



SPRING 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. Open to the public.

BOXING BOOT CAMP (AGES 13 +)
Tuesdays, 6 pm
Thursdays, 7 pm

BOXING FOR PARKINSON'S
Mondays, 12:45 pm
Thursdays, 6 pm

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

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

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

Weekly fee per class: \$18; Members: \$10
(Except Boxing; see rates above)

ADULT SPORTS/DANCE

**TABLE TENNIS
IN AUDITORIUM**
Mondays, Ongoing, 7-9 pm
Fee per session: \$10; Members: 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+) HALF COURT**
Sundays, 3/31-6/2
Fee per session: \$15; Members: Free

ADULT DANCE CLASSES
Tuesdays (dates TBD)
7:15-8:15 pm
Different style Adult Dance Class,
Latin, Ballroom; no partner needed.
Fee: \$80; Members: \$40

YOUTH SPORTS

**BOYS & GIRLS BASKETBALL CLINICS
(K-GRADE 4)**
8 Tuesdays, 4/9-6/4 (no class 4/23)
5:30-6:30 pm
8 Saturdays 4/6-6/8 (no class 4/20, 5/25)
10:15-11:15 am
Establish or improve upon the fundamentals
of shooting, dribbling, rebounding, passing
and defense.
Fee: \$176; Members: \$136 (t-shirt included)

MINI SPORTS (AGES 3-4)
8 Sundays, 4/7-6/9 (no class 4/21, 5/26)
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: \$144; Members: \$112

SUPER SPORTS (PRE-K-GRADE 3)
8 Saturdays, 4/6-6/8 (no class 4/20, 5/25)
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: \$160; Members: \$120

CHEERLEADING (K-GRADE 5)
8 Saturdays, 4/6-6/8 (no class 4/20, 5/25)
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: \$160; Members \$120

TEE BALL (AGES 3-5)
8 Saturdays, 4/6-6/8 (no class 4/20, 5/25)
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: \$160; Members: \$120

YOUTH ART CLASSES

LITTLE PICASSOS (AGES 3 1/2-5)
6 Saturdays, 5/4-6/15 (no class 5/25)
10:15-11 am
Fee: \$168; Members: \$144

YOUNG ARTIST (AGES 6-11)
6 Saturdays, 5/4-6/15 (no class 5/25)
10:15-11 am
Fee: \$168; Members: \$144

PERSONAL TRAINING

By appointment only; contact Jackie Ruiz
at JRuiz@friedbergjcc.org or 516-634-4019.
Non member pricing available upon request.

SMALL GROUP TRAINING
Mondays (ongoing), 5:15-6:15 pm
Fee per class: \$15; Members: \$10
Bootcamp style total body workout taught
by a Personal Trainer.

**NEW ONE-ON-ONE STRETCHING
WITH A CERTIFIED TRAINER**
(4) 20-minute sessions
Fee: \$189; Members: \$139

**INTRODUCTION PACKAGE
1ST-TIME BUYERS ONLY**
(6) 30-minute sessions: \$199
(6) 45-minute sessions: \$225

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
6-Pack: \$226
12-Pack: \$443
24-pack: \$768

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
info visit friedbergjcc.org/my-j-app



GROUP FITNESS AND AQUATICS
Visit friedbergjcc.org/GEX for latest schedule



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
Fee: 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.
Fee: 5 lessons: \$200; 10 lessons: \$400
Members: 5 lessons: \$140; 10 lessons: \$280

YOUTH AQUATICS CLASSES

PARENT AND ME SWIM CLASS 1 (AGES 6-18 MONTHS)

8 Sundays, 4/28-6/23 (no class 5/26)
11 am

Orientation program designed to acquaint children with the water. Skills include kicking, blowing bubbles, floating and safety. Parents **MUST** go in the water with their children. Children **MUST** wear swim diapers.

Fee: \$280; Members: \$200

PARENT AND ME SWIM CLASS 2 (AGES 18 MONTHS-2 1/2 YEARS)

8 Sundays, 4/28-6/23 (no class 5/26)
10:30 am

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: \$280; Members: \$200

AQUATYKES WITH PARENT (AGES 2 1/2-3 1/2 YEARS)

8 Sundays, 4/28-6/23, (no class 5/26)
9 am

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: \$280; Members: \$200

ADVANCED AQUATYKES 1

(AGES 3-4)
8 Sundays, 4/28-6/23 (no class 5/26)
10 am

For children confident in the water and 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: \$280; Members: \$200

ADVANCED AQUATYKES 2

(AGES 4-5)
8 Sundays, 4/28-6/23 (no class 5/26)
9:30 am

For children confident in the water and 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: \$280; Members: \$200

JELLYFISH, ARC LEVEL 1 (AGES 5-12)

8 Sundays, 4/28-6/23 (no class 5/26)
9 am

Fee: \$280; Members, \$200
9 Tuesdays, 4/30 - 6/25, 4 pm
Fee: \$315; Members: \$225

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)

8 Sundays, 4/28-6/23 (no class 5/26)
9:30 am

Fee: \$280; Members, \$200
9 Thursdays, 5/2-6/13, 4 pm
Fee: \$315; Members: \$225

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

SNAPPER, ARC LEVEL 3 (AGES 5-12)

8 Sundays, 4/28-6/23 (no class 5/26)
10 am

Skills Taught: Elementary backstroke, breaststroke, butterfly kick, sidestroke kick and endurance. Pre-req: Level 2 skills
Fee: \$280; Members: \$200

YOUTH SWIM TEAMS

GET READY FOR SWIM TEAM (AGES 9 AND OVER)

8 Mondays, 4/29-6/24 (no class 5/27)
4-4:30 pm

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: \$280; Members: \$200

RIPPLES: PRE-SWIM TEAM (AGES 5-8)

8 Sundays, 4/29-6/24 (no class 5/27)
10:30-11 am

Fee: \$280; Members: \$200

8 Wednesdays, 5/1-6/26 (no class 6/19)
4-4:30 pm

Fee: \$280; Members: \$200

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 SPRING TRAINING (AGES 7-17)

7 Weeks, 4/29-6/13
Mondays, Tuesdays & Wednesdays
8 & Under: 4:30-5:30 pm
9 & Over: 5:30-6:30 pm

Fee: \$275; Members: \$225



GROUP FITNESS AND AQUATICS

Visit friedbergjcc.org/GEX
for the latest schedule

BECOME A JCC MEMBER!

Contact us at
516-766-4341



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-12:30 pm

Participate in lively conversation, make social connections & 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 am-4 pm

Fee: Free for Members

BEGINNER CANASTA LESSONS WITH HEIDI PASHKO

6 Thursdays, 5/2-6/6, 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 5/1-6/5, 3:30-5:30 pm

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

MAH JONGG STRATEGY CLASS WITH MICHELE LAMONSOFF

3 Mondays, 6/10-6/24, 3-5 pm

Do you want to improve your game? Learn to switch hands with ease? Master the 2024 card? Improve your defensive skills? Let's have some fun with this 3 week course.
Fee: \$78; Members: \$65

IN-HOUSE LECTURES/PROGRAMS

REGISTRATION REQUIRED

BETWEEN THE COVERS WITH LIZ ROPERS

Mondays at 1:30 pm

4/1: *The Secret Life of Sunflowers*, Marta Molnar

5/6: *The Girl With the Louding Voice*, Abi Dare

6/3: *Hello Beautiful*, Ann Napolitano

Fee: \$6; Members: \$3

LECTURE SERIES WITH LIZ ROPERS

Thursdays at 1 pm

4/11: *The Kidnapping of Edgardo Mortara*

5/16: *Orthodox Women in the Wild West*

6/13: *The Levy's of Monticello*

Fee: \$12; Members: \$3

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 and have a wonderful time.
Fee: \$10; Members: \$8

CLASSIC MOVIES & DISCUSSION WITH LIZ ROPERS

Thursdays at 1 pm

4/25: *The Manchurian Candidate*

5/30: *North by Northwest*

6/27: *Philadelphia*

Fee: \$12; Members: Free

THE LEMON TREE

Tuesday, 5/21, 12:45 pm

Join us and the JWV for this touching film and discussion with Doron Kathein from the Esplanade of Woodmere. The Lemon Tree is the story of a Palestinian widow who must defend her lemon tree field with a new Israeli Defense Minister who moves next to her and threatens to have her lemon grove torn down. Bagels and a smear will be provided by the Jewish War Veterans.

Fee: \$5 for Members & Jewish War Veterans

THE GREAT CITIES OF THE WORLD WITH DR. RONALD BROWN

Thursday, 5/23, 1 pm

Every great civilization has aspired to celebrate its glory with the construction of a magnificent capital city. This talk will visit three of the great cities of the world, Angkor Wat in Cambodia, Rome of the Roman Empire and Paris in France.. A light nosh of bagels and cream cheese will be provided.
Fee: \$18; Members: \$10

HOLLYWOOD YIDDISHKEIT: JEWISH IMAGES IN AMERICAN FILM WITH JOHN KENRICK

Tuesday, 6/25, 1:30 pm

Join us for a fascinating look at how an industry dominated by Jewish executives and creative talents has depicted Jews, from the silent era to the present. A light nosh of bagels and cream cheese will be provided. This program was funded in part by Humanities New York with support from the National Endowment for the Humanities.
Fee: \$15; Members: \$10

ACRYLIC PAINTING WITH EVA BERGER

6 Tuesdays, 5/14-6/18, 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: \$82; Members: \$69

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

EVENING BEGINNER PAINTING WITH PETER LORA

6 Tuesdays, 5/7-6/11, 6:30-8:30 pm

Learn how to express your true self in color. With Peter Lora's extensive teaching background you will learn a wide variety of artistic painting techniques. From color mixing, composition, and texture to still life, landscape, and more, you will be able to unleash your creativity.

Fee: \$82; Members: \$69

Supplies at an additional cost. You can provide your own supplies, or for a fee of \$35 payable directly to Peter on 1st day of class.

WATERCOLOR FOR BEGINNERS WITH PETER LORA

6 Wednesdays, 5/1-6/5, 1-3 pm

This class specializes in teaching beginner watercolor painting students the fundamental art techniques necessary to express themselves through art. Beginner watercolor students rave about the personalized attention they receive, and all art instructions are tailored towards your individual needs and interests

Fee: \$98; Members: \$82

Please bring \$10 on 1st day of class for supplies provided by your instructor.

CROCHETING WITH CINDY

6 Fridays, 5/3-6/7, 12-1 pm

Learn the basics and decode crochet patterns together. By the end of our six-week adventure, you'll be proudly crafting small pouches, granny squares, and hats.

Fee: \$78; Members: \$65

Please bring \$10 on 1st day of class for supplies provided by your instructor.

WALKING CLUB WITH LISA

5 Thursdays, 5/16-6/13, 10:15 am

Join Lisa Charschan as we walk and talk our stress away. We will be meeting at a different location each week. Stops may include but not limited to the Long Beach Boardwalk, Oceanside Park, Norman Levy Preserve, Hempstead State Park. Meeting spot will be announced once you register. Proper walking shoes required.
Fee: \$18; Members: Free

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.
Fee: Free to all JCC and PEIR members

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



ADULTS - DAY TRIPS

Lisa Charschan, Director

516-634-4169, lcharschan@friedbergjcc.org

DAY TRIPS*

NEW YORK BOTANICAL GARDENS

Wednesday, 4/3

Join us as we head into spring by visiting the The New York Botanical Garden's orchid show. This popular exhibition at The New York Botanical Garden returns for its 21st year with The Orchid Show: Florals in Fashion, a fashion-inspired celebration of all things orchid. After our guided tour we will proceed to Arthur Avenue where we will have lunch and explore Bronx's little Italy. Lunch will be on your own. Fee: \$95; Members: \$75

JEWISH CULTURE AND FOOD TOUR

Sunday, 4/14, 11 am

Join us for a very special three hour guided food tasting tour of the Lower East Side. We will learn about the pushcart culture of the early 1900's, see some of the oldest synagogues and pass by the Tenement Museum. We will stop and sample food from Katz's Deli, Kessar's Bialys, Russ & Daughters, Economy Candy, The Doughnut Plant and of course the Pickle Guys. This is sure to be an unforgettable day of food and culture. Friends and family members are invited to join us. Bring your appetite! Please note transportation will be on your own, meeting location will be announced. Fee: \$39; Members: \$25

QUEENS MUSEUM

Wednesday, 4/17

Come join us as we experience the fascinating history of New York. Who doesn't remember the World's Fair? Our guided tour will include items from the World's Fair Collection. We will also see The Neustadt Collection of Tiffany Glass. We will view the Panorama of the City of New York which was originally the highlight of the 1964 World's Fair. In 1994 the model was updated and depicts all five boroughs and even Long Island. A group reservation for lunch will be made at a nearby restaurant. Please note lunch is not included in the price. Limited space available. Reserve your spot early. Fee: \$69; Members: \$49
Price includes a private guided tour, transportation and snacks.

A BRONX TALE AT THE ARGYLE THEATER

Wednesday, 5/15

A Bronx Tale is a Broadway play that inspired the classic film based on the real life story of actor Chaz Palminteri. It's a story about respect, love and family. It is a combination of Jersey Boys and West Side Story. The Argyle Theatre is a newly renovated and historic Theatre on Main Street in Babylon Village. A group reservation for lunch will be made at a nearby restaurant. Please note lunch is not included in trip price. Fee: \$125; Members: \$105

NAVY SEAL MUSEUM

Wednesday, 6/5

Come explore a world class state of the art facility that honors all United States Navy Special Warfare Operators. The museum, only the second of its kind, offers opportunities to meet, interact and learn about the SEAL community. We will even go on an interactive adventure ride. After the museum we will have lunch at a waterside restaurant. Lunch not included in trip price. Fee: \$69; Members: \$49
Price includes transportation, private tour guide and snacks

WHITE HOUSE EXPERIENCE AT LONG ISLAND UNIVERSITY

Wednesday, 6/12

Unable to visit the White House in Washington DC? Then spend the day with us on the beautiful Long Island University Campus at the only White House Replica in the northeast. There is a life-size replica of the White House with an Oval Office, situation room and even a press briefing room. We will even get to play the role of President, cabinet members and reporters as we navigate a "crisis". The Museum contains hundreds of presidential artifacts from George Washington to the present day. A delicious sandwich lunch buffet will be included with our trip. Fee: \$92; Members: \$79
Price includes lunch, snacks and an unforgettable experience

TRIP TO A BROADWAY THEATER

Contact Lisa at 516-634-4169 for more information

*Please note we cannot accommodate last-minute cancellations once a spot is reserved. While we understand unforeseen circumstances happen, refunds or credits are not possible unless we can fill your spot from our waiting list. This policy aims to ensure everyone enjoys the best experience.



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

TUESDAY ADULT COUPLES CLUB (TACC)

Calling all active senior couples! Join us on Tuesday evenings 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 OF ALL ABILITIES

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

NUTRITION CLASS

Saturdays, 11 am-12 pm

This interactive class will teach participants about nutrition, how to lead healthier lives, weight management, and the benefits of eating fruits, vegetables, whole grains, and drinking water. The instructor will use games, videos, and PowerPoints to engage participants. Healthy snacks will be served. Weekly Fee: \$25; Members: \$20

SUNDAY ENRICHMENT CLASS

Sundays, 1-3 pm

Choose your own adventure! Each week, students get to enroll in an art, sports, cooking or music class and will learn skills related to their preferred subject. Weekly Fee: \$20; Members: \$10

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: \$25; 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, which starts on April 11th. 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: \$40; Members: \$30

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. Contact Marcy Hallerman at mhallerman@friedbergjcc.org for info on 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.

SPEED-FRIENDING

Tuesday, 4/2 4:30-6 pm

We will be partnering with Positive Community Connections to offer Speed Friending, an activity that builds social capacity and fosters social connections and inclusion. It is a lively and active way for people to meet and get to know others. This month's topic will be hobbies. Please register here: <https://forms.gle/RsYkuL8szzdgaeMr6>

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, 4/8, 5/6, 6/3

4:30-5:30 pm

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

TALENT SHOW

Wednesdays, 4/3, 5/1, 6/5

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, 4/4

6:30 pm

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, gbeaux@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: \$60

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
4/19, 5/3, 5/17, 6/7, 6/21 (no group 4/5)
10:30-11:30 am
Fee: Free and Open to the Community

**NEW! VIRTUAL SUPPORT GROUP FOR ADULT
CHILDREN OF PARENT DIAGNOSED WITH
PROGRESSIVE NEUROLOGICAL DISORDERS**
1st Wednesday of each month
4/3, 5/1, 6/5, 7-8 pm
Fee: Free and Open to the Community

COMMUNITY PROGRAMS AT THE JCC

YOM HASHOAH COMMEMORATION
Monday, 5/6, 7 pm
Monte Leeper presents A GI's Story of Heroism and Rescue. Opens Monday 5/6 and runs through 5/13: Special Art Exhibit by Artist Judy Cooperman, "Memories and Missing Memories"
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 OVER AGE 70
LOSS OF SPOUSE/SIGNIFICANT OTHER**
8 Tuesdays starting 4/2, 2:30-3:30 pm
Fee: \$100; Members: \$80

**BEREAVEMENT I: AGES 55-70
LOSS OF SPOUSE/SIGNIFICANT OTHER**
8 Tuesdays starting 4/9 (no class 4/23)
6-7 pm
Fee: \$100; Members: \$80

GRIEF WORKSHOPS
Tuesdays, 4:30-6 pm
4/30: Travel and Adventure After Loss
5/21: How to Navigate Secondary Losses and Unexpected Losses
6/18: TBD
Fee per workshop: \$15; Members: \$12

VOLUNTEER SERVICES PROGRAM

Find meaningful volunteer opportunities to use your skills, passions 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.

VOLUNTEER APPRECIATION MONTH
April
Join the JCC as we recognize the work of our volunteers as community leaders and mentors.

PASSOVER SPONSOR A MEAL
April
Volunteers will be needed to sponsor a seder in a box for a family in need so they can partake in their Passover Seder. Volunteers also needed to deliver the meals on Sunday, April 21.

5K RUN
Sunday, 5/19
This is a great volunteer opportunity for all ages and abilities! We will need people to help with registration, assist at watering stations, and work to cheer on runners. It is really a great cause helping to sponsor our Parkinson's programs that we have here at the JCC.

ISRAEL DAY PARADE
Sunday, 6/2
Come show support for Israel and volunteer to walk with the JCC.

CULINARY ASSISTANTS
Ongoing
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
Mondays, 12:45 pm
Help in our Boxing with Parkinson's class.

SPORTS VOLUNTEER
Tue/Wed/Thu Evenings
Help with our Sports Classes for Adults with Disabilities.

YOUTH SPORTS VOLUNTEER
Tuesday, 5:30/6:45 pm; Saturdays, 10:15 am
Help with our Youth Basketball Clinics.

MAINTAIN YOUR BRAIN
Registration required

**VIRTUAL MAINTAIN YOUR BRAIN THROUGH
BRAIN FITNESS WITH SHELLY PAZER**
8 Mondays, 5/6-7/1 (no class 5/27)
10:30-11:30 am
Fee: \$50; Members: \$40

**IN PERSON MAINTAIN YOUR BRAIN THROUGH
T'AI CHI WITH DONNA GROSSMAN**
4 Fridays, 4/19-5/10, 10-10:45 am
Fee: Free
4 Fridays, 5/17-6/7, 10-10:45 am
Fee: \$25; Members: \$20

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.

NEW! FIT CLASS
Thursdays, 12:45 pm
Help build strength and get the body moving. Get tips on proper form and techniques for managing Parkinson's symptoms with a seated and standing stretching and strengthening exercises.
Fee per class \$15; Members: \$10
10 pack: \$150; Members: \$100

IN PERSON 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 starting 2/9, 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

Speakers on all Parkinson's related topics. Contact Gloria at gbeaux@friedbergjcc.org or 516-634-4010 for Zoom info and more details
Fee: Free and open to the community

PARKINSON'S AWARENESS MONTH

Monday, 4/8, 1:45 pm
IN PERSON PRESENTATION on Advanced Treatment Options followed by kosher lunch and PD Dance Party.

Wednesday, 4/10, 4 pm
VIRTUAL PRESENTATION on Parkinson's: A Preventable Disease with Dr. Ray Dorsey and Ted Thompson, MJFF. Registration required.

Monday, 4/15, 1 pm
**IN-PERSON EDUCATIONAL SEMINAR/PANEL
DISCUSSION** for those with Parkinson's and their Caregivers-in person at Feinstein Institutes for Medical Research, Northwell Health, Medication Off Periods and Pain Management. Contact Kaitlyn Pawlukojc at NYIT to register at 516-686-7411 or kpawlu@nyit.edu

Tuesday, 4/16, 10 am-2 pm
IN PERSON PD WELLNESS FAIR with speakers, resource tables and free information and giveaways. Presentations by Dr. Fiona Gupta, movement disorders neurologist; Dr. Rosemary Gallagher, associate professor and Director of Physical Therapy Admissions at New York Tech's Doctor of Physical Therapy Program and Drs. Kaitlin Brooks and Zoe Thijs, assistant professors at Molloy University's Communications Disorders Department at Molloy University.

Thursday, 4/25 4 pm
VIRTUAL PRESENTATION by Tara Hayes, PA MS Neuroscience, Senior Medical Science Liaison Global R&D, Medical Affairs about Parkinson's Disease.

5K RUN/WALK FOR PD
Sunday, 5/19 9-11 am
This is an exciting event to attend, volunteer, walk, and provide sponsorship. You can create your own team. All proceeds go to our JCC Parkinson's Programs.

ISOLATION TO CONNECTION SUPPORT PROGRAM

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



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 BRAIN HEALTH

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 contact Pam Jaffe, LCSW at 516-634-4192 or pjaffe@friedbergjcc.org. Fee: \$75 per session

NEW! AN ESP AFTERNOON

A PROGRAM OF THE FRIEDBERG JCC CENTER FOR BRAIN HEALTH

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! MIND BODY SPIRIT FOR THOSE EXPERIENCING MILD COGNITIVE CHANGES

A PROGRAM OF THE FRIEDBERG JCC CENTER FOR BRAIN HEALTH

Mondays, 1-3 pm

This two-hour class will provide opportunities to learn and practice cognitive enhancement techniques, manage stress, engage in wellness and enjoy stimulating activities to maintain an independent lifestyle. An interview is required. For more information contact Pam Jaffe, LCSW at 516-634-4192 or pjaffe@friedbergjcc.org. Fee: \$45 per session

VIRTUAL SUPPORT FOR ADULT CHILDREN OF THOSE DIAGNOSED WITH DEMENTIA

2nd Wednesday of each month

4/10, 5/8, 6/12, 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

1st and 3rd Friday of each month

4/5, 4/19, 5/3, 5/17, 6/7, 6/21, 10:30-11:30 am

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

Free and Open to the Community

**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, Merrick & 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