

PROGRAM GUIDE

FALL 2024



JCC OF THE
LEHIGH VALLEY
Hammel Campus



BUILDING HOURS

MONDAY - THURSDAY:
7:00AM - 8:30PM

FRIDAY:
7:00AM - 5:30PM

SATURDAY & SUNDAY:
8:00AM - 2:30PM

702 N. 22nd Street Allentown, PA 18104
610-435-3571 | lvjcc.org



Facebook.com/JCCLV
@lvjcc

MEMBERSHIP

LVJCC.ORG/MEMBERSHIP

Tracy Sussman
 Director of Membership & Marketing
tsussman@lvjcc.org

JOIN THE JCC TODAY

to receive special perks, exclusive discounts, and access to programs not offered to the general public

PROGRAMS FOR JCC MEMBERS:

Unlimited use of the fitness center, indoor pool, gym & squash courts

GROUPx & Aqua Exercise Classes

Family Swim in Outdoor Pool*

Pickleball Court Rentals*

Golf Simulator*

*Membership upgrade required for Senior Silver members

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Jewish Federation
 of the Lehigh Valley

The JCC of the Lehigh Valley is a beneficiary agency of the Jewish Federation of the Lehigh Valley

HOLIDAYS & CLOSURES

Date	Holiday	Building Status
Monday 9/2	Labor Day	Closed
Wednesday 10/2	Erev Rosh Hashanah	Close at 5pm
Thursday 10/3	Rosh Hashanah	Closed
Friday 10/4	Rosh Hashanah	Closed
Friday 10/11	Kol Nidre	Close at 5pm
Saturday 10/12	Yom Kippur	Closed
Wednesday 10/16	Erev Sukkot	Close at 5pm
Thursday 10/17	Sukkot	Closed
Friday 10/18	Sukkot	Open
Wednesday 10/23	Hoshana Raba	Close at 5pm
Thursday 10/24	Shemini Atzeret	Closed
Friday 10/25	Simchat Torah	Open
Thursday 11/28	Thanksgiving Day	Open 8am-12pm
Friday 11/29	Day After Thanksgiving	Open 8am-12pm
Tuesday 12/24	Christmas Eve	Close at 5pm
Wednesday 12/25	Christmas Day/Hanukkah	Closed
Thursday 12/26 - Monday 12/30	Hanukkah	Open
Tuesday 12/31	New Year's Eve	Close at 5pm
Wednesday 1/1	New Year's Day/Hanukkah	Closed



JCC TERMS OF USE
 SCAN THE QR CODE OR VISIT
LVJCC.ORG/TERMSOFUSE

Early Childhood

INFANTS - 5 YEARS

LVJCC.ORG/ONLINEREGISTRATION



SPORTS & FITNESS

Mighty Kicks

Mondays | 9/16 - 10/21 (6 weeks)

Ages: 2-4

Free demo on 9/9 for JCC childcare participants

The Mighty Kicks creative curriculum, coaches and high energy classes provide your child with experiences that apply both on and off the soccer field. Visit lvjcc.org/MightyKicks for more information and to register.

Price (Ages 3-4): \$95 | Price (Age 2): \$85

JHoops Jr.

Thursdays | 3:30-4:15pm | 9/5 - 10/10 (5 weeks)

Ages: 4-5

The youngest hoopsters will get a fun introduction to basketball fundamentals and learn key skills of the game.

Price \$100 | JCC Member Price: \$85

Contact: Danielle Brown (dbrown@lvjcc.org)

Running Club

Wednesdays | 3:30-4pm | 9/4 - 10/2 (5 weeks)

Ages: 3-7

This program incorporates track runs, distance runs and relay races with fun games and prizes culminating in a color run. A healthy snack is offered at the end of the class.

Price \$100 | JCC Member Price: \$85

Contact: Lisa Yoskowitz (lyoskowitz@lvjcc.org)

FUN & GAMES

Early Childhood Shabbat Parties

Fridays | 9:30-10am | All Ages | Free

September 27: Rosh Hashanah

November 22: Thanksgiving

December 27: Hanukkah

Join us at the JCC for a special community Shabbat party celebrating different holidays.

**NEW 3-YEAR-OLD
CLASSROOM**

**NOW ENROLLING
2024-2025 SCHOOL YEAR**

LEHIGHVALLEYPRESCHOOL.ORG

**SCHEDULE
A TOUR**

AQUATICS

Baby and Me

Wednesdays | 5:30-6pm | 9/4 - 11/20 (9 weeks)

Saturdays | 11-11:30am | 9/7 - 11/16 (10 weeks)

Ages: 6 Month and up

A parent-child class teaching important pre-swimming skills such as floating, kicking, and blowing bubbles.

Wednesday Price: \$270 | JCC Member Price: \$225

Saturday Price: \$300 | JCC Member Price: \$250

Infant Aquatics @ Survival Swim Lessons

By appointment | Ages: 6 Months and up

Don't wait until it's too late, teach survival swim first!

Instructor Lisa Johnson will teach children one-on-one survival swim lessons. For details and to select your time slot email

Lisa at AvanoAquatics@gmail.com.

Preschool Swim Lessons

Tuesdays | 2-3pm | 9/3 - 11/12 (11 weeks)

Ages: 3+

These group lessons are designed specifically for preschool age children.

Price: \$325 | JCC Member Price: \$275

Private, Semi-Private & Group Swim Lessons

Ages: 4+ | Levels 1-5

Contact us at 610-435-3571 for availability or to schedule a swim level assessment.



JCCCLV



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SPORTS & FITNESS

Mighty Kicks

Mondays | 3-5:30pm | 9/16 - 10/21 (6 weeks)

Ages: 3-7

Free demo on 9/9 for JCC childcare participants
The Mighty Kicks creative curriculum, coaches and high energy classes provide your child with experiences that apply both on and off the soccer field. Visit lvjcc.org/MightyKicks for more information and to register.

Price: \$95

Archery Club

Mondays | 4:30-5:30pm | 9/9 - 11/11 (10 weeks)

Grades: 3-8

Archers can learn the basics or sharpen their skills. Participants will receive individual instruction by a certified instructor and progress at their own pace. Archers must be able to hold 20lbs.

Non-Members: \$155 | JCC Members: \$130

Contact: Alaina Schaeffer (aschaeffer@lvjcc.org)

Intro to Pickleball

Tuesdays | 4:30-5:15pm | 9/17 - 10/22 (6 weeks)

Grades: 1-6

Learn to play pickleball with Coach Danielle.

Non-Members: \$100 | JCC Members: \$85

Contact: Danielle Brown (dbrown@lvjcc.org)

JHoops Youth Basketball

Season runs November - March

Grades: 1-6 | Teams split by age

This co-ed basketball league will teach fundamentals and key skills, drills, and the basics of gameplay and teamwork.

Non-Members: \$160 | JCC Members: \$135

Contact: Danielle Brown (dbrown@lvjcc.org)

Transportation is available from multiple area schools through our JLounge After-School Program

Visit lvjcc.org/JLounge for more information



Youth Programs

Ages: 4+

AQUATICS

Contact: Jodi Lovenwirth (jlovenwirth@lvjcc.org)

Swim Clinics

Mondays | 5-6pm | 9/9 - 11/11 (10 weeks)

Thursdays | 5-6pm | 9/5 - 11/21 (9 weeks)

Ages: 6+

A class for our more advanced swimmers to work on endurance and stroke development in preparation for competitive swimming.

Monday Price: \$300 | JCC Members: \$250

Thursday Price: \$270 | JCC Members: \$225

Group Swim Lessons

Tuesdays | 4-6pm | 9/3 - 11/12 (11 weeks)

Wednesdays | 4-6pm | 9/4 - 11/20 (9 weeks)

Saturdays | 10am-12pm | 9/7 - 11/16 (9 weeks)

Sundays | 10am-12pm | 9/8 - 11/10 (10 weeks)

Ages: 4+

Group lessons are the perfect way to learn to swim with the support of your friends or family members at your side. Register by the day.

Tuesday Price: \$325 | JCC Members: \$275

Wednesday/Saturday Price: \$270 | JCC Members: \$225

Sunday Price: \$300 | JCC Members: \$250

Private & Semi-Private Swim Lessons

Contact us at 610-435-3571 for availability and to schedule swim lessons.

ARTS

Private Music & Voice Lessons

Monday-Friday | 4:30-6pm | Ages: 5+

Lessons are 30 mins by appointment

Voice guitar, piano, or beginner drums

Contact Alaina Schaeffer at 610-435-3571 or aschaeffer@lvjcc.org for availability and to schedule. Lesson packages also available.

Price per lesson: \$50 | JCC Members: \$40

Stagemakers Youth Theater Auditions: Shrek The Musical Jr.

Auditions: September 3 & 4 | 5-8pm | Grades: K - 8

Audition time reservations required

Participation Fee: \$145 | JCC Members: \$120

Performances: Thursday, November 14 at 7pm and

Sunday, November 17 at 12pm & 4pm

Based on the Oscar®-winning DreamWorks Animation film and the book Shrek by William Steig, Shrek The Musical Jr. follows an ogre who has learned the hard way that "people hate the things they cannot understand." Setting off with his faithful companion, Donkey, Shrek begins the journey of a lifetime filled with adventure, romance, and hilarity.

Contact: Heather Lavin (hlavin@lvjcc.org)



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Financial assistance may be available.
Please contact us for more information.

EDUCATIONAL

Spanish Immersion

Wednesdays | 5-6pm | 9/4 - 11/13 (8 weeks)

Grades: K-5

Join a certified Spanish Immersion teacher to learn to describe yourself, ask questions, have conversations, and understand a rapidly growing language through hands-on activities and engaging lessons.

Non-Members: \$155 | JCC Members: \$130

Contact: Alaina Schaeffer (aschaeffer@lvjcc.org)

FUN & GAMES

Sparkle Spa

Tuesdays | 5-6pm | 9/10 - 11/12 (10 weeks)

Grades: K-5

Immerse yourself in luxurious spa treatments such as facials, manicures, and aromatherapy, all infused with a touch of sparkle to add an extra dash of fun. Participants will also learn healthy habits like yoga, preparing nutritious snacks, and the importance of staying active.

Non-Members: \$170 | JCC Members: \$140

Contact: Alaina Schaeffer (aschaeffer@lvjcc.org)



Lounge



After-School Program

Monday-Friday | 3:30-5:30pm

August 26 - June 11

Grades: K-5

homework help, snacks,
games, crafts & more

Vacation Camp

Grades: K-5 | 9am-5:30pm

AM extended care available for additional fee

Non-Members: \$70/day | JCC Members: \$60/day

When school is out, camp is in at the JCC.
Spend your day off baking, swimming, doing
arts and crafts, and more.

Visit lvjcc.org/VacationCamp
for more information

Family & Community Programs

All Ages

Shabbat Parties

Fridays | 9:30-10am

September 27: Rosh Hashanah

November 22: Thanksgiving

December 27: Hanukkah

All Ages | Free

Join us at the JCC for a special community Shabbat party celebrating different holidays.

PJ Library: Bees and Butterflies

Sunday, September 15 | 3:30pm - 5:30pm

at the Jewish Day School

2313 Pennsylvania Street, Allentown

Come join us in the Pollinators Garden at the Jewish Day School of the Lehigh Valley. Enjoy snacks, crafts and of course, a PJ Library story.

Contact: Abby Trachtman (abbyt@jflv.org)

Celebrate Sukkot at the JCC

October 16 - October 23 | Times vary

Bring a kosher style meal and enjoy spending time with your family in the JCC sukkah. Reserve your time slot at lvjcc.org/Sukkot.

Save the Date: Community Sukkot Dinner at JDS

Sunday, October 21 | 5-8pm

at the Jewish Day School

2313 Pennsylvania Street, Allentown

Celebrate the holiday together at JDS. Stay tuned for more details.

PJ Library Celebrates Thanksgiving

Sunday, November 17 | 12:30-2:30pm

at Chabad Lubavitch of the Lehigh Valley

4457 Crackersport Road, Allentown

Please join PJ Library as we celebrate Thanksgiving with fun activities and a PJ Library story.

Contact: Abby Trachtman (abbyt@jflv.org)



Adults

SPORTS & FITNESS

Contact: Danielle Brown (dbrown@lvjcc.org)

Pickleball Open Play

Monday, Wednesday, Friday | 12-1pm
Tuesday & Thursday | 12-3pm
Price per person: \$5 | JCC Members/Participants: Free
Reservations are required to secure court time, make yours at lvjcc.org/Reservations.

Pickleball Court Rentals

Mondays & Fridays | 1:30-3:30pm | Open to JCC Members*
2-hour court rental | 6-player maximum per court
Rent a court at lvjcc.org/PickleballRental
*Membership upgrade required for Senior Silver members

Adult Pickup Basketball

Tuesdays, Wednesdays & Sundays | Ages: 18+
Bring your team for drop-in play! Scoreboard and time clock will be available during pick-up play.
Visit lvjcc.org/WellnessSchedules for the most recent schedule.

Squash

Open every day
The squash courts are currently open for use by JCC members and participants. Reservations are highly recommended, but not required. Make yours at lvjcc.org/Reservations.

Golf Simulator

Monday - Thursday | 5:30-8:30pm
Saturday & Sunday | 8:30am-2:30pm
30 minute slots | Free for JCC Members
Reserve a time to play. Most players can complete 9 holes in 30 minutes. Orientation is required prior to first use - Contact us at 610-435-3571 to get started. Limit one reservation per person per week.

Small Group Training

1 hour sessions by appointment | Open to JCC Members
Ages: 13+
Working out is always better with a friend. Certified instructors are here to help you reach your goals and establish a maintenance plan at the JCC.
Groups of 2: \$35/person | 10 sessions: \$300
Groups of 3: \$30/person | 10 sessions: \$250
Groups of 4-6: \$25/person | 10 sessions: \$200

GROUP EXERCISE CLASSES

BIKES AND BARS

A combination of cardio and strength training

CHAIR YOGA & QIGONG

A comfortable and accessible yoga class for beginners and the independently mobile.

CIRCUIT

A series of stations of exercises to build strength and muscular endurance

CORE AND MORE

A combination of pilates for the core and upper body and leg work using dumbbells

CYCLING

Cardio workout on indoor stationary bikes utilizing resistance and speed changes

PILATES

Strengthen and tone muscles with this low to no impact workout

STRENGTH & CORE

A 30-minute class to build muscle strength and improve balance with a focus on core exercises.

SILVER SNEAKERS

Designed to increase muscular strength, range of motion, and daily living activities

GENTLE YOGA*

Spiritual discipline including breath control, simple meditation and postures

ZUMBA

An interval-style, calorie-burning dance fitness party that takes the "work" out of workout

Group Exercise Classes

JCC members get access to a variety of weekly group exercise (GROUPx) classes. Our GROUPx programming is designed to cover a range of exercises suitable for all ages and skill levels, as well as, encourage the development of community. Visit lvjcc.org/WellnessSchedules for a list of current classes.

Specialty Personal Training

By appointment | Ages: 13+
One-on-one training will help you reach your goals and create a plan for your overall wellness. Contact Danielle Brown at dbrown@lvjcc.org to schedule.

Specialties Include:

- Corrective Rehabilitation/Post Surgery
- Senior Strength and Functional Training
- Balance Training
- General Fitness (Improve Strength/Tone muscles)

30-Minute Sessions:

1 session: \$45 | JCC Members: \$40
5 sessions: \$205 | JCC Members: \$185
10 sessions: \$385 | JCC Members: \$340

60-Minute Sessions:

1 session: \$65 | JCC Members: \$60
5 sessions: \$300 | JCC Members: \$275
10 sessions: \$550 | JCC Members: \$500

**Additional fees may apply*



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WELLNESS SCHEDULES
SCAN TO VIEW

GROUPX | POOL | GYM

LVJCC.ORG/WELLNESSSCHEDULES



AQUA GROUP EXERCISE CLASSES*

AQUA AEROBICS

A creative but easy to follow, low impact workout including walking variations, lunges, kicks, and circular movements.

AQUA DANCE PARTY

Bring a friend and dance to be fit with this low impact class.

AQUA YOGA

Enjoy gentle yoga poses in the water. This class is great for balance and posture.

AQUATICS

Contact: Jodi Lovenwirth
(jlovenwirth@lvjcc.org)

Lap Swim

Our pool is currently open for use by JCC members during select hours. View the current lap swim times at lvjcc.org/WellnessSchedules.

Aquatic Exercise Personal Training

Monday-Friday | 30 minutes by appointment | Ages: 12+
This aquatic-based exercise program provides constant resistance, support for balance, and less aerobic stress than traditional land training and utilizes jogging, water weights and resistance exercises for an arthritis-friendly workout. 5 and 10 session packages available.
Non-Members/Participants: \$48 per session
JCC Members: \$38 per session

Private Swim Lessons For Adults

Lessons are 30 minutes by appointment
Adult Swim 101: Overcome Fear of the Water
Adult Swim 201: Stroke and Endurance Training
Adult Swim 301: Advanced Swim Class
Non-Members/Participants: \$48 | JCC Members: \$38

Adult Group Swim Lessons

Saturdays | 10-10:30am | 9/7 - 11/16 (10 weeks)
This small group experience will help conquer your fear of the water while learning the basic swimming skills everyone should master with the support of others.
Non-Members/Participants: \$300 | JCC Members: \$250

Adult Swim Club

Wednesdays | 9/18 - 11/6 (8 weeks)
Intermediate: 9-10am | Advanced: 10-11am
Work with Coach Miriam to improve stroke development and endurance as well as bust bad habits to become a more efficient swimmer. End the session with a celebratory brunch for all participants.
Non-Members/Participants: \$150 | JCC Members: \$125

ARTS

Jewish Film Nights

Tuesdays | 7:30pm | via Zoom
8/27, 9/24, 10/22, 11/19, 12/17
Join other film fans via Zoom to gather and discuss a Jewish interest film. Watch the films at your convenience and then join us for the discussion. For more information or to receive film updates, visit lvjcc.org/film.
Price: Free | Contact: Heather Lavin (hlavin@lvjcc.org)



EDUCATIONAL

Yiddish Club

Mondays | 2-3:30pm | via Zoom
Whether you know "a sakh" (a lot) or just "a bisl" (a little), if you love Jewish culture you'll enjoy Yiddish songs, humor, recipes and fun conversation in the "mameloshn" (translations provided). Price: Free
Contact: Janis Mikofsky (610-435-3571 ext. 501)

Basic Yiddish Class

Thursdays | 4-5:30pm | via Zoom
Current classes are closed to new enrollment of beginners. If you have some knowledge of Yiddish and can read the alef-beys, enrollment may be possible. Yiddish Book Center textbooks are available for purchase.
Price: Free
Contact: Janis Mikofsky (610-435-3571 ext. 501)

Torah Class

Tuesdays | 12:30-1:45pm | via Zoom
Project Yachad Torah Class meets weekly. All are welcome. No knowledge of Hebrew is necessary. We read both the parasha of the following Shabbat and the haftarah, and discuss historical and contemporary meanings. Contact: Barb Hoffman (barbart249@aol.com)

FUN & GAMES

Friendship Circle

Mondays, (9/9 - 5/12) | 11:45am-2pm | Ages: 50+
A biweekly social gathering including special programming. Programs vary and often include musical entertainment, special speakers, demonstrations or hands-on activities. Friendship Circle is a wonderful opportunity to connect with others in the community. Kosher-style food will be provided (not under Rabbinic supervision).
Annual Membership: \$72
Contact: Heather Lavin (hlavin@lvjcc.org)

Leisure Game of Mah Jongg

Mondays | 1:30-3:30pm | Wednesdays, 1-3:30pm
Come and play a leisure game of Mah Jongg!
It's more than just a fun game, Mah Jongg is a great way to sharpen your mental acuity and socialize.
Price: \$5 | JCC Member/Participants: Free
Contact: Tracy Sussman (tsussman@lvjcc.org)

Mah Jongg Madness

Sunday, September 22 | 9:30am-1:30pm | Ages: 13+
Games will be played following the National Mah Jongg League rules. Sign up as an individual and we will match you with players or sign up as a group of four! Enjoy three rounds of play (a total of 9-12 games), continental breakfast, light refreshments, prizes for the top winners, and great door prizes!
Non-Members/Participants: \$55 | JCC Members: \$45
Contact: Tracy Sussman (tsussman@lvjcc.org)

Broadway Bus Trip: Wicked or The Notebook

Sunday, November 24 | Depart JCC at 8:30am | Returns to JCC around 8:30pm
The program includes a private charter bus with a bathroom, a ticket to see Wicked or The Notebook, and a grab and go breakfast.
Non-Members/Participants: \$225 | JCC Members: \$200
Contact: Tracy Sussman (tsussman@lvjcc.org)



JOIN OUR TEAM

WE'RE CURRENTLY HIRING:

- WELCOME DESK ASSOCIATE
- EARLY CHILDHOOD EDUCATION TEACHER
- SWIM INSTRUCTOR
- LIFEGUARD
- FITNESS CENTER ATTENDANT
- GROUP EXERCISE INSTRUCTOR
- PERSONAL TRAINER
- BUILDING SERVICES TEAM MEMBER

SCAN TO LEARN MORE



JCC OF THE LEHIGH VALLEY - HAMMEL CAMPUS | 702 N. 22ND STREET ALLENTOWN, PA 18104 | 610-435-3571 | LVJCC.ORG

Serving Our Community for Over 95 Years



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