



2025

FALL

PROGRAM

GUIDE

YOUTH PROGRAMMING



YOUTH SPORTS

Boys and Girls Basketball Clinic (K- Grade 4)

10 Tuesdays, 9/16 - 11/25 (No Class 9/23)

5:30-6:30 pm

10 Saturdays, 9/20 - 11/22

10:15 - 11:15 am

Fee: \$260; Members: \$210

Basketball Skills Clinics (Grade 5-8)

10 Tuesdays, 9/16 - 11/25 (No Class 9/23)

6:45-7:45 pm

Fee: \$260; Members: \$210

Mini Basketball (Ages 3-4)

10 Sundays, 9/21 - 11/23

9 - 9:45 am

Fee: \$210; Members: \$160

Learn to Play Hockey (Pre K - Grade 2)

6 Mondays, 9/15, 9/29, 10/6, 10/20, 10/27, 11/3

5:15 - 6:15 PM

This fun, introductory class teaches the basics of floor hockey, helping kids develop coordination and teamwork skills. Run by Pioneer Sports. Sneakers are required.

Fee: \$156; Members: \$126

Parent and Me Soccer (Ages 2-4)

10 Sundays, 9/21 - 11/23

10:00 - 10:45 AM

Fee: \$210; Members: \$160

Run by Pioneer Sports.



WELLNESS



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, 6:30 pm

Thursdays, 7 pm

Boxing for Parkinson's

Mondays, 12:45 pm

Thursdays, 6 pm

Fee per class: \$18; Members: \$12

Package Fee: \$150 (10 classes);

Members: \$100 (10 classes)

One-on-One Boxing

Special: \$225 for (6) 45-minute sessions

(1st package only)

ADULT DANCE CLASSES

Tuesdays (dates TBD) 7:30 - 8:15 pm

Different style Adult Dance Class,
Latin, Ballroom; no partner needed.

Fee: \$80; Members: \$40

ADULT SPORTS

Table Tennis in auditorium

Mondays, Ongoing, 7-9 pm

Fee: \$10; Members: Free

Pickleball Clinics, Lessons and Rentals

Contact Jackie at jruiz@friedbergjcc.org

or 516-634-4019 for pricing.

FITNESS PROGRAMS FOR ALL ABILITIES

Check the Ezra Center for more info!

Basketball Clinic (Ages 15 +)

Thursdays, 4:15-5 pm

Boxing (Ages 15 +)

Tuesdays, 5 pm

Thursdays, 5:15 pm

Fee: \$20; Members: \$15

Multi Sports (Ages 15 +)

Wednesdays, 5:15 pm

Fee: \$20; Members: \$15

Kids Boxing (Ages 8-12)

Tuesdays, 4:15 - 5 pm

9/9 -12/16 (No Class 9/23)

Fee: \$20; Members: \$15

WELLNESS



PERSONAL TRAINING

Small Group Training (Returning in the Fall)

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

Bootcamp style total body workout taught by a Personal Trainer.

Fee per class: \$18; Members: \$12

Packages: 10 classes Fee: \$150; Members: \$100

NEW One-on-one stretching with Certified Trainer

(4) 30-minute sessions

Fee: \$225; Members: \$175

Introduction Package

1st-time buyers only

(6) 30-minute sessions: \$210

(6) 45-minute sessions: \$275

60-Minute Individual Sessions

Single Session: \$71

6-Pack: \$405

12-Pack: \$755

24-Pack: \$1442

30-Minute Individual Sessions

Single Session: \$49

6-Pack: \$290

12-Pack: \$570

24-Pack: \$1,115

45-Minute Individual Sessions

Single Session: \$60

6-Pack: \$350

12-Pack: \$650

24-Pack: \$1,250

60-Minute Buddy Sessions

6-Pack: \$240

12-Pack: \$465

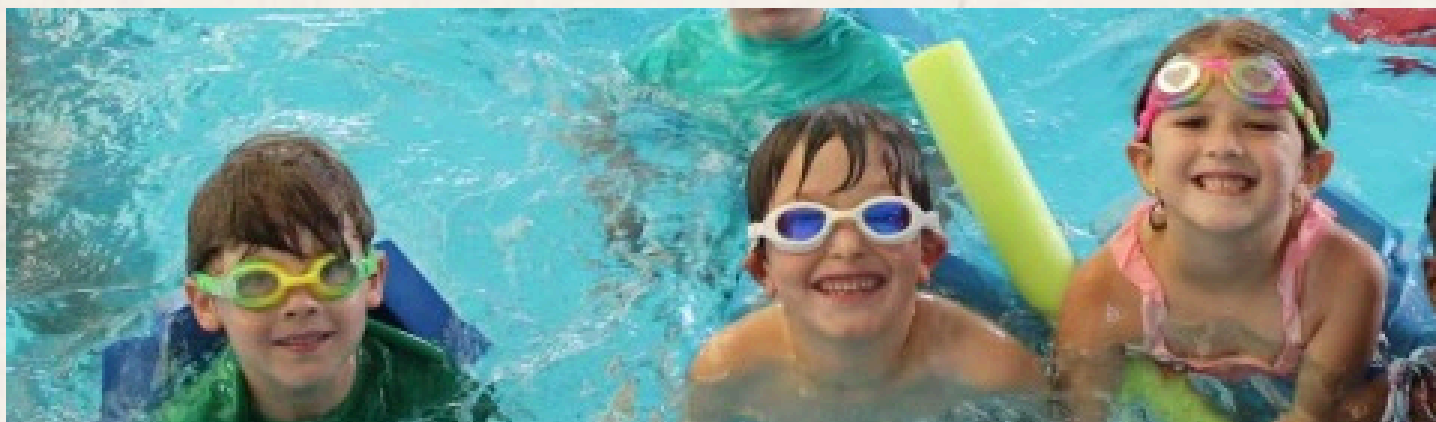
24-pack: \$810



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

For non-member pricing, please contact Jackie Ruiz (516) 634- 4019

AQUATICS



PRIVATE LESSONS

Learn to swim with the guidance of our highly trained instructors.

Lessons are available by appointment only.

For more information or to schedule, contact Cori at 516-634-4194 or aquatics@friedbergjcc.org.

One-on-One 30 minute Lessons

All pricing is per person

5 lessons: \$265; 10 lessons: \$530

Members: 5 lessons: \$185; 10 lessons: \$370

Two-on-One 30 minute 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: \$210; 10 lessons: \$420

Members: 5 lessons: \$150; 10 lessons: \$300



YOUTH AQUATICS CLASSES

Parent and Me Swim Class 1 (30 minutes)

Ages 8 months–20 months

14 Sundays, 9/14 - 12/21 (No Class 11/30)

11 am

Orientation program designed to acquaint children with the water.

Skills include kicking, blowing bubbles, floating and safety. A parent MUST go in the water with their children.

Children MUST wear a swim diaper.

Fee: \$518; Members: \$392

Parent and Me Swim Class 2 (30 minutes)

Ages 18 months–2 ½ years

14 Sundays, 9/14 - 12/21 (No Class 11/30)

10:30 am

Orientation program designed to acquaint children with the water.

Skills Include kicking, blowing bubbles, floating and safety. A parent MUST go in the water with their children.

Children MUST wear a swim diaper.

Fee: \$518; Members: \$392

AQUATICS



YOUTH AQUATICS CLASSES CONTINUED.

Aquatykes with Parent *

Ages 2 ½ – 3 ½ years

14 Sundays, 9/14 - 12/21 (No Class 11/30)

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: \$518; Members: \$392

Advanced Aquatykes 1 *

Ages 3-4

14 Sundays, 9/14 - 12/21 (No Class 11/30)

10 am

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.

Fee: \$518; Members: \$392

Advanced Aquatykes 2 *

Ages 4-5

14 Sundays, 9/14 - 12/21 (No Class 11/30)

9:30 am

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.

Fee: \$518; Members: \$392

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

**This class is for children that must be comfortable in the water and can easily separate from a parent*

AQUATICS



YOUTH AQUATICS CLASSES CONTINUED.

Jellyfish, ARC Level 1

Ages 5–12

14 Sundays, 9/14 - 12/21 (No Class 11/30)

9 am

Fee: \$518; Members: \$392

12 Tuesdays, 9/16 - 12/16 (No Class 9/23, 11/26)

4 pm

Fee: \$444; Members: \$364

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, 9/14 - 12/21 (No Class 11/30)

9:30 am

Fee: \$518; Members: \$392

12 Thursdays, 9/18 - 12/18 (No Class 10/21, 11/27)

4 pm

Fee: \$444; Members: \$336

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

14 Sundays, 9/14 - 12/21 (No Class 11/30)

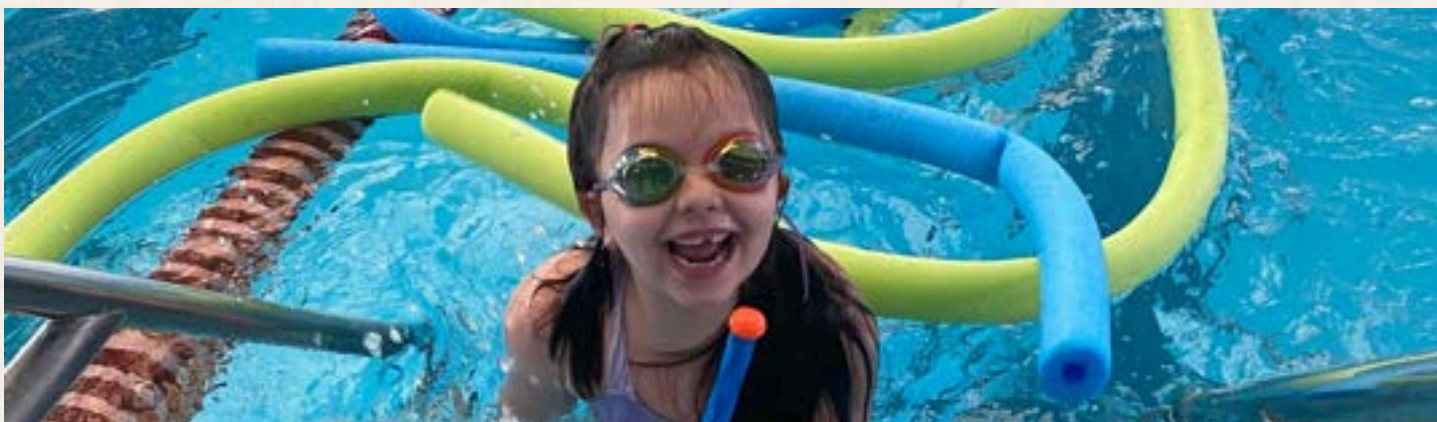
10 am

Fee: \$518; Members: \$392

Skills Taught: Elementary backstroke, breaststroke, butterfly kick, sidestroke kick and endurance.

Pre-req; Must successfully pass Level 2

AQUATICS



YOUTH SWIM TEAMS

Get Ready for Swim Team

(Ages 9 and Over) *

13 Mondays, 9/15 - 12/15 (No Class 9/22)

4 pm

Fee: \$481; Members: \$364

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.



Ripples: Pre-Swim Team *

Ages 5-8 (30 minutes)

14 Sundays, 9/14 - 12/21 (No Class 11/30)

10:30-11 am

Fee: \$518; Members: \$392

12 Wednesdays, 9/17 - 12/17 (No Class 10/11,11/28)

4-4:40 pm

Fee: \$444; Members: \$336

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*

AQUATICS



YOUTH SWIM TEAMS CONTINUED

Waves Competitive Swim Team Fall Training *

Ages 7-17

10/6/2025 - 3/26/2026

8 & Under or Group B :

Monday – Thursday 4:30-5:30 pm

Group A:

Monday - Thursday 5:30 - 7:00 pm

Sunday 1:00 - 2:00pm

Fee: \$1,025; Members: \$925

Waves II Competitive Swim Team *

Ages 13 +

October 8- December 17 (No Class 11/26)

Beginners: 7 - 7:30 pm

Advance Beginners: 7:30 - 8 pm

Weekly Fee: \$25; Members: \$18

Fee: \$350; Members: \$252

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.



**All New Swimmers Must Try Out*

THE J EXPERIENCE



LECTURES/ PROGRAMS

People's Forum *

In-Person Tuesdays, 11:30 am-12:30pm
Participate in lively conversation, make a social connection & face life's challenges together.

Headlines and Topics *

Wednesdays, 11 am-12:15 pm
Join us for a lively discussion of current events and newsworthy stories.

Point Counterpoint *

Politics From Both Sides
Mondays, 7 pm -8:30 pm
The left and the right are represented at this spirited exchange.

Sports Roundup*

Tuesdays, 12:15-1:15 pm
Let's discuss our favorite topic, sports!

Between the Covers with Liz Ropers

Mondays at 1:30 pm in our Adult Lounge
10/6 - By Any Other Name by Jodi Picoult
11/3 - Van Gogh's Lover by Michael Hetzer
12/1 - Broken Country by Clare Leslie Hall
Fee: \$8; Members: \$5

Lecture Series with Liz Ropers

Thursdays at 1 pm
10/16 - The Kidnapping of Edgardo Mortara
11/13 - The History of the Jewish Deli
Fee: \$15; Members: \$5

**Free for members, registration required*

THE J EXPERIENCE



LECTURES/ PROGRAMS CONTINUED

Acrylic Painting with Eva Berger

6 Tuesdays 10/7, 10/14, 10/21, 10/28, 11/4, 11/11
1:30- 3:30 pm

Discover the Joy of Acrylic Painting and unleash your creativity. Whether you're a beginner or have experience with a brush, this guided class will help you explore techniques, colors, and textures to create your own masterpiece.

Fee: \$89; Members: \$72

An additional \$35 fee applies for supplies, or you may choose to bring your own.

SPECIAL EVENTS

Rosh Hashanah Luncheon

Tuesday, September 16, 2025, 12:30 pm

Celebrate the Jewish New Year with joy, tradition, and community! Join us at the JCC as we usher in 5786 with a festive afternoon of delicious food and uplifting entertainment.

Fee: \$30; Members: \$20

Challah Bake by Tracy (Open to All)

Thursday, September 25, 2025, 6 pm-8 pm

Fee: \$5

We are excited to welcome Tracy Zimmerman of Challah by Tracy for a unique and interactive challah-baking experience!

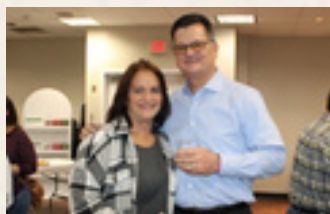
Sponsored by Boulevard Riverside Chapels

FLU SHOTS with Mount Sinai South Nassau

Monday, October 27, 2025, 10 am-1 pm

Vaccines are being offered at no out of pocket cost. Your insurance may be billed. Vaccines are also available for those who are uninsured or underinsured.

Walk-ins are welcome!



THE J EXPERIENCE



IN-HOUSE GAMES

Mah Jongg Mondays *

Mondays, 12-4 pm

Open Play & Canasta *

Wednesdays, 1-4 pm

Open Play*

Fridays, 11-4 pm

Beginner Canasta with Heidi Pashko

6 Mondays 9/29, 10/6, 10/13, 10/20, 10/27, 11/3
10 am-12 pm

Fee: \$162; Members: \$135

Beginner Mah Jongg Lessons with Michele Lamonsoff

6 Wednesdays 9/3, 9/10, 9/17, 10/1, 10/8, 10/15
3:30-5:30 PM

Fee: \$162; Members: \$135

Evening Beginner Mah Jongg Class for Moms with Wendy Katcher

6 Tuesdays 10/7, 10/14, 10/21, 10/28, 11/4, 11/11
7 pm-9 pm

Fee: \$162; Members: \$135

PEIR (Personal Enrichment in Retirement) *

Thursdays, 10- 11:30 am

PEIR is a unique organization that offers lifelong intellectual stimulation and social interaction for retired or semi-retired adults. Members create and present their own talks, either in-person or via Zoom, to the group.

In partnership with the Oceanside JCC, PEIR is expanding its in-person presentations to a combined PEIR-JCC audience.

Members can teach or learn by presenting on topics of interest, with time for questions and discussion. PEIR covers subjects like art, history, technology, and more, keeping members mentally engaged.

There are no tests or grades—just learning, fun, and new connections.

SENIOR ADULTS

REAP (Retired, Experienced and Proud)

Mondays, 11 am-2 pm

Fee: \$79; Members: \$38 per person quarterly
(includes 3 months of weekly entertainment)

**Free for members, registration required*

THE J EXPERIENCE



FILMS

Join us and the Jewish War Veterans for a delightful film: *The Fabelmans*

Thursday, September 18, 12:30 pm

"The Fabelmans" is a semi-autobiographical film by Steven Spielberg, loosely based on his childhood, focusing on young Sammy Fabelman's love for filmmaking and the impact it has on his family. The movie explores Sammy's journey from his first movie experience to adolescence, where he discovers a family secret and learns how movies can reveal truths about himself and those around him. The film delves into themes of love, artistic ambition, sacrifice, and the power of cinema.

Fee: \$5 Members and Jewish War Veterans

Join us and the Jewish War Veterans for a delightful film: *Cabrini*

Thursday, October 30, 12:30 pm

Arriving in New York City in 1889, Italian immigrant Francesca Cabrini is greeted by disease, crime and impoverished children. She soon sets off on a daring mission to convince the mayor to secure housing and health care for society's most vulnerable. With broken English and poor health, Cabrini uses her entrepreneurial mind to build an empire of hope unlike anything the world has ever seen.

Fee: \$5 Members and Jewish War Veterans



**Bagels and cream cheese will be provided by the Jewish War Veterans*

THE J EXPERIENCE



TRIPS

Day Trip to Hempstead House at Sands Point Preserve

Wednesday, September 3, 2025

Join Us for a Trip to Gold Coast Opulence

The Hempstead House is one of four mansions on the grounds of the Guggenheim Estate. The summer residence hosted grand parties for the elite of the time. The Hempstead house is a magnificent structure with beautiful landscaped gardens and exquisite views overlooking the Long Island Sound.

On our guided tour we will see the grand rooms inside the massive Tudor Style Mansion. Tours of the Mansion are limited. We are fortunate to have this tour arranged just for us.

Fee: \$69; Members: \$60

Day Trip to Argyle Theater

Wednesday, October 8, 2025

Broadway Comes to Babylon: *Sister Act*

This feel-good comedy smash is based on the hit film. When a lively lounge singer Doris sees her boyfriend commit murder, she is relocated for her protection. She is sent to a convent in the guise of a nun. Dolores is assigned to the convent's choir. Doris turns the choir into a vibrant act. Let us all sing along with the choir.

Fee: TBA

THE J EXPERIENCE



TRIPS CONTINUED

Day trip to Nassau County Museum of Art

Wednesday, October 29, 2025

At Play Artists & Entertainment/ Nassau
County Museum of Art

Delicious Lunch at our favorite Spaghettoni
Restaurant

Future Trips in October- December

Broadway Matinee

Trip to the Culinary Institute in New Hyde
Park—for a tour and a DELICIOUS lunch.

Dates and information to be announced in early fall

This exhibit, At Play, encompasses dance, music, theater, movies, circus, beach scenes and various sports. Examples of works include images of rockstars and Hollywood icons- from portraits of Marilyn Monroe and Elizabeth Taylor to pictures of the Beatles. In addition the museum has acquired new artworks by Tiffany. This includes paintings and glassworks.

Fee: TBA



SOCIAL SERVICES



COMMUNITY PROGRAMS

In-person People's Forum

Tues, 11:30 -12:30 pm

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

Fee: Free for Members

SUPPORT SERVICES

Virtual and In-Person Individual and Family Counseling (By appointment only)

Fee: \$74; Members: \$64

NEW! THE ANTI-LONELINESS GROUP

For more more information email Tara Corn at tcorn@friedbergjcc.org

Wednesdays, Oct 22 - Dec 17 (No Group 11 /27)
11 am - 12 pm

A safe, welcoming space for individuals seeking connection and understanding. Whether you're feeling isolated or just need a place to share, this group offers support, empathy, and friendship to help navigate feelings of loneliness. Together, we break down barriers and build meaningful connections that remind us we're never truly alone.

PROGRAMS FOR INDIVIDUALS WITH PARKINSON'S AND THEIR CARE PARTNERS

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

Virtual and In-Person Boxing

Mondays, 12:45 pm

Thursdays, 6 pm

Fee: Free for Members

Balance and Strength Class

Thurs, 12:45 pm

Fee per class: \$18; Members: \$12

10 pack: \$150; Members: \$100

Ping Pong

Mondays, 2 pm

Fee: Free to those with Parkinson's and their care partner

SOCIAL SERVICES



SPECIAL PARKINSON'S SUPPORT PROGRAMS

Virtual Weekly Discussion Group for Individuals with Parkinson's
Every Thursday, 2 PM

Creative Writing Group for Parkinson's
Wednesdays, Sept 10-Dec 3, 3:00 PM
Open to the community, Interview required.

Contact Susan Montanaro at
smontanaro@friedbergjcc.org if interested

Virtual Ongoing Parkinson's Caregiver Support Group for Spouses*
Every other Tuesday, 7-8 pm

NEW: Virtual Men's Care Partner/Spouse Group*

1st Friday of each month at 12:30 PM
9/5, 10/3, 11/7, 12/5

In-Person Parkinson's Caregiver Support Group

1st and 3rd Monday, 10:30 am
9/15, 10/6, 10/20, 11/3, 11/17, 12/1, 12/15
In the Sunrise Building, 11 Neil Court Rm B

FALL PREVENTION PROGRAMS

NEW: Otago Class for Fall Prevention

Focus on balance, coordination and safety
First Time Participants
Free and open to the community
Interview required
Starting in October 2025
Call Jackie for details

NEW: Tai Chi for Arthritis & Fall Prevention

To register, call 516-766-4341 or visit friedbergjcc.org
A program of the Friedberg JCC Center for Brain Health
Join Donna Grossman, a Certified Instructor Tai Chi for Arthritis & Fall Prevention, and learn this ancient practice of how smooth purposeful movements support both body and mind.
8 In-Person Sessions: 11/7-1/2 (No Session 11/28)
Fridays 10:00-10:45
Sunrise Association Building on the JCC Campus, Sunrise Room B
Fee: \$80; Members: \$60

SOCIAL SERVICES



BEREAVEMENT GROUPS

If you have lost your partner/spouse and are looking to join a bereavement group please contact Susan Montanaro at 516-634-4175 or smontanaro@friedbergjcc.org.

Bereavement I

For those bereaved under a year

Tuesdays, 2:00 PM

September 9 - October 21 (No Group 9/23)

Fee: \$105; Members: \$85

Bereavement II

For those bereaved over a year

Wednesdays, 2:30 PM

September 10 - October 22 (No Group 10/1)

Fee: \$105; Members: \$85

CASE MANAGEMENT PROGRAM

Accessing services doesn't have to be overwhelming. Our caring professionals offer personalized support every step of the way, connecting individuals and families—at any age or stage of life—to a wide range of free, confidential, community-based services.

Contact Caitlin Moronta at cmoronta@friedbergjcc.org (516) 634-4160.

Spanish speaking social worker available.

Bridges to Support

We link individuals and families under the age of 60 to an array of community based services. Funded by the Mother Cabrini Health Foundation.

Health Equity Alliance Program (HEALI)

Individuals with Medicaid eligible for supplemental services.

Isolation to Connection

UJA-Federation funded program linking seniors to community-based services.

Contact Caitlin Moronta at cmoronta@friedbergjcc.org or (516) 634-4160.

CENTER FOR BRAIN HEALTH



PROGRAMS FOR INDIVIDUALS WITH DEMENTIA

ESP- Early Stage Dementia Program for the Recently Diagnosed

Tues, Wed, Thurs, 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.

Fee: \$80 per session

An ESP Afternoon

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.

Fee: \$40 per session

Mind Body Spirit for Men Experiencing Mild Cognitive Changes

Mondays, 1-3 pm

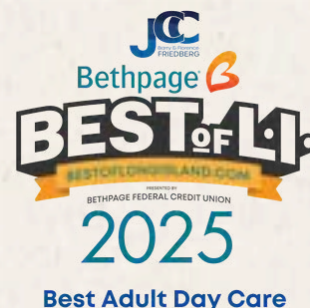
Fee: \$50 per session

COMING SOON! Mind Body Spirit for Women Experiencing Mild Cognitive Changes

Mondays, 10-12 pm

Fee: \$50 per session

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



CENTER FOR BRAIN HEALTH



PROGRAMS FOR INDIVIDUALS WITH DEMENTIA AND THEIR CARE PARTNERS.

Virtual Dementia Caregiver Support Group for Spouses/Partners*

1st and 3rd Friday of each month

9/5, 9/19, 10/3, 10/17, 11/7, 11/21, 12/5, 12/19

10:30-11:30 am

Virtual Support Group for Adult Children of Parent Diagnosed with Dementia*

2nd Wednesday of each month

9/10, 10/8, 11/12, 12/10

7-8 pm

Virtual Journaling Workshop for Caregivers

Wednesdays 11/5, 11/12, 11/19, 12/3

(No Class 11/26)

4:15 - 5:00 pm

FALL MEMORY CAFE SERIES

September Songs

Friday, September 26, 12:30- 2pm

Dinner and Drumming

Monday, October 27th, 5 - 6:30 pm

*All Memory Cafe's will be held at the Friedberg JCC Auditorium - 15 Neil Court, Oceanside NY



**Fee: Free and Open to the Community*

EZRA



Friendship Connection

Speed-Friending, Trivia Nights, Paint and Sip, and The Karaoke Experience are just some of the all-abilities special events The Friedberg JCC is bringing to our community for socialization opportunities and fun! Trips to local theatres, restaurants, theme venues, museums, and more further build social capacity and connections through inclusion. Ages 14 and up.

Please contact Kimberly Greenfield, Director of Disability and Inclusion Services, at kgreenfield@friedbergjcc.org for more information and to register.

Please visit our website for a calendar of scheduled events/outings and pricing information.

Events fee: \$15; Members: \$10 (Trips/Outings: Fees TBD and may vary)

Aspire Classes

The Friedberg JCC is proud to present this series of independent classes tailored to meet the interests and passions of adolescent, young adult, and adult participants. Classes include Yoga, Cooking with the Stars, Nutrition and Wellness, Eat-ables Healthy Cooking, Drawing, Painting, and more. For ages 14 and up. Please contact Kimberly Greenfield, Director of Disability and Inclusion Services, at kgreenfield@friedbergjcc.org for more information and to register.

Please visit our website for schedule and pricing information.

Family Support Service and Self-Direction Supported Programs

The Friedberg JCC offers free classes and programs to those participants who are eligible for the New York State's Office of People with Developmental Disabilities (OPWDD) Family Support Services program.

Classes and cost-savings center membership may also be obtained through OPWDD eligibility and approved self-direction services.

EZRA



Harvey's Cafe Vocational Training

The Friedberg JCC's café is a vocational training center offering participants opportunities to learn food service skills such as stocking goods, preparing food, serving customers, cash handling, and cleaning. Participants are supported in their efforts to serve Friedberg JCC customers as well as develop appropriate collaborative and socialization skills with café co-workers.

CLASSP and Advanced CLASSP Programs

The Consortia for Learning and Service to Special Populations (CLASSP) is a program developed to support high school students who are interested in serving individuals with disabilities. Students are paid a stipend to work in JCC in-person all-abilities programs, attend virtual classes, and participate in a Youth Workers conference with other metro area teens. Advanced CLASSP is a program designed for young professionals to develop job skills and gain experience working with neurodivergent individuals. The advanced program consists of 30 hours of college-level instruction and 300 hours of supervised field experience. Students learn techniques to best support neurodivergent children and youth, have access to a professional learning community, and receive a stipend for successful completion of the program.

Up to 3 college credits are possible at the discretion of each student's higher education institution.

Please contact Kimberly Greenfield, Director of Disability and Inclusion Services, at kgreenfield@friedbergjcc.org for more information and to register.

EZRA



Kids Possible Classes

The Friedberg JCC is excited to offer classes that peak children's interests, promote self-confidence and independence, and foster socialization skills. Join us for Boxing, Cooking, Sensory Art, Music and Movement, STEM and more. For ages 3-13; each class description specifies ages appropriately served.

Please contact Kimberly Greenfield, Director of Disability and Inclusion Services, at kgreenfield@friedbergjcc.org for more information and to register.

Please visit our website for schedule and pricing information.

TADP Child Care Class

The Teacher's Assistant Development Program (TADP) class will teach skills for supporting young children in a variety of settings. Learn about child development, child supervision, health and safety of children, and age-appropriate activities. Gain job readiness and self-advocacy skills in the workplace. Upon class completion, students who would like to learn more can apply for further training and internships within the Friedberg JCC's early childhood and school age after school programs.

Contact Jose Saint-Louis at jsaint-louis@friedbergjcc.org for information about our next student cohort.

Fee: \$300; Members: \$250

EZRA



VIRTUAL Special Advocacy Coalition (SPEAC)

Make an impact! Join SPEAC, a community group for differently-abled adults who want to SPEAK UP and make changes in their lives and communities. SPEAC hosts virtual meetings once monthly, virtually via Zoom. SPEAC also hosts a weekly virtual talent show via Zoom to offer connection and a comfortable platform for sharing the many talents of group participants. Please contact Fradeline Garcia at fgarcia@friedbergjcc.org for more information and to sign up to participate.

Membership Meetings - Monthly structured self-advocacy meetings.

Mondays 5:30-6:30 p.m. 9/8, 10/6, 11/10, 12/8

Fee: Free to All

Talent Show

The first Wednesday of every month at 6:30 p.m. 9/3, 10/1, 11/5, 12/3

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.



VOLUNTEER OPPORTUNITIES



VOLUNTEER SERVICES PROGRAM

Discover meaningful ways to use your skills, passions, and leadership to support the JCC and its partner agencies in the community. Volunteers take on roles as leaders, mentors, and active participants in regular community-building events. Join our volunteer network to stay updated on opportunities through the weekly volunteer job board and sign up for impactful projects.

DRIVES

Culinary Assistants

Ongoing

Assist the chef in a cooking class designed for adults with disabilities. Responsibilities include supporting participants with ingredient preparation, cooking, and cleaning. Enjoy a rewarding experience as you help create and share delicious meals together.

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.

EVENTS

September

Sept 28: Reverse Tashlich at Point Lookout
Volunteers Needed!

October

Oct 7: Day of Remembrance

TBD: Rosh Hashanah Meal Delivery
Volunteers Needed!

SEPTEMBER 2025- JULY 2026

HOLIDAY HOURS/CLOSURES

MON, SEPT 1	LABOR DAY	8 AM- 1 PM*
MON, SEPT 22	EREV ROSH HASHANAH	CLOSING AT 3 PM
TUES, SEPT 23	ROSH HASHANAH	CLOSED
WED, SEPT 24	ROSH HASHANAH	CLOSED
WED, OCT 1	EREV YOM KIPPUR	CLOSING AT 3 PM
THURS, OCT 2	YOM KIPPUR	CLOSED
WED, NOV 26	THANKSGIVING EVE	CLOSING AT 5 PM
THURS, NOV 27	THANKSGIVING	CLOSED
WED, DEC 24	CHRISTMAS EVE	CLOSING AT 5 PM
THURS, DEC 25	CHRISTMAS DAY	8 AM- 3 PM*
WED, DEC 31	NEW YEAR'S EVE	CLOSING AT 4 PM
THURS, JAN 1	NEW YEAR'S DAY	10 AM- 2 PM*
WED, APR 1	EREV PASSOVER	CLOSING AT 3 PM
THURS, APR 2	PASSOVER	CLOSED
FRI, APR 3	PASSOVER	CLOSED
MON, MAY 25	MEMORIAL DAY	8 AM- 1 PM*
SAT, JULY 4	INDEPENDENCE DAY	8 AM- 1 PM*

OCEANSIDE NORMAL OPERATING HOURS

Monday- Thursday 6:30 am - 9 pm

Friday 6:30 am- 5 pm

Saturday 8 am- 2 pm

Sunday 8 am- 4 pm

• **FITNESS AND AQUATICS ONLY**

MERRICK, LONG BEACH, LYNBROOK, MAGNOLIA BRANCH NORMAL OPERATING HOURS

Monday- Friday 7 am- 6 pm

Extended hours available for all programs

