



Creating memories, learning new skills, being active and making friends provide our youth with the opportunity to discover who they are and what they can achieve.

Our programs are run by caring, experienced staff with a focus on innovation, fitness, friendship, skill building, and meaningful participation.

Our youth fitness programs make being active fun and rewarding. Our innovative and unique arts programming allows kids to express themselves in an inclusive environment through theater and art.



sabes jcc

youth - fall 2015

YOUTH FITNESS AND RECREATION

FIT'N FUN YOUTH BOOT CAMP

Ages 7-12

This camp is a great way to get kids moving in an active, fun, challenging environment. Improve strength, stamina and athletic ability while having a blast! **Trainer: Justin Segal**

Session 1

#11890	\$62; \$48 JCC Members
Sun	Sept 6-Oct 4
	(no class 9/13)
2:00-3:00pm	4 classes

Session 2

#11891	\$62; \$48 JCC Members
Sun	Oct 11-Nov 1
2:00-3:00pm	4 classes

Session 3

#11892	\$62; \$48 JCC Members
Sun	Nov 8-Nov 29
2:00-3:00pm	4 classes

FIT FROM THE INSIDE OUT – EMPOWERING GIRLS!

This program promotes positive self-esteem and self-image, develops skills to manage peer pressure, develops leadership and role model skills, and teaches girls how to live a healthy and fit life. Each week we cover a different topic.

Trainer: Amy Bakken.

#11897	\$90; \$69 JCC Members
Wed	Sept 9-Oct 21
3:30-4:15pm	(no class 9/23)

YOUTH BASKETBALL LEAGUE

Grades K-6

Dedicated coaches teach basketball fundamentals in a fun and safe learning environment that fosters skill development, friendship and sportsmanship. Each team will have a one hour time slot of their practices and games each week. We will notify players of their time slot at the beginning of the season. All grades and teams will be co-ed. Every participant receives a league jersey.

#11902	\$169; \$144 JCC Members
Sun	Nov 8-Feb 14
12:00-3:00pm	(no class 11/29, 12/27, 1/3)

ZUMBA® KIDS AND KIDS JR.

These classes feature kid-friendly routines based on original Zumba choreography. We will break down the steps, add games, activities and cultural exploration elements into the class structure.

More than a dance or fitness class, Zumba Kids and Kids Jr. help develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, cultural awareness.

ZUMBA KIDS JR.

Ages 4-6

Wed	3:30-4:15pm
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Session 1

#11898	\$60; \$46 JCC Members
Sept 9-Oct 7	(no class 9/23)

Session 2

#11899	\$60; \$46 JCC Member
Oct 14-Nov 4	

ZUMBA KIDS

Ages 7-11

Thur	3:30-4:15pm
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Session 1

#11900	\$60; \$46 JCC Member
Sept 10-Oct 1	

Session 2

#11901	\$60; \$46 JCC Member
Oct 8-Oct 29	

YOUTH ENRICHMENT

CREATIVE KIDS ART

Focusing on the works of artists, these fun classes will include clay, puppetry, painting, collage, and sculpture. Students will learn the techniques the artists used to create their masterpieces. **Instructor: Jeanne Aaron**

#11895	\$92; \$72 JCC Members
Tue	Oct 13-Nov 17
4:00-4:45pm	6 classes

Ages 5-7

#11896	\$92; \$72 JCC Members
Thur	Oct 15-Nov 19
4:00-4:45pm	6 classes

Ages 8-10