1/12; space is limited. Contact Pam Jaffe at 516-634-4192 or email pjaffe@friedbergjcc.org

SEE SOCIAL SERVICES PAGE FOR MAINTAIN YOUR BRAIN PROGRAMMING

BECOME A JCC MEMBER! CONTACT US AT 516-766-4341



FRIEDBERG JCC FAMILY OF CAMPS



SUMMER @ THE J

At the Friedberg JCC

friedbergjcc.org/summeratthej

516-634-4164

camp@friedbergjcc.org

For Grades K-6. Bring your own nut-free lunch; we provide snack. Join us for endless days of fun with sports, outdoor activities, swim, arts, Gymnastics, pickleball, trips, pizza Fridays and more!



CAMP GA'AVAH (PRIDE)

At the Henry Kaufmann Campgrounds

friedbergjcc.org/gaavah

Ellen Diamond, Director

516-634-4151

ediamond@friedbergjcc.org

LGBTQ Day Camp for ages 6-16. Allies welcome; transportation available. Activities include swim, arts, theater, athletics, outdoor adventures, LGBTQ visitors, discussions, fireside chats, leadership and advocacy.



EARLY CHILDHOOD CAMPS

In Oceanside, Long Beach & Lynbrook

friedbergjcc.org/camp/early-childhood

Andrea Ahearne, Director

516-634-4167

aahearne@friedbergjcc.org

If there is a magical place for your child's first camping experience, this is it! Unlike other camps that simply tone down activities that are designed for older children, our early childhood camps are specially designed for our youngest campers with art, science, sports, swim and so much more.



ISLAND QUEST DAY CAMP

At the Henry Kaufmann Campgrounds

islandquestdaycamp.org

Melissa Algranati, Camp Director

718-225-6750 ext. 261

melissa@islandquestdaycamp.org

Island Quest brings together the strengths, resources and expertise of four separate agencies to inspire a summer you'll never forget. Rooted in decades of shared experience and strong Jewish values, Island Quest combines everything you love about camp with new opportunities to create the ultimate summer adventure.



Friedberg JCC Early Childhood FOR CHILDREN 6 WEEKS* TO 5 YEARS

**4 Locations • Extended Hours • Safe Environment
Creative Curriculum • Long-Standing, Established Program**

**Spots Still Available!
CONTACT US TO REGISTER TODAY**

MERRICK BRANCH – NEW LOCATION!

**Congregation Beth Ohr Annex
2655 Clubhouse Road
516-379-9386**

LYNBROOK

**At Temple Am Echad
One Saperstein Plaza
516-599-7960**

**DAVID H. SONABEND
LONG BEACH BRANCH
310 National Blvd.
516-431-2929**

**OCEANSIDE
(Main Branch)
15 Neil Court
516-766-4341**

**JCC @ MAGNOLIA
650 Magnolia Blvd
Long Beach
516-986-2106**

***Not available at all locations**



NORMAL OPERATING HOURS

OCEANSIDE

Monday-Thursday, 6:30 am-9 pm

Friday, 6:30 am-5 pm (Fall/Winter)

Friday, 6:30 am-6 pm (Spring/Summer)

Saturday, 8 am-2 pm

Sunday, 8 am-4 pm

MERRICK BRANCH

LONG BEACH BRANCH

LYNBROOK BRANCH

Monday-Friday, 7 am-6 pm

Extended Hours Available For All Programs

Subject to change; please check app and website for updates

SEPTEMBER 2023-JULY 2024 HOLIDAY HOURS/CLOSURES

Monday, September 4	Labor Day	8 am-1 pm
Friday, September 15	Erev Rosh Hashanah	Close at 3 pm
Saturday, September 16	Rosh Hashanah	Closed
Sunday, September 17	Rosh Hashanah	Closed
Sunday, September 24	Erev Yom Kippur	Close at 3 pm
Monday, September 25	Yom Kippur	Closed
Wednesday, November 22	Thanksgiving Eve	Close at 4 pm
Thursday, November 23	Thanksgiving	Closed
Monday, January 1	New Year's Day	10 am-2 pm
Monday, April 22	Erev Passover	Close at 3 pm
Tuesday, April 23	Passover	Closed
Wednesday, April 24	Passover	Closed
Monday, May 27	Memorial Day	8 am-1 pm
Thursday, July 4	Independence Day	8 am-1 pm