

A group of children are walking away from the camera on a dirt path through a wooded area. The path is covered in brown leaves. In the foreground, the back of a young girl's head with blonde hair in pigtails is visible. She is wearing a grey sweater and a pink patterned headband. Other children in various colorful clothing are scattered along the path in the background. The trees are tall and thin, with some green leaves visible. The overall scene is bright and sunny.

Jewish Community Center

2024 SPRING PROGRAM GUIDE

WWW.BINGHAMTONJCC.ORG



A WORD FROM THE EXECUTIVE DIRECTOR

The JCC provides a safe haven which embraces the true spirit of community. The vision of the Center is to maximize its programs and services to bring to fruition the central role it plays in society. The ultimate goal is to create a community that is unified in its mission to enrich the lives of families and individuals by improving and enhancing their health and well-being in a welcoming and secure environment that is open to everyone.

Sincerely,
Sheryl Brumer
Chief Executive Officer

JCC Office Hours: Monday & Thursday 8:30 am - 8:00 pm
Tuesday, Wednesday, Friday 8:30 am - 5:00 pm
Closed Saturday & Sunday

New Members: JCC memberships run January 1 - December 31st. Member rates are pro-rated based on start date.

Families:

Couple with Children \$750
Single parent with children..... \$595

Health Club facilities are for adults age 18 and older. Boys & Girls locker rooms are provided for those under age 18. The JCC Fitness Center welcomes adults 18 and older. Anyone younger must be authorized by the Health & Physical Education Director.

Married couples without children

Couple without children..... \$715
Senior Couple, 65+..... \$640

Individuals without children:

Individual Adult..... \$490
Senior Individual, 65+ \$480
College Student..... \$355

Special Senior Pool Memberships:

Senior Pool (couple)..... \$490
Senior Pool (individual)..... \$375

For senior citizens, 65 years and older, who do not use the Health Club or Exercise Room

Distance Discount

Members who live more than 25 miles away (1 way) from the JCC pay only 50% of the membership fee

Sustaining Members

Sustaining members contribute the following amounts IN ADDITION to their appropriate dues category. These contributions provide funds to underwrite reduced fees for members who cannot afford to pay full dues and provide extra support to assure high quality JCC programs. If you are already a Sustaining Member, we thank you. If you wish to be please contact the JCC Office or indicate your interest when paying your annual dues.

Emerald	Sapphire	Ruby	Platinum	Pearl	Diamond	Gold	Silver	Bronze
\$1,500	\$1,000	\$750	\$500	\$350	\$200	\$150	\$100	\$50

Information



The classes listed in this Program Guide are provided by the Jewish Community Center as a service to all residents of the Broome County area. Participation is open to everyone regardless of JCC membership. Non-members are encouraged to consider joining to pay lower course fees and have greater access to facilities.

INSURANCE

It is incumbent upon all participants to have personal insurance coverage in case of an accident or injury. The JCC or its employees are not responsible for injuries suffered while present or participating in JCC activities or for loss or damage to valuables or property.

VOLUNTEER OPPORTUNITIES

Volunteers are always welcome at the JCC where opportunities to help our community abound. In addition to the sociability, volunteering contributes to the reward of satisfaction and the sense of involvement. JCC volunteers are needed for fundraisers, early childhood aides, coaches, swimming pool aides, painters, simple maintenance tasks etc. Any person who would like to help the JCC can call 607-724-2417 and a 'volunteer match' will be made.

BU & BCC STUDENTS

You are invited to become involved in the local community, to join our facilities, or participate as a volunteer.

CLASS REFUND POLICY

No classes will be pro-rated for late entry or refunded if missed. There are no refunds after the first class of the session.

REGISTRATION POLICY

Pre-registration to a class is required. A minimum number of registrants is required for each course to run. If there is insufficient enrollment, a course may be cancelled in advance of its start date. No seat will be reserved without payment. No class will be pro-rated for late entry or refunded if missed. No refunds will be given after the first class.

GUEST POLICY

JCC Members in good standing may receive complimentary passes to the Center for out-of-town guest for up to 2 weeks. A \$10 guest pass can be purchased up to 3 times for a local guest. Guests must be accompanied by a Member.

FACILITY CLOSING POLICY

The JCC CLOSES if a Broome County State of Emergency with a TRAVEL BAN has been declared. However, the JCC including ECC & KC has the discretion to close in other instances due to predictions of severe weather events or other situations that warrant closures.

OPEN GYMNASIUM/POOL POLICY

As a licensed day care provider, we comply with the NYS requirements for childcare as follows: Members who are 13 or under may use the gymnasium, pool or facilities only if they are accompanied by a parent. (For anyone using our Fitness Room you must be 18 older)

DESIGNATE YOUR UNITED WAY DONATION TO SUPPORT THE JCC

If you participate in the United Way Community Campaign where you work or as an individual donor, please consider designating all or part of your gift to the JCC. This can easily be done on your pledge card. Your generous contribution through the United Way donor program will go a long way in supporting the Center.

Health Club Services

JCC Health Clubs & Fitness Center Welcomes you!

Monday - Thursday 7:00am - 8:00pm (Closed 1:00 - 3:00pm)

Fridays 7:00am - 4:00pm

Sundays 8:00am - 4:00pm (Closed Saturdays)

FREE TO MEMBERS

Our Fitness Center provides top notch activities to both members and non-members in a comfortable, non-intimidating environment. It is recognized that exercise has to be a regular part of a healthy lifestyle in order to improve your quality of life. In addition to fitness classes we have one of the most beautiful indoor pools in Broome County.

Locker Rentals are available for Members for a fee.

Sustaining members receive complimentary locker rental. For info & pricing inquire at JCC Office.

Upcoming JCC CLOSINGS:

- Monday, April 22nd - JCC Closes at 5:00 p.m.
- Tuesday, April 23rd - JCC Closed / ECC, KC, UPK Closed for Passover
- Wednesday, April 24th - JCC Closed / ECC, KC, UPK Open
- Monday, April 29th - JCC Closed / ECC, KC, UPK Open
- Tuesday, April 30th - JCC Closed / ECC, KC, UPK Open

JCC Personal Trainer

Raeli Foster



Raeli has been working in the JCC's Fitness Room, Pool, Kids Connection program and summer camp for the past 6 years. He is a certified American Council on Exercise (ACE) Personal Trainer. ACE certification is the highest quality fitness certification available in the industry. As a student of ACE he studied exercise science fundamentals, program designing, behavioral change techniques and a client centered approach for ensured results.

He is currently a senior at BU studying Biochemistry, including courses in anatomy and physiology.

Raeli also studies Gracie Brazilian Jiu-Jitsu and Kickboxing at APEX, the premier source for Jiu Jitsu and Mixed Martial Arts in Broome County.

After graduation Raeli is looking forward to pursuing a career in personal and sports specific training here in Broome County.

Contact Raeli - raelif@binghamtonjcc.org

\$25M/\$30NM

Per 1/2 hour training

Fitness

Pilates

Tuesdays & Thursdays 9:30-10:30 am

Fridays 9:00-10:00 am

Tuesdays 4:00-5:00 pm

April-June

1 day per week \$130 JCC Member / \$195 NM

2 days per week \$260 JCC Member / \$390 NM

Drop-in \$15M/\$20NM

Pilates is a challenging low impact exercise method that balances strength with mobility, aligns the body, fine-tunes movement patterns and strengthens the deeper muscles of the core.

If you're not sure and you just want to try it, call the JCC Office and we will refer you to one of our Pilates specialists for a private one time 10 minute session.

Instructor Jill Lukach



Tai Chi

Mondays & Wednesdays

10:30 - 11:30 am

April 15th - March 15th

\$50 Members & \$60 Non-Members,

People 80+ are free

On a physical level, Tai Chi improves strength, flexibility, aerobic conditioning and balance. It's been shown to improve cardiovascular fitness, lower blood pressure, prevent falls and help people who have arthritis. Instructor Peg Swarts will glide you through 60 minutes of this ideal senior friendly exercise. Beginners welcome

Silver Sneakers

YOGA: Mondays 10:45-11:30 am

Seated and standing yoga poses to increase flexibility, balance and range of motion

CLASSIC: Thursdays 10:45-11:30 am

Seated and standing exercises to increase muscular strength, range of motion and activities for daily living.

BOOM: Friday 10:15-11:00 am

Dance inspired workout to challenge cardio fitness with easy to follow movement, including muscle conditioning blocks to improve cardiovascular health.

Instructor Jill Lukach





Fitness Basics

Sundays

4:00 – 4:30 pm

April 7, 14, 21, 28 & May 5, 12

\$30 Members & \$60 Non-Members

Ages 18+ (min. - 4 participants max. - 8)

Starting your fitness journey can be intimidating! How do all the different machines work? How can you be sure you're using proper form when lifting weights? This 101 class is all about breaking down the fundamentals of working out for beginners. By the end of six weeks, you will be comfortable with the essentials and ready to take on the fitness center on your own!

Instructor Raeli Foster

Gymnasium

Basketball Leagues

Adult 4x4 Basketball League - We had a great turnout for our Winter Basketball League and will be returning in Summer! To join our interest list, please email: athletics@binghamtonjcc.org

Coming Soon! Modified 6th, 7th, & 8th grade basketball league this summer. To join our interest list for updates and more information, please email athletics@binghamtonjcc.org

Adult Pickleball

Sundays 12:15 – 3:00 pm (*Ongoing*)

Mondays 5:00 – 8:00 pm (*Ongoing*)

Wednesdays 12:00 – 1:30 pm (*Ongoing*)

Thursdays 5:00 – 8:00 pm (*Ongoing*)

Drop in fee \$4 JCC Members / \$8 Non-Members

Pickleball is an exciting, fast-paced game that is a lot of fun and great exercise. Played using a paddle and plastic ball with holes, it is easy on the joints, and very easy to pickup without any experience and little athletic ability is required.



Aquatics

American Red Cross Courses

The JCC is an authorized provider of the American Red Cross Progression Swim Courses. Classes meet once a week. All swim classes are taught by Certified Water Safety Instructors. Correct placement is important to both your child and the class progression as a whole. The JCC reserves the right to transfer a child to a class that better suits his or her skill level and/or aptitude. Please contact the JCC with any questions.

Spring Youth Group Swim Lessons

\$90 JCC Members / \$160 Non Members

7 week session

Tuesday

April 9, 16, 30, May 7, 14, 21, 28

Preschool	5:00-5:30 pm
Parent/Child	5:30-6:00 pm
Youth	6:00-6:30 pm
Advanced Youth	6:30-7:00 pm

Sundays

April 7, 14, 21, 28, May 5, 12, 19, 26

Preschool	9:30-10:00 am
Youth	10:00-10:30 am
Parent/Child	10:30-11:00 am
Advanced Youth	11:00-11:30 am
Preschool	11:30-Noon

	Age	Ability
Parent/Child	6 months to 3 years	Provides info & techniques for parents to successfully orient their child to the water. Emphasis on becoming comfortable in the water through use of games & skill repetition.
Preschool	3 years to 5 years	For children who are ready to get into the water without a parent. Children learn water safety & gain confidence. Elementary water skills introduced in a fun & relaxing manner.
Youth	6 years and up	Children will learn fundamental water skills, such as gliding, floating, treading water, & basic stroke elements. Emphasis placed on water safety & fun. Flotation is being phased out in this level.
Advanced Youth	8 years and up	Children should be accustomed to swimming longer distances in the deep end & able to perform most strokes. Children continue to refine & perfect strokes, build endurance, & prepare for competition. Kids should be able to swim without flotation by this point.

Kids will be assessed on their abilities and placed accordingly in a class on the first day. If you have any questions please contact the JCC's Aquatic Director Nate Stillman at Nate@binghamtonjcc.org

- Minimum of 4 registrants needed to run a class. Kids may be switched into a different class if class is not full.
- Make-ups will not be offered for missed lessons unless the JCC cancels a lesson.
- The JCC follows the Vestal School District. If Vestal Schools are closed there will no be youth lessons.

Water Exercise

April - June

9:00-10:00 am

FREE for JCC Members

1 day/week \$75

2 days/week \$110

3 days/week \$135

4 days/week \$155

5 days/week \$170

Private/Semi-Private Swim Lessons

Private instruction is available for all ages and abilities. Lessons focus on your personal needs and interests whether you're a beginner or an advanced swimmer who wants to perfect your stroke. Arrange lessons with a friend or two.

[Click here to schedule your appointment](#)

Based on 1 person/class:

\$25M/\$30NM per 1/2 hour. Discounts apply for private lessons of 2 or more. For information on lessons email JCCOffice@binghamtonjcc.org

Aquatics Spring Pool Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM							Adding or removing a lap lane is at the discretion of the lifeguard
7:00 AM		ADULT ONLY Lap Lanes open 7:00-9:45 AM					
8:00 AM		Water Exercise Class 9:00-9:45 AM					
9:00 AM		CLOSED 10-11:00	CLOSED 10-11:00	CLOSED 10-11:00	CLOSED 10-11:30	CLOSED 10-11:00	
10:00 AM		OPEN SWIM Children & Adult 11:00 - 1:00 PM	OPEN SWIM Children & Adult 11:00 - 1:00 PM	OPEN SWIM Children & Adult 11:00 - 1:00 PM	OPEN SWIM Children & Adult 11:30 - 1:00 PM	OPEN SWIM Children & Adult 11:00 - 3:45 PM	
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM		CLOSED 1:00-3:00 PM	CLOSED 1:00-3:00 PM	CLOSED 1:00-3:00 PM	CLOSED 1:00-5:00 PM		
3:00 PM		OPEN SWIM Children & Adult 3:00-7:45 PM	OPEN SWIM 3:00-4:00 PM CLOSED 4-5:00 PM	OPEN SWIM Children & Adult 3:00-7:45 PM	OPEN SWIM Children & Adult 3:00-7:45 PM		
4:00 PM			OPEN SWIM Children & Adult 5:00 - 7:45 PM		OPEN SWIM Children & Adult 5:00-7:45 PM		
5:00 PM							
6:00 PM							
7:00 PM							
8:00 PM							

Kids Connection swims on days off from school from 2:00-3:30pm.

Thunder/Lightning Protocol: The JCC will suspend swimming activities when lightning is within 6 miles of the facility and wait 30 minutes after lightning has been observed before resuming water activities.

Kids Connection

After-School Care 5-12 years old Monday through Friday 3:00 - 6:00pm

Imagine what the ideal after school childcare program for your child would be... convenient and close to home, affordable, in a spacious modern facility, with lots of other children, offering a comprehensive indoor and outdoor sports program, professionally staffed with individuals who offer educational assistance, on the school transportation list of childcare programs and available 5 days a week.

Kids Connection, a New York State licensed 5 day a week school-aged childcare program at the Jewish Community Center, is open to any school aged child 5-12 years old in the Southern Tier. Kids Connection offers parents affordable peace of mind and children an exciting variety of opportunities in their after school programming.

Kids Connection is located at the JCC on Clubhouse Rd. Our comprehensive 60,000 sq.ft. facility, outdoor sports complex, newly renovated playgrounds and our professional staff of educators make it possible for Kids Connection to offer classes and activities in a wide array of areas that you won't find anywhere else!



Registration

Kids Connection offers Full Year Contract and a Drop In Contract. For more information or to register contact Co-Youth Directors Harry Cohen and Willa Cohen at 607-724-2417.

School Transportation

Children who are registered with Kids Connection and attend the Vestal School District maybe eligible for school provided transportation. Parents are advised to contact the school to arrange for district transportation.

Long Day Program

Kids Connection offers full day programs from 7:30am to 6:00pm when Vestal Schools are not in session, except when Camp JCC is open. A full day of activity, fun and friendship. Purchase or bring lunch; snacks provided. Open to school age children from any school district. Pre registration is required.

Pre-School classes

Little Brushes

\$65 JCC Members / \$80 Non Members
6 week session, beginning April 9th
Tuesdays 1:00 - 1:40 p.m.

A fun sensory paint class where children can explore colors, textures, and different types of art media. Come and get creative in Little Brushes!

Instructor: Mr. Harry

Cozy Corner

\$65 JCC Members / \$80 Non Members
6 week session, beginning April 11th
Thursdays 1:00 - 1:40 p.m.

Come to the cozy corner where projects are based upon a book. Children will read a story and have a project themed to the book at the end.

Instructor: Mr. Harry

Soccer Shots®

Soccer Shots is an engaging children's soccer program for ages 2 to 8. Join the best coaches in the business on Soccer Island for age-appropriate soccer skills, character-building *and FUN!*

Soccer at Binghamton JCC

Who: Children ages 2-5 | Mini for age 2 | Classic for ages 3-5

Where: Binghamton JCC Early Childhood Center

When: Mondays starting April 8th at 11:30am

Cost: \$140 plus annual registration/jersey fee for 7 week season

Enroll now at soccershots.com/Binghamton.

Additional information: Click Enroll Now, then search: Binghamton JCC

Scan to Enroll!



Soccer Shots®

Enroll now at soccershots.com/Binghamton

Questions? Binghamton@soccershots.com | 607-684-5532

Each Soccer Shots® franchise is independently owned and operated.



Early Childhood Center

The JCC Early Childhood Center is a busy, happy and creative place for your child to play and learn. Parents and teachers form a partnership which enables your child to develop positive self esteem, new skills and a life long love of learning. The JCC ECC offers a broad range of programs for children 6 weeks to 5 years of age. On site swim, gym, a hot lunch program and a wide variety of outdoor play including our state of the art playground facilities are unique features offered at the ECC.

Dr. I.J. Rosefsky Day Care Center Full Day Program

The Dr. I.J. Rosefsky Day Care Center offers full day care Monday-Friday 7:30am - 5:30pm. Children who are 6 weeks to 5 years are eligible for our full day program. Day Care is open 12 months a year with the exception of some Jewish holidays and legal holidays when the JCC is closed. Our professional staff share a common goal to provide a loving, safe, nurturing, and stimulating environment for the children in the ECC.

Victor & Esther Rozen Infant Rooms

Providing care for infants 6 weeks to 18 months.

Universal Pre-Kindergarten (UPK)

The JCC Early Childhood Center is a provider for the Vestal and Binghamton School districts UPK program. This program is free to Vestal and Binghamton children age 4 by December 1, 2023 who are accepted by the school districts. The UPK program, ECC, offers children a comprehensive curriculum that will help prepare them for kindergarten. Students are exposed each week to activities that promote positive self esteem, expand their language and expression skills and lay the foundation for reading, math and scientific inquiry. Students swim and participate in a physical education class each week.

Vestal residents should contact Vestal School district to apply. Binghamton residents can register by contacting Toni Dougherty at ToniD@binghamtonjcc.org

Extended Day Program

Children enrolled in our UPK programs are eligible for our extended child care program. The ECC has many ways to extend your child's day, including early drop off or extending their UPK pm session until 4:30pm.



CAMP JCC

At Camp JCC, our goal is to create an exciting environment in which campers have the opportunity to learn new skills, cooperation and teamwork, while forging friendships and memories that will last a **lifetime**.



6 Sessions
July 1 - August 9
Ages 5-15

For more information & to register:

Call JCC Main Office - (607) 724-2417
BinghamtonJCC.org

Camp JCC 2024 -

For over 80 years, Camp JCC has proudly served the youth of our community. We believe that camp is more than just a fun way for kids to spend their summer; it is also a place where we can make a positive difference in their lives. Our goal is to create an exciting environment in which they have the opportunity to learn new skills, cooperation and teamwork, while forging friendships and memories that will last a lifetime.

2024 Camp JCC Dates:

- o Week 1: July 1 - July 5 (no camp July 4)
 - o Week 2: July 8 - July 12
 - o Week 3: July 15 - July 19
 - o Week 4: July 22 - July 26
 - o Week 5: July 29 - August 1
 - o Week 6: August 5 - August 9
-

Contact / Follow Us

Address: 500 Clubhouse Rd., Vestal, NY 13850
Phone: 607-724-2417
Email: JCCOffice@binghamtonjcc.org
Website: www.binghamtonjcc.org
Facebook: [JCCBinghamton](https://www.facebook.com/JCCBinghamton)
Instagram: [thebinghamtonjcc](https://www.instagram.com/thebinghamtonjcc)
Tik Tok: [jccbinghamton](https://www.tiktok.com/@jccbinghamton)

JCC Staff

Chief Executive Officer	Sheryl Brumer
Chief Operating Officer	Raychel Reilly
Chief Financial Officer	Deborah Beylo
Teen Camp & Co-Youth Dir.	Willa Cohen
Camp Director	Katie Shaheen
Aquatics Director	Nate Stillman
Fitness Coordinator	Willa Cohen
Co-Youth & Assist. Camp Dir.	Harry Cohen
Information Technology	Matt Hoffman
Administrative Manager	Laura Hotaling
Receptionist	Corry Thomas
Kitchen Coordinator	Sandra Schmitz
Kitchen Assistant	Ruby Newkirk
Facilities Manager	Becky Langille
Assist. Facilities	John Kakusian
2nd Shift Custodian	Aidan Smith
2nd Shift Janitorial	

JCC Early Childhood Center

ECC & UPK Director	Toni Dougherty
ECC Assistant Director	
Administrative Assistant	

Early Childhood Education Staff

Narmeen Abbas	Valentina Manu
Emily Allegrino	Autumn Martin
Charles Arbuiso	Darine MBarek
Mikaela Atwater	Rinn Noble
Brittney Ballard	Lori Nowick
Danielle Barbagallo	Isabella Putrino
Madyson Bobik	Alexis Randis
Courtney Burt	Diane Reyes
Joanna Decker	Michelle Rezkalla
Kayleigh Eames	Courtney Salmini
Rachel Greenblott	Brandy Stanley
Alyssa Halliday	Stephanie Swingle
Karleigh Huckabone	Courtney Taft
Dominique Jelicks	Shaina Toppin
Matthew Keegan	Kaitlin VanDervort
Samuel Keesler	Alicia Webster
Lyrek Lake	Cassie Williams
Nanette Liddle	Kamilah Wimberly
Tara Liddle	

Officers of the Board of Directors

President	Susan Walker
Treasurer	Jeff Platsky
Secretary	Bonnie Brown
Past Presidents	Carrie Wenban, Lillian Levy
Federation Liason	Mark Walker

General Board

Glenn Alenik	Jeff Loew
Lisa Berk	Rachel Priest
Charles Gilinsky	Justin Salkin
Gerry Hubal	Jeff Shapiro
Barry Livsky	

Contribution Funds

The JCC has contributory funds available to honor and remember family, friends and loved ones. Gifts to Center funds are a wonderful way to show your feelings for people to celebrate and commemorate life passages.

Honor Campership Fund
Marvin Alenik Memorial Building Fund
Donald Bronsky Fund
Morris Eber Memorial Fund
Alanna Einstein Memorial Fund
JCC Flag Fund
Tom Foley Memorial Sports Fund
Sam & Terry Freeling Memorial Fund
Harvey R. Singer Scholar Athlete Memorial
Samuel J. Gartel Camp Endowment Fund
Greta Herz Kitchen Fund
BBYO Donation
Eve Kur Memorial Fund for Aquatics
Joseph M. Levene Memorial Fund
Audrey E. Morrell ECC Memorial Fund
Thelma Morris Memorial Fund for Creative & Performing Arts
Rose & Jacob Olum Memorial Fund
JCC Operating Fund
Playground Fund
Preschool Renovation Fund
Quilting Fund in Memory of Julia Greenbaum
Evelyn Sall Memorial Fund
Friendship Club Fund
Git Weinstein Memorial Fund