



# FALL 2024 PROGRAM GUIDE

**FRIEDBERG JCC**

15 Neil Court, Oceanside NY 11572

516-766-4341 • [friedbergjcc.org](http://friedbergjcc.org)



## MEMBERSHIP

Jackie Ruiz, Sr. Program Officer of Wellness & Member Services  
516-766-4341, [membership@friedbergjcc.org](mailto:membership@friedbergjcc.org)

### WHAT DOES MY MEMBERSHIP INCLUDE?

Membership at the JCC offers wonderful value with continuously changing programs and services! Membership here includes access to:

- State-of-the-art Fitness Center
- Heated Indoor Swimming Pool
- Gymnasium with Basketball & Pickleball Courts
- Weekly Scheduled Group Exercise Classes
- Locker Room with Dry Electric Sauna
- Weekly Open Play (Pickleball, Basketball, Ping Pong, Canasta, MahJong)
- 2 Free Fitness Consultations with one of our Personal Trainers
- Special Discounted Member Rates for all Programming
- Harvey's Cafe
- Camp Discounts
- Wi-Fi
- Around-the-Clock Security
- Local Discounts around Oceanside (JPerks)
- Smartphone App for Easy Security Check-in & Pool Reservations

Open to everyone, the Barry & Florence Friedberg JCC offers programming, classes and events that keep your mind and body occupied! Members benefit from priority registration for select programs, 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 Snowbird, College Student, and Teen memberships. Please note, all memberships are for a year-long contract and come with a one-time registration fee of \$75. After the year, membership automatically renews on a monthly basis.

### NEW MEMBERS

As our welcome gift to you when you join the JCC, please enjoy our New Member Coupons (valued up to \$100)! Please ask someone from the membership department to receive your coupons.

### MGM (MEMBERS GETTING MEMBERS)

Members who refer new full service members who join the JCC will earn a \$25 credit towards their membership. There is no limit to how many people you can refer!

### MAY I BRING A GUEST?

Yes! Members (ages 13 and above) can purchase individual guest passes for use of the facility for one day. Fees are \$15 for adults (19 years and over); \$10 for children (2-18 years). Guests must provide a valid I.D. and must complete a guest pass 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. Please contact [membership@friedbergjcc.org](mailto:membership@friedbergjcc.org) to receive an updated letter of reciprocity.

### 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, 18 or over.

### WEATHER CANCELLATIONS

In the event of inclement weather, please visit our website or the My J app 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. All individuals must enter the JCC in an authorized manner through scanning your member barcode. All youth 12 or under must be supervised at all times by a parent/guardian. All people attending the JCC are expected to behave in a mature and responsible manner, respecting the rights and dignity of all other members, participants, and staff.

Members and participants will not engage in disruptive conduct, including but not limited to; angry/vulgar/abusive language including swearing and shouting, physical contact with another person in an angry or threatening manner, theft, harassment through verbal or physical means, aiding or abetting in the unauthorized entrance of any person, use or possession of illegal substances on JCC property, and behavior that results in destruction of property. The Friedberg JCC, through its CEO & Board of Directors, reserves the right to remove any individual acting in an inappropriate manner and further reserves the rights for additional disciplinary actions including but not limited to: cancellation of membership or involvement with local law enforcement.

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



# WELLNESS

Jackie Ruiz, Program Director of Wellness & Membership  
516-634-4019, [jruiz@friedbergjcc.org](mailto: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

### LINE DANCING

Tuesdays, 4:15 pm

**BASKETBALL CLINIC (AGES 15 +)**  
Thursdays, 4:30 pm

**BOXING (AGES 15 +)**  
Tuesdays, 5 pm  
Thursdays, 5:15 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](mailto:jruiz@friedbergjcc.org)  
or 516-634-4019 for pricing.

**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

(GRADES K-4)

9 Tuesdays, 9/24-11/19, 5:30-6:30 pm  
8 Saturdays 9/21-11/23 (no class 10/12)  
10:15-11:15 am

(GRADES 5-8)

9 Tuesdays, 9/24-11/19, 6:45-7:45 pm

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

Fee \$225; Member: \$180

### MINI SPORTS (AGES 2 1/2-4)

9 Sundays, 9/22-11/24 (no class 10/13)  
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 \$180, Members: \$135

### SUPER SPORTS (PRE-K-GRADE 3)

9 Saturdays, 9/21-11/23 (no class 10/12)  
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: \$207; Members: \$162

### CHEERLEADING (PRE K-GRADE 3)

9 Saturdays, 9/21-11/23 (no class 10/12)  
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: \$207; Members: \$162

### FLAG FOOTBALL (GRADES K-3)

9 Sundays, 9/22-11/24 (no class 10/13)  
10-11 am

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

Fee: \$207; Members: \$162

## YOUTH ART CLASSES

### LITTLE PICASSOS (AGES 3 1/2-5)

6 Saturdays, 10/19-11/23  
10:15-11 am

Fee: \$168; Members: \$144

### YOUNG ARTIST (AGES 6-11)

6 Saturdays, 10/19-11/23  
11:15 am-12:15 pm

Fee: \$168; Members: \$144

## PERSONAL TRAINING

By appointment only; contact Jackie at [JRuiz@friedbergjcc.org](mailto: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](http://friedbergjcc.org/my-j-app).



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



# AQUATICS

Cori Caporimo, Aquatics Supervisor  
516-634-4194, [aquatics@friedbergjcc.org](mailto:aquatics@friedbergjcc.org)

## 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](http://friedbergjcc.org/my-j-app)

## PRIVATE LESSONS

Take swimming lessons with one of our trained instructors. By appointment only. Contact Cori at 516-634-4194 or [aquatics@friedbergjcc.org](mailto: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 8-20 MONTHS)

14 Sundays, 9/8-12/15 (no class 10/13)  
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: \$490; Members: \$350

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

14 Sundays, 9/8-12/15 (no class 10/13)  
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 diapers.  
Fee: \$490; Members: \$350

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

14 Sundays, 9/8-12/15 (no class 10/13)  
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: \$490; Members: \$350

### ADVANCED AQUATYKES 1 (AGES 3-4)

14 Sundays, 9/8-12/15 (no class 10/13)  
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: \$490; Members: \$350

### ADVANCED AQUATYKES 2 (AGES 4-5)

14 Sundays, 9/8-12/15 (no class 10/13)  
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: \$490; Members: \$350

### JELLYFISH, ARC LEVEL 1 (AGES 5-12)

14 Sundays, 9/8-12/15 (no class 10/13)  
9 am

Fee: \$490; Members: \$350  
14 Tuesdays, 9/10-12/17, 4 pm  
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)

14 Sundays, 9/8-12/15 (no class 10/13)  
9:30 am

Fee: \$490; Members: \$350  
12 Thursdays, 9/12-12/19 (no classes 10/3, 10/31 & 11/28), 4 pm  
Fee: \$420; Members: \$300  
Skills taught: Fully submerged head, underwater retrieving, and front/back float, front/back glide, back kick, basic front crawl.

### SNAPPER, ARC LEVEL 3 (AGES 5-12)

14 Sundays, 9/8-12/15 (no class 10/13)  
10 am

Skills Taught: Elementary backstroke, breaststroke, butterfly kick, sidestroke kick and endurance. Pre-req; Level 2 skills  
Fee: \$490; Members: \$350

## YOUTH SWIM TEAMS

### GET READY FOR SWIM TEAM (AGES 9 AND OVER)

14 Mondays, 9/9-12/16 (no class 10/14)  
4 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: \$490; Members: \$350

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

14 Sundays, 9/8-12/15 (no class 10/13)  
10:30-11 am

Fee: \$490; Members: \$350  
13 Wednesdays, 9/11-12/18 (no class 10/2, 11/27), 4-4:30 pm  
Fee: \$455; Members: \$325

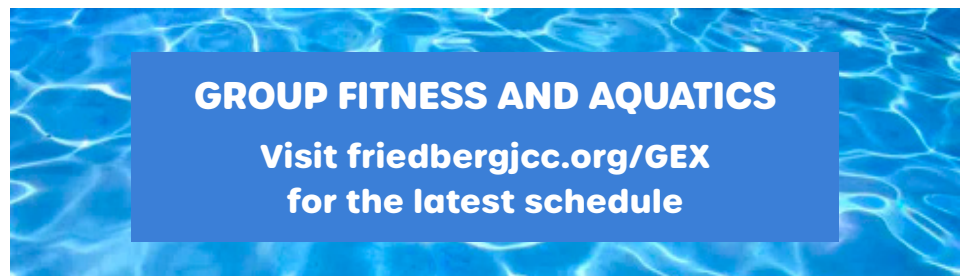
For swimmers not ready for a competitive swim team. Skills taught: circle swimming, freestyle and backstroke, proper breathing and kicking techniques, proper starts and finishes, building endurance to lead up to swim team levels. Must be able to complete one length of our 25-yard pool. All new swimmers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

### WAVES COMPETITIVE SWIM TEAM (AGES 7-17)

9/30/24-3/27/25  
8 & Under: Mon-Thu, 4:30-5:30 pm  
9 & Over: Mon-Thu, 5:30-7 pm,  
Sun, 1-2 pm  
Fee: \$975; Members: \$875

### WAVES 2 COMPETITIVE SWIM TEAM FOR PEOPLE OF ALL ABILITIES (AGES 13+)

9/18-12/18 (no class 10/2 or 11/26)  
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



**GROUP FITNESS AND AQUATICS**

Visit [friedbergjcc.org/GEX](http://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 quarterly per person: \$75; Members: \$36  
(includes 3 months of weekly entertainment)

#### The People's Forum with Gloria

**Tuesdays, 11:30 am-12:30 pm**  
Fee: Free for Members

#### Sports Roundup

**Tuesdays, 12:15-1:15 pm**  
Fee: Free for Members

#### Headlines and Topics

**Wednesdays, 11 am-12:15 pm**  
Fee: Free for Members

#### Point Counterpoint

**Politics From Both Sides**  
**Mondays, 7-8:30 pm**  
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, 9/12-10/31 (no class 10/3, 10/24), 11 am-1 pm**  
Fee: \$156; Members, \$130

#### BEGINNER MAH JONGG LESSONS

**WITH MICHELE LAMONSOFF**  
**6 Wednesdays, 10/9-11/13, 3:30-5:30 pm**  
Fee \$156; Members \$130

#### MAH JONGG STRATEGY CLASS

**WITH MICHELE LAMONSOFF**  
**3 Tuesdays, 9/24-10/8, 1:30-3:30 pm**  
Improve your game, learn to switch hands with ease, and improve your defensive skills.  
Fee: \$78; Members: \$65

### IN-HOUSE LECTURES/PROGRAMS

Registration Required

#### BETWEEN THE COVERS WITH LIZ ROPERS

**Thursday, 9/5, 1 pm:** *Table for Two* by Amor Towles

**Monday, 10/7, 1:30 pm:** *The Rule Breaker* by Barbara Walters

**Monday, 11/4, 1:30 pm:** *Paper Palace* by Miranda Cowley Heller

**Monday, 12/2, 1:30 pm:** *The Beekeeper of Aleppo* by Christy Lefteri  
Fee: \$6; Members, \$3

#### LECTURE SERIES WITH LIZ ROPERS

**Thursdays at 1 pm**  
**9/19:** *Siege of the Masada*  
**10/17:** *Jackson Pollock and Lee Krasner*  
**11/14:** *Varian Fry*  
**12/5:** *The Cone Sisters*  
Fee: \$12; Members, \$3

### CLASSIC MOVIES & DISCUSSION WITH LIZ ROPERS

**Thursdays at 1 pm**  
**9/12:** *Hidden Figures*  
**10/10:** *Love Me or Leave Me*  
**11/21:** *Man Who Knew Too Much*  
**12/12:** *Midnight Lace*  
Fee: \$12; Members, Free

### JOIN US AND THE JEWISH WAR VETERANS FOR THIS WONDERFUL FILM, PAPER CLIPS

**Thursday, 12/24, 12:30 pm**  
This moving and inspiring film captures how the students of Whitwell Middle School in Tennessee responded to lessons about the Holocaust. Bagels and cream cheese will be provided by the Jewish War Veterans  
Fee: \$5 Members and Jewish War Veterans

### JOIN US AND THE JEWISH WAR VETERANS FOR THIS WONDERFUL FILM, THE COVENANT

**Thursday, 11/7, 12:30 pm**  
In this powerful film, Sergeant John Kinley is on his last tour of duty in Afghanistan when he is teamed up with a local interpreter, Ahmed. When Kinley is wounded, Ahmed risks his own life to carry an injured John across miles of grueling terrain to safety. Bagels and cream cheese will be provided by the Jewish War Veterans  
Fee: \$5 Members and Jewish War Veterans

### WATERCOLOR WITH PETER LORA

**6 Wednesdays, 9/11-10/23 (no class 10/2)**  
**1-2:30 pm**  
This class specializes in teaching beginner watercolor painting students the fundamental art techniques necessary to express themselves through art.  
Fee: \$98; Members: \$82  
Please bring \$25 the first day of class for supplies provided by your instructor.

### ACRYLIC PAINTING WITH EVA BERGER

**6 Tuesdays 10/22-12/3 (no class 11/26)**  
**1:30-3:30 pm**  
Learn 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.

### FLU SHOTS WITH MERCY MEDICAL CENTER

**Tuesday, 10/1, 10 am-12 pm**  
Standard dose and high dose (for people 65 years and older) are available. Pre-registration is preferred.  
Fee: Free

### FREE SENIOR IDENTIFICATION PROGRAM

**Monday, 10/21, 11 am-1 pm**  
The Senior Identification Program is a service made available to all senior citizens (ages 60 and up) in the Town of Hempstead.  
Fee: Free

### ROSH HASHANAH PARTY

**Thursday, 9/26, 5:30 pm**  
Ring in the new year 5785 with old and new friends. A buffet dinner will be catered from the Lido Deli, followed by entertainment by International singer Shlomo Haviv. Dinner will consist of chicken, brisket, noodle pudding, tossed salad, mixed veggies and more.  
Fee: \$30; Members: \$25

### PEIR (PERSONAL ENRICHMENT IN RETIREMENT)

**Thursdays, 10-11:30**  
Peir combines life-long intellectual stimulation and social interaction among our retired, or semi-retired adults, from all walks of life.  
Fee: Free to JCC and PEIR members. Registration required.

### WALKING CLUB WITH LISA

**5 Thursdays, 9/12, 9/19, 9/26, 10/10, 10/17, 10:15 am**  
Join Lisa Charschan, Adult Services Director as we walk and talk our stress away. Being active is the secret to staying healthy and walking is one of the easiest ways to get moving. Proper walking shoes are required.  
Fee \$18; Members Free

### TRIPS

#### CUBA

**November 7-12**  
Join us on an extraordinary journey to Cuba. Meet and bring support to the Jewish communities of Cuba and its people. Escorted by Miriam Levinson.

### ART LOVERS DAY TRIP TO THE BROOKLYN MUSEUM

**Wednesday, 9/4**  
Join us for an inspirational, cultural and delightful day at the Brooklyn Museum. We will have a guided tour of one of the exciting collections of art. We will have additional time to wander through the sunlit galleries and explore the sculptures and paintings. Includes transportation, guided tour and snacks. Lunch not included in price.  
Fee: \$75; Members: \$55

### BROADWAY BOUND DAY TRIP: THE ROOMMATE AT THE BOOTH THEATRE

**Wednesday, 9/18**  
Join us to see a once in a lifetime Broadway Show starring the legendary Patti LuPone and Mia Farrow. Includes transportation, orchestra seats, all gratuities, and snacks. A group reservation will be made for an early lunch for those interested with an additional fee. Limited space available.  
Fee \$225; Members: \$195

### THE BROOKLYN SELTZER MUSEUM:

**FEEL THE SPRITZ!**  
**Tuesday, 10/29**  
Our trip begins with a delicious, cold refreshing taste of seltzer. Our journey continues as we explore the origins of seltzer. The Brooklyn Seltzer Museum has many exciting and fun challenges during the visit. The best part is everyone gets an egg cream to enjoy at the end of the tour. Please note lunch is not included in the trip price.  
Fee: \$60; Members: \$49

### DAY TRIP TO THE BROADWAY THEATRE

**THE GREAT GATSBY**  
**Thursday, 11/14**  
Step back into the 1920's at the first Broadway musical adaptation of F. Scott Fitzgerald's classic American novel, *The Great Gatsby* starring Jeremy Jordan and Eva Noblezada. A group reservation will be made for lunch at an additional fee. We will be taking the JCC bus. Bus seating is limited. Please sign up early to reserve your spot.  
Fee: \$225; Members: \$195

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



# EZRA CENTER FOR PEOPLE OF ALL ABILITIES

Marcy Hallerman, Director

516-634-4173, [mhallerman@friedbergjcc.org](mailto: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

### YOGA

**Mondays, 5:30-6:15 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

### LINE DANCE

**Tuesdays, 4:15-5 pm**

Learn how to do various styles of dance, including creative movement, salsa, ballroom, and more from our certified dance instructor. Weekly Fee: \$18; Members: \$10

### BOXING

**Tuesdays, 5-5:45 pm**

**Thursdays, 5:15-6 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 2 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, 4:30-5:15 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](mailto: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](mailto: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.

### HARVEY'S CAFE VOCATIONAL TRAINING

The JCC's cafe is now a vocational training center. Participants will learn food service skills including stocking, preparing food, serving customers, handling money and cleaning. To join this new initiative, please contact Marcy Hallerman at [mhallerman@friedbergjcc.org](mailto:mhallerman@friedbergjcc.org)

### SPEED-FRIENDING

**Tuesday, 9/17, 5-7 pm**

Join us for a fun Speed Friending session, 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 fast food. After playing the game, socialize with your new friends and enjoy pizza and drinks. Fee: \$10, \$5 JCC members

### 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](mailto:mhallerman@friedbergjcc.org) or Fradeline Garcia, Disabilities Coordinator at [fgarcia@friedbergjcc.org](mailto: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, 9/9, 10/7, 11/4, 12/9**

**4:30-5:30 pm**

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

#### TALENT SHOW

**Wednesdays, 9/4, 10/2, 11/6, 12/4**

**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.

**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](mailto:glebeaux@friedbergjcc.org)  
Susan Montanaro, LMSW Social Worker, 516-634-4175, [smontanaro@friedbergjcc.org](mailto:smontanaro@friedbergjcc.org)  
Tara Corn, LMSW Isolation to Connection Specialist, 516-634-4160, [tcorn@friedbergjcc.org](mailto: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**  
**9/13, 9/27, 10/21 (Monday), 11/1, 11/15, 12/6, 12/27**  
**10:30-11:30 am**  
Fee: Free and Open to the Community

**VIRTUAL SUPPORT GROUP FOR ADULT CHILDREN  
OF PARENT DIAGNOSED WITH PROGRESSIVE  
NEUROLOGICAL DISORDERS**  
**1st Wednesday of each month**  
**9/4, 10/2, 11/6, 12/4, 7-8 pm**  
Fee: Free and Open to the Community

**VIRTUAL SUPPORT GROUP FOR ADULT CHILDREN  
OF PARENT DIAGNOSED WITH DEMENTIA**  
**2nd Wednesday of each month**  
**9/11, 10/9, 11/20, 12/11, 7-8 pm**  
Fee: Free and Open to the Community

### COMMUNITY PROGRAMS AT THE JCC

**SECOND GENERATION HOLOCAUST SURVIVOR  
GROUP**  
**2nd Monday of each month, 9/9, 10/14, 11/11,  
12/9, 4 pm**  
Second Generation is a network of the children of Holocaust survivors linked together with the common goal of preserving and honoring our legacy.

**OCT 7TH SUPPORT/DISCUSSION GROUPS**  
This is an opportunity for individuals who would like to share, vent and discuss their reactions to Oct 7th and to its aftermath

**ADULT COMMUNITY**  
**Tuesday, 10/8, 11:30 am**  
**Monday, 10/16, 4 pm:** Second Generation Holocaust Survivors

### 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**  
**6 Wednesdays starting 9/25 (no group 10/2)**  
**2:30-3:30 pm**  
Fee: \$100; Members: \$80

**BEREAVEMENT I: AGES 55-70  
LOSS OF SPOUSE/SIGNIFICANT OTHER**  
**6 Tuesdays starting 9/24, 6-7 pm**  
Fee: \$100; Members: \$80

### 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.

### 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 Marcy Hallerman to get on the list for the weekly volunteer job board and to sign up for volunteer projects.

**REVERSE TASHLICH**  
**Sunday, 9/29, 10 am, Meet at Lido Beach West**  
Join the JCC as we reverse the tradition of Tashlich and cleanse human sins in a collaborative environmental cleanup.

**ROSH HASHANAH MEAL DELIVERY**  
**October (date TBD)**  
Help deliver food to a family in need so they can partake in their holiday meal.

**DRIVES**  
**September:** The JCC will be collecting new, unopened school snacks in a box in the lobby to be donated to Coalition for the Homeless.  
**Oct 31-Nov 1:** The JCC will be collecting Halloween Candy to be donated to the troops stationed overseas.  
**November:** The JCC will be collecting unwrapped Hanukkah gifts for all ages and abilities to benefit the Ohel.

**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.

### 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.

### 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](mailto: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 9/10, 7-8 pm**  
Fee: Free and open to the community

**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

**NEW! VIRTUAL COUPLES SUPPORT GROUP FOR PD**  
**6 Tuesdays, 9/24-10/29, 2:15-3:15 pm**  
For those couples who want to talk about the challenges they face together navigating the PD journey. Both members must be able and willing to articulate their thoughts and concerns. Contact Susan Montanaro if interested.  
Fee: Free and open to the community

### PARKINSON'S SUPPORT SESSIONS AND SPECIAL PROGRAMS

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

**BEAT PARKINSON'S**  
Fun Drumming with Laura Cerrano CEO, Founder and President of Feng Shui Manhattan, Inc followed by lunch and an informative presentation by esteemed Movement Disorder Neurologists  
**Thursday, 9/19:** Dr. Fiona Gupta, The Science and Management of PD  
**Tuesday, 11/12:** Dr. David Kreitzman, The Management of OFF and ON Times and specifically Dyskinesia. Learn about therapies that may benefit you

**VIRTUAL PARKINSON'S AND PAIN**  
**Friday, 9/20, 2 pm**  
Presentation by Dr. Cristina Drafta, Movement Disorders Neurologist and Neurophysiologist. Registration required to get zoom instructions

**"LET'S TALK ABOUT IT" RESOURCE FAIR**  
**Tuesday, 10/29, 11 am-3 pm**  
Presentations on Cognition and Sleep and PD. Hosted by the Parkinson's Foundation. Kosher lunch provided.

**VIRTUAL MEDICARE, MEDICATIONS AND  
INSURANCE INFORMATION**  
**Monday, 11/4, 4 pm**  
With Barry Klitsberg, Assistant Program Coordinator for the Nassau County HICAP Program (Health Insurance Information Counseling and Assistance Program).

**PD AND UROLOGY**  
**December (date TBD)**

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



# DEMENTIA PROGRAMS & SERVICES

Pamela S. Jaffe, LCSW, Director

516-634-4192, [pjaffe@friedbergjcc.org](mailto: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](mailto:pjaffe@friedbergjcc.org).  
Fee: \$75 per session

### 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](mailto:pjaffe@friedbergjcc.org).  
Fee: \$35 per session

### 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](mailto:pjaffe@friedbergjcc.org).  
Fee: \$45 per session

### VIRTUAL WEBINAR: WORD-FINDING & MEMORY: WHAT'S TYPICAL AND WHAT'S NOT

A PROGRAM OF THE FRIEDBERG JCC CENTER FOR BRAIN HEALTH

**Wednesday, 9/18, 4-5:30 pm**

Presented by Professor Joanne Ascher CCC-SLP TSHH, and Professor Kaitlin Brooks PhD, CCC-SLP, Speech and Language Pathology Department, Molloy University. To register and receive Zoom link contact Pam Jaffe 516-634-4192 or [pjaffe@friedbergjcc.org](mailto:pjaffe@friedbergjcc.org)

### FALL FLING MEMORY CAFE

A PROGRAM OF THE FRIEDBERG JCC CENTER FOR BRAIN HEALTH

**Friday, 9/6, 12:30-2 pm**

Join us for another enjoyable afternoon filled with live musical entertainment and a delicious lunch from Lido Kosher Deli, dessert more! Come and socialize in a comfortable, relaxed atmosphere. Music and dancing is good for maintaining brain health! Funded through Sephardic Foundation on Aging.  
Fee: Free and open to those with a dementia diagnosis and their care partners. To register contact Pam Jaffe, LCSW at 516-634-4192 or [pjaffe@friedbergjcc.org](mailto:pjaffe@friedbergjcc.org)

### VIRTUAL SUPPORT FOR ADULT CHILDREN OF THOSE DIAGNOSED WITH DEMENTIA

A PROGRAM OF THE FRIEDBERG JCC CENTER FOR BRAIN HEALTH

**2nd Wednesday of each month**

**9/11, 10/19, 11/20, 12/11, 7-8 pm**

For more information contact Pam Jaffe, LCSW at 516-634-4192 or [pjaffe@friedbergjcc.org](mailto:pjaffe@friedbergjcc.org).  
Free and Open to the Community

### VIRTUAL CAREGIVER SUPPORT GROUP

A PROGRAM OF THE FRIEDBERG JCC CENTER FOR BRAIN HEALTH

**1st and 3rd Friday of each month**

**9/13, 9/27, 10/21 (Monday), 11/1, 11/15, 12/6, 12/27, 10:30-11:30 am**

For more information contact Gloria Lebeaux, LCSW at 516-634-4010 or [glebeaux@friedbergjcc.org](mailto:glebeaux@friedbergjcc.org).  
Free and Open to the Community

### COMMUNICATION AND MEMORY SUPPORT GROUP

A PROGRAM OF THE FRIEDBERG JCC CENTER FOR BRAIN HEALTH

**8 Mondays, 10/7-12/2 (no session 10/14), 10 am**

Molloy University's Speech-Language Pathology Department will conduct an 8-week group to support individuals who are experiencing difficulty with word-finding and memory. The group will be facilitated by a licensed and certified speech-language pathologist along with Molloy Graduate students at the Friedberg JCC Center for Brain Health. A mandatory screening will be conducted on Monday, September 30th. For further information contact Pam Jaffe at 516-634-4192 or [pjaffe@friedbergjcc.org](mailto:pjaffe@friedbergjcc.org)  
Fee: Free if selected to participate

### MAINTAIN YOUR BRAIN

A PROGRAM OF THE FRIEDBERG JCC CENTER FOR BRAIN HEALTH

For further information or to register contact Pam Jaffe, LCSW at 516-634-4192 or [pjaffe@friedbergjcc.org](mailto:pjaffe@friedbergjcc.org)

### VIRTUAL MAINTAIN YOUR BRAIN THROUGH BRAIN FITNESS WITH SHELLEY PAZER

**September Mini Session**

**4 Mondays, 9/9-9/30, 10:30-11:30 am**

Fee: \$25; Members: \$20

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

**8 Fridays, 11/1-12/20, 10-10:45 am**

Fee: \$50; Members: \$40

### VIRTUAL MAINTAIN YOUR BRAIN THROUGH BRAIN FITNESS WITH SHELLEY PAZER

**8 Mondays 11/4-12/23, 10:30-11:30 am**

Fee: \$50; Members: \$40

For more information about upcoming events, informative webinars and ways to maintain optimal brain health contact Pam Jaffe, LCSW at 516-634-4192 or [pjaffe@friedbergjcc.org](mailto:pjaffe@friedbergjcc.org)

**BECOME A JCC MEMBER!**

**CONTACT US AT 516-766-4341**





# FRIEDBERG JCC FAMILY OF CAMPS

## SUMMER at the J

### SUMMER @ THE J

At the Friedberg JCC

[friedbergjcc.org/summeratthej](http://friedbergjcc.org/summeratthej)

516-634-4164

[camp@friedbergjcc.org](mailto: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](http://friedbergjcc.org/gaavah)

Ellen Diamond, Director

516-634-4151

[ediamond@friedbergjcc.org](mailto: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](http://friedbergjcc.org/camp/early-childhood)

Andrea Ahearne, Director

516-634-4167

[aahearne@friedbergjcc.org](mailto: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](http://islandquestdaycamp.org)

Melissa Algranati, Camp Director

718-225-6750 ext. 261

[melissa@islandquestdaycamp.org](mailto: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

(SUBJECT TO CHANGE; PLEASE CHECK APP AND WEBSITE FOR UPDATES)

### 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

### MAGNOLIA BRANCH

Monday-Friday, 7 am-6 pm

Extended Hours Available For All Programs

## SEPTEMBER 2024-JULY 2025 HOLIDAY HOURS/CLOSURES

Monday, Sept 2	Labor Day	8 am-1 pm (Fitness/Aquatics Only)
Wednesday, Oct 2	Erev Rosh Hashanah	Close at 3 pm
Thursday, Oct 3	Rosh Hashanah	Closed
Friday, Oct 4	Rosh Hashanah	Closed
Friday, Oct 11	Erev Yom Kippur	Close at 3 pm
Saturday, Oct 12	Yom Kippur	Closed
Wednesday, Nov 27	Thanksgiving Eve	Close at 5 pm
Thursday, Nov 28	Thanksgiving	Closed
Tuesday, Dec 24	Christmans Eve	Close at 5 pm
Wednesday, Dec 25	Christmas Day	8 am-3 pm (Fitness/Aquatics Only)
Tuesday, Dec 31	New Year's Eve	Close at 5 pm
Wednesday, Jan 1	New Year's Day	10 am-2 pm (Fitness/Aquatics Only)
Sunday, Apr 13	Erev Passover	Close at 3 pm
Monday, Apr 14	Passover	Closed
Tuesday, Apr 15	Passover	Closed
Monday, May 26	Memorial Day	8 am-1 pm (Fitness/Aquatics Only)
Friday, July 4	Independence Day	8 am-1 pm (Fitness/Aquatics Only)