



2026 SUMMER PROGRAM GUIDE

YOUTH PROGRAMMING



YOUTH SPORTS

Boys and Girls Basketball Clinic (K- Grade 4)

8 Tuesdays, 7/7 - 8/25

5:30 - 6:30 pm

Fee: \$208; Members: \$168

SUMMER @ THE J

Camp Dates: June 29 - August 21

*For more information, contact Amanda Walsh
at awalsh@friedbergjcc.org.*

PROGRAMS RUN BY PIONEER SPORTS

Teen Basketball Open Play

Tuesdays, 7/7 - 8/25

6:30 - 8:30 pm

Drop in Fee: \$10 ; Members: \$Free

EARLY CHILDHOOD SUMMER CAMP

If there is a magical place for your child's first camping experience, this is it! Our facilities provide the perfect setting for a diverse selection of programming, including arts & crafts, music, cooking, storytime, Jewish culture, swim, water play and so much more.

*Contact Andrea at aahearne@friedbergjcc.org
or 516-634-4167 for more information.*



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, 6:45 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 TBD, 6:00 - 6:45 pm

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

Fee: \$80; Members: \$40

ADULT SPORTS

Contact Jackie at jruiz@friedbergjcc.org for more info.

Table Tennis

Mondays, Ongoing in the Auditorium

Wednesdays starting 7/1, in the Adult Lounge

7 - 9 pm

Fee: \$10; Members: Free

Pickleball Clinics, Lessons, and Rentals

Advanced Beginner/Intermediate Clinic

5 Wednesdays: 7/1 - 7/29, 6:30 - 8:30 pm

Fee: \$125; Members: \$90

Learn and Play Clinics with Don

3 Saturdays: 7/11 - 7/25, 9 - 11 am

Per Session Fee: \$25; Members: \$15

FITNESS PROGRAMS FOR ALL ABILITIES

Check the Ezra Center for more info!

Basketball Clinic (Ages 15 +)

Thursdays, 4:30 - 5:15 pm

Boxing (Ages 15 +)

Tuesdays, 5 pm

Thursdays, 5:15 pm

Multi Sports (Ages 15 +)

Wednesdays, 5:15 pm

Fee: \$20; Members: \$15

WELLNESS



PERSONAL TRAINING

NEW! Recovery & Stretch Room

(3) 30-minute sessions

Fee: \$150; Members: \$99

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

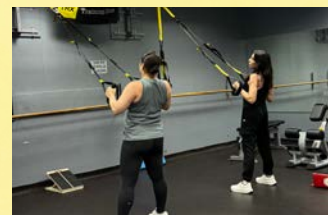
24-Pack: \$1,250

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

Take swimming lessons with 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

7 Sundays, 7/12 - 8/23; 11 am

Children MUST wear a swim diaper.

Parent and Me Swim Class 2 (30 minutes)*

Ages 18 months - 2 ½ years

7 Sundays, 7/12 - 8/23; 10:30 am

A parent MUST go in the water with their children. Children MUST wear a swim diaper.

Aquatykes with Parent (Ages 2 ½ - 3 ½ years)* *

7 Sundays, 7/12 - 8/23; 9 am

Advanced Aquatykes 1 (Ages 3 - 4)* *

7 Sundays, 7/12 - 8/23; 10 am

Advanced Aquatykes 2 (Ages 4 - 5)* *

7 Sundays, 7/12 - 8/23; 9:30 am

**Contact for pricing*

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

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

AQUATICS



YOUTH AQUATICS CLASSES CONTINUED...

Jellyfish, ARC Level 1 (Ages 5 - 12)*

7 Sundays, 7/12 - 8/23; 9 am

Starfish, ARC Level 2 (Ages 5 - 12)*

7 Sundays, 7/12 - 8/23; 9:30 am

Snapper, ARC Level 3 (Ages 5 - 12)*

7 Sundays, 7/12 - 8/23; 10 am

Pre-req: Must successfully pass Level 2

Contact for pricing

**All New Swimmers Must Try Out*

YOUTH SWIM TEAMS

Get Ready for Swim Team (Ages 9 and Over)*

10 Mondays, 4/13 - 6/22 (No Class 5/25); 4:30 - 5 pm

Ripples: Pre-Swim Team (Ages 5 - 9)* *

7 Sundays, 7/12 - 8/23; 10:30 - 11 am

Waves Competitive Swim Team (Ages 7 - 17)*

Summer Training

Mon, Tue, 7/6 - 8/18

5:30 - 6:30 pm

Fee: TBD

Waves II Competitive Swim Team (Ages 13+)*

Starts Fall 2026 - Tryouts Required



THE J EXPERIENCE



LECTURES/ PROGRAMS

People's Forum *

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

Acrylic Painting with Eva Berger

6 Tuesdays: 7/7, 7/14, 7/21, 7/28, 8/4, 8/11
1:30 - 3:30 pm

Fee: \$89; Members: \$72

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

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!

**Free for members, registration required*

THE J EXPERIENCE



IN-HOUSE GAMES

Mah Jongg Mondays *

Mondays, 12 - 4 pm

Open Play *

Wednesdays, 1 - 4 pm

Open Play *

Fridays, 11 - 4 pm

Beginner Canasta with Heidi Pashko

7 Mondays: 7/6, 7/13, 7/20, 8/10, 8/17, 8/24, 8/31

10 am - 12 pm

Fee: \$162; Members: \$135

Evening Beginner Mah Jongg Class for Moms with Wendy Katcher

6 Tuesdays: 7/7, 7/14, 7/21, 7/28, 8/4, 8/18

7 - 9 pm

Fee: \$162; Members: \$135

SENIOR ADULTS

REAP (Retired, Experienced and Proud)

Mondays

11 am Speaker | 12:45 pm Entertainment

Schedule

6/1: Harriet Grayson | Jill Kaplan

6/8: Mount Sinai | Rebecca Goldfarb

6/15: Rabbi Schlesinger | Sam Tesch

6/22: Lynbrook Restorative | Lynbrook Restorative

6/29: Rabbi Diamond | Russell Targrove

7/6: Rabbi Gurkov | Liz Ropers

7/13: Rabbi Diamond | TBA

7/20: Mount Sinai | Lynbrook Restorative

7/27: Rabbi BiVrachah R. Yechiel | Anita Starlite

8/3: Maya: TBA | David Lawrence: Magician

8/10: Mount Sinai/Vax Mobile | Liz Ropers

8/17: Lynbrook Restorative | Keith Crocker

8/24: Rabbi Gurkov | Sam Tesch

8/31: TBA | TBA

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

THE J EXPERIENCE



TRIPS

Day Trip to Old Westbury Gardens

Wednesday, June 10, 2026

Join us for an enchanting day exploring and appreciating the early 20th-century estate. A docent-led tour will guide us through the historic home and gardens. This will be a truly immersive experience into the rich history of Westbury House and the breathtaking gardens. After our tour, we will continue to enjoy the gardens and have a delicious lunch at Cafe in the Woods. Relaxing and enjoying a delicious buffet lunch is the perfect way to conclude this amazing trip.

Fee: \$90; Members: \$80

Day Trip To Nassau County Museum of Art

Wednesday, July 1, 2026

(Registration opens Monday, June 8, at 12 pm)

In celebration of America's 250th Anniversary this landmark exhibition explores how Long Island has shaped the story of American Art. Our favorite docent, Mary Beth will guide us through the exhibit.

Fee: \$96; Members: \$85

Day Trip to Argyle Theater:

Beautiful: The Carole King Musical

Wednesday, July 22, 2026

Join us at the Argyle Theater for the inspiring story of Carole King's journey from teenage songwriter to the Rock & Roll Hall of Fame.

Fee: \$146; Members: \$135

SOCIAL SERVICES



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
Fee: Free for Members

In-Person Boxing

Thursdays, 6 pm
Fee: Free for Members

Virtual and In-Person Balance and Strength Class

Back in Fall 2026

Ping Pong

Mondays, 2 pm
Fee: Free and open to the community

COMMUNITY PROGRAMS

In-person People's Forum

Tuesdays, 11 am - 12 pm
Participate in lively conversation, make social connections, and face challenges together.
Fee: Free for Members

PARKINSON'S EDUCATION AND SOCIAL PROGRAMS

Thrive with PD

Second Tuesday of each month 6/9, 12 pm
Exercise and Sound Healing followed by lunch and discussion about non-medication intervention. Registration is required.

Creative Writing for Parkinson's

8 Wednesdays: June 10 - July 29, 3 - 4 pm
Interview Required - Contact Susan Montanaro for more information

PARKINSON'S PRESENTATIONS AND SPECIAL PROGRAMS

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

SUPPORT SERVICES

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

Fee: \$75; Members: \$65

SOCIAL SERVICES



SPECIAL PARKINSON'S SUPPORT PROGRAMS

Virtual Weekly Discussion Group for Individuals with Parkinson's
Every Thursday, 2 - 3 pm

Virtual Ongoing Parkinson's Support Group for Caregivers/Spouses *
Every other Tuesday starting 6/2, 7 - 8 pm

Virtual Men's Care Partner/Spouse Group *
1st Friday of each month 6/5, 7/10, 8/7, 12:30 pm

In-Person Parkinson's Caregiver Support Group Spouses/Partners
Two Mondays a month, 10:30 am
6/1, 6/15, 7/6, 7/20, 8/3, 8/17

In the Sunrise Building, 11 Neil Court Rm B

Virtual Ongoing Parkinson's Support Group for Adult Children *
1st Wednesday of each month 6/3, 7-8 pm

FALL PREVENTION PROGRAMS

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
6 Fridays TBA
10 - 10:45 am

Sunrise Association Building on the JCC
Campus, Sunrise Room B
Fee: \$60; Members: \$45

BEREAVEMENT GROUPS

Contact Susan Montanaro at smontanaro@friedbergjcc.org.

Bereavement 1 (Within 1 Year Loss of Spouse/Significant Other)

6 Tuesdays: June 23 - July 28, 2 - 3 pm
Fee: \$95

SOCIAL Rx 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 Caitlin Moronta at cmoronta@friedbergjcc.org.

**Fee: Free and Open to the Community*

SOCIAL SERVICES



CASE MANAGEMENT

We're here to help!

Accessing services doesn't have to be overwhelming. Our caring Social Workers offer personalized support every step of the way. We connect individuals and families to a wide range of free, confidential services, no matter your age or stage of life. We can link you to a variety of community-based services. Medicaid Recipients may be eligible for additional services.

Spanish speaking social worker available.

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

Free Services, no matter your age or stage of life:

- Youth & Young Adults
- Adults
- Parents & Caregivers
- Older Adults
- Individuals of All Abilities

We can link you to a variety of community based services:

- Dementia & Parkinson's Support
- Older Adult Care Resources
- Financial Planning & Support
- Food & Nutrition Assistance
- Counseling
- Parenting Resources
- Medicaid Recipients may be eligible for additional services
- And so much more!

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

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

An ESP Afternoon

Wednesdays, 1 - 3 pm

For those who start their day later, join us for some fitness, fun and friendship. 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, 10:30 am - 12:30 pm

This 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.

Fee: \$50 per session

CENTER FOR BRAIN HEALTH



PROGRAMS FOR INDIVIDUALS WITH DEMENTIA AND THEIR CARE PARTNERS.

Virtual Dementia Caregiver Support Group for Spouses/Partners*

Two Fridays a month

6/5, 6/19, 7/10, 7/24, 8/7, 8/21

10:30 - 11:30 am

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

2nd Wednesday of each month

6/10, 7/8, 8/12

7 - 8 pm

**Fee: Free and Open to the Community*

MEMORY CAFE SERIES

Sponsored through the generosity of the Sephardic Foundation on Aging

June Jubilee

Friday June 5th

12:30 - 2:00 pm

RSVP to pjaffe@friedbergjcc.org by May 29

All Memory Cafe's are held at the Friedberg JCC Auditorium

BEST ADULT DAY CARE 2 YEARS IN A ROW!



CENTER FOR BRAIN HEALTH



SONGS AND STORIES

Caregivers of those diagnosed with cognitive changes are invited to participate in a year-long program of music-based activities, as well as creative writing workshops, movement and art to help manage feelings of isolation and emotional strain.

Funded through the generosity of the Sephardic Foundation on Aging

The Journaling Journey Continues

Spring Session 2: 6/3, 6/10

4:15 - 5:15 pm

Journaling for Caregivers continues with an opportunity to turn your journaling notes into creative writing or you can continue to journal. Facilitator Mindy Mangot is an experienced creative writing instructor who will share how to take the emotions that can be overwhelming out of your mind and put them on paper.

An Hour of Renewal for You (In-Person)

Monday: 6/15

2 - 3 pm

Sunrise Association Building

11 Neil Court- Metro PT Entrance Room A

Caring for a loved one can be deeply meaningful- and incredibly demanding. Pam Carlton, a Music Therapist with more than 25 years of experience, will lead this supportive group using guided musical experiences, action methods, and other creative activities to help you process your caregiving journey in a safe and compassionate environment.

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

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. Harvey's Cafe is now a partnership with Ohel Bais Ezra, another Jewish organization serving individuals with disabilities. In addition to Ezra participants' com-hab and caregivers' support in acquiring job skills particularly in the field of food service and customer service, this voluntary partnership has brought the expertise of a job coach and chef for leadership and cultivation of marketable job, critical thinking, socialization, and self-help skills.

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.

- **Cooking with Stars**, Wednesdays 12:30 pm and 6 pm
- **Eat-Able with Pop. Earth**, 2nd and 4th Friday of each month 12 pm

EZRA



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.

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 per session: \$50; Members: \$45

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.

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)

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.

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.

Please contact Fradelene 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 pm : 6/4, 7/2, 8/6

Fee: Free to All

Talent Show

The first Wednesday of every month, 6:30 pm: 6/4, 7/2, 8/6

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.

SEPTEMBER 2026 - JULY 2027

HOLIDAY HOURS/CLOSURES

MON, SEPT 7	LABOR DAY	8 AM- 1 PM*
FRI, SEPT 11	EREV ROSH HASHANAH	CLOSING AT 3 PM
SAT, SEPT 12	ROSH HASHANAH	CLOSED
SUN, SEPT 13	ROSH HASHANAH	CLOSED
SUN, SEPT 20	EREV YOM KIPPUR	CLOSING AT 3 PM
MON, SEPT 21	YOM KIPPUR	CLOSED
WED, NOV 25	THANKSGIVING EVE	CLOSING AT 5 PM
THURS, NOV 26	THANKSGIVING	CLOSED
THURS, DEC 24	CHRISTMAS EVE	CLOSING AT 5 PM
FRI, DEC 25	CHRISTMAS DAY	8 AM- 3 PM*
THURS, DEC 31	NEW YEAR'S EVE	CLOSING AT 4 PM
FRI, JAN 1	NEW YEAR'S DAY	10 AM- 2 PM*
WED, APR 21	EREV PASSOVER	CLOSING AT 3 PM
THURS, APR 22	PASSOVER	CLOSED
FRI, APR 23	PASSOVER	CLOSED
MON, MAY 31	MEMORIAL DAY	8 AM- 1 PM*
SUN, JULY 4	INDEPENDENCE DAY	8 AM- 1 PM*

OCEANSIDE NORMAL OPERATING HOURS

Monday- Thursday 6:30 am - 9 pm

Friday 6:30 am- 6 pm

Saturday 8 am- 2 pm

Sunday 8 am- 4 pm

*FITNESS AND AQUATICS ONLY

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

Monday- Friday 7 am- 6 pm

Extended hours available for all programs

