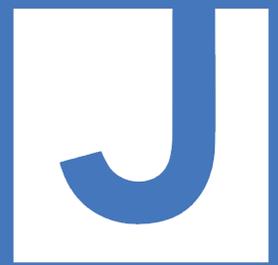


PROGRAM GUIDE

WINTER 2025-2026



**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*

Golf Simulator*

*Membership upgrade required for
 Senior Silver and Renew Active members

TABLE OF CONTENTS

Early Childhood.....3

Youth.....4-5
 Sports & Fitness, Aquatics.....4
 Arts, Educational, Fun & Games.....5
 School Break Programs.....5

Adults.....6-7
 Sports & Fitness.....6
 Aquatics.....7
 Arts, Educational, Fun & Games.....7



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
Thursday 11/27	Thanksgiving	Open 8am-12pm
Friday 11/28	Day After Thanksgiving	Open 8am-12pm
Sunday 12/14 - Monday 12/22	Hanukkah	Open
Wednesday 12/24	Christmas Eve	Close at 5pm
Thursday 12/25	Christmas Day	Closed
Wednesday 12/31	New Year's Eve	Close at 5pm
Thursday 1/1	New Year's Day	Closed
Monday 1/19	MLK Day	Open
Monday 2/2	Tu B'Shevat	Open
Monday 2/16	Presidents' Day	Open
Tuesday 3/3	Purim	Open
Wednesday 4/1	First Seder	Close at 5pm
Thursday 4/2	Passover (1st Day)	Closed
Friday 4/3	Passover (2nd Day)	Closed
Wednesday 4/8	Passover (7th Day)	Open
Thursday 4/9	Passover (8th Day)	Open



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 | 1/12 - 2/16 (6 weeks)

3:50-4:20pm (2 Years) | 3-3:40pm (3-4 Year)

4:30-5:10pm (3-7 Years)

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

2-Year-Old Price: \$85 | All Other Ages: \$95

JHoops Jr. Basketball

Thursdays | 4:45-5:30pm | 2/12 - 3/12 (5 weeks)

Ages: 4-6

The youngest hoopsters will get a fun introduction to basketball fundamentals and learn key skills, drills, and the basics of gameplay and teamwork in this co-ed team.

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

Contact: Danielle Brown (dbrown@lvjcc.org)

ARTS

NEW: Process Art

Thursdays | 3:30-4:15pm | 1/15 - 2/19 (6 weeks) | Ages: 3-5

In this class, we will focus on art styles and techniques. Each class will hone in on a specific style or technique, and we will complete one or two projects in each style. The focus will be on the process of creating art, and not on the final product.

These classes will be hands on and messy, so bring a smock!

Price: \$60 | JCC Members: FREE

Contact: Jen Moyer (jmoyer@lvjcc.org)

NEW: Intro to Dance

Tuesdays | 3:30-4:15pm | 1/20 - 2/24 (6 weeks)

Ages: 3-5

Students will be exposed to a variety of types of dance. We will use creative movement to develop gross motor skills. The students will learn how to move to music and remember simple choreography. There will be a small performance for parents at the end.

Price: \$90 | JCC Members: \$60

Contact: Sarah Bergen (sbergen@lvjcc.org)

EDUCATIONAL, FUN & GAMES

Spanish Immersion I

Tuesdays | 3:30-4:15pm | 1/13 - 2/17 (6 weeks)

Ages: 3-5

Early childhood is the perfect time to expose your child to a second (or third!) language. At this time in development, children's brains are sponges waiting to soak up information. In our Spanish Immersion class, your child will be exposed to the Spanish language in a colloquial setting. They will simultaneously be exposed to the English and Spanish words for common phrases and items by a native Spanish speaker and Early Childhood Educator.

Price: \$90 | JCC Members: \$60

Contact: Jen Moyer (jmoyer@lvjcc.org)

Early Childhood Shabbat Parties

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

Childcare families are welcome to join us at the JCC for a special community Shabbat party celebrating different holidays.

Contact: Jen Moyer (jmoyer@lvjcc.org)

AQUATICS

Baby and Me

Wednesdays | 1/14 - 3/11 (9 weeks) | 5-5:30pm

Saturdays | 1/17 - 3/14 (9 weeks)

11-11:30am (6-18 months) | 11:30am-12pm (18-36 months)

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

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

Preschool Swim Lessons

Tuesdays | 2-3:30pm | 1/13 - 3/10 (9 weeks)

Ages: 3+

These group lessons are designed specifically for preschool age children.

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

Private, Semi-Private & Group Swim Lessons

Ages: 4+ | Levels 1-5 | By appointment

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



JCCLV



@LVJCCC



Youth Programs

Ages: 4+

SPORTS & FITNESS

Contact: Danielle Brown (dbrown@lvjcc.org)

Mighty Kicks

Mondays | 1/12 - 2/16 (6 weeks)

4:30-5:10pm (5-7 Years)

The Mighty Kicks creative curriculum, coaches and high energy classes provide your child with experiences that apply both on and off the soccer field. For more info or to register, visit lvjcc.org/MightyKicks.
Price: \$95

JHoops Basketball Skills Clinics

Winter Break: Monday, December 22

MLK Day: Monday, January 19

Presidents' Day: Monday, February 16

9-11am (Grades 1-3) | 12-2pm (Grades 4-6)

Take advantage of the day-off of school for a fun-filled clinic led by legendary coach Doug Snyder!

Non-Members: \$25 | JCC Members: \$20

JHoops Youth Basketball

Season runs November 16 - March 29

Grades: 1-6 | Teams Split by Grades

Includes twice weekly practices and games.

Price: \$160 | JCC Members: \$135

AQUATICS

Contact: Jodi Lovenwirth (jlovenwirth@lvjcc.org)

All lessons require a minimum of 24 hour notice of cancellation. The JCC reserves the right to charge in full for any no-shows or last minute cancellations.

Group Swim Lessons

Sundays | 10am-12pm | 1/11 - 3/15 (10 weeks)

Tuesdays | 4-6pm | 1/13 - 3/10 (9 weeks)

Saturdays | 10am-12pm | 1/17 - 3/14 (9 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/Saturday Price: \$270 | JCC Members: \$225

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

Private & Semi-Private Swim Lessons

Ages: 4+ | Levels 1-5 | By appointment

Contact us at 610-435-3571 for availability

and to schedule swim lessons. 5 & 10 lessons packages are also available.

Private Lesson Price: \$50 | JCC Members: \$40

Semi-Private Lesson Price: \$40 | JCC Members: \$30

NEW: Focused Lessons

Mondays, Tuesdays & Wednesdays | 2-4pm | 12/22 - 12/31

Ages: 4+

Stay focused with this once-a-year opportunity to get 6 lessons in 2 weeks.

This is the perfect place to boost your skills to the next level.

Price: \$200 | JCC Members: \$165

NEW: Starts & Turns Clinic

Mondays | 4-5pm | 12/22 & 12/29 (2 weeks) | Ages: 4+

Joanne Koury, Aquatic Specialist, will share expert techniques to sharpen your starts and turns helping you gain speed, efficiency, and confidence in the water. Don't miss this opportunity to take your swimming to the next level and improve your race times.

Price: \$40 | JCC Members: \$30

JSeals Swim Team

Season runs November 24 - March 2026

Ages: 6+ | In-House & Travel Options

Practices held Mondays & Thursdays: 4:30pm (Jr.) | 5:30pm (Sr.)

Both programs include weekly practices, a holiday get-together, and an end-of-season pizza bash. Travel Team also includes dedicated Wednesday practices, as well as three dual swim meets, Friendship Invitational, and a championship meet.

Travel Team Price: \$510 | JCC Members: \$410

In-House Team Price: \$460 | JCC Members: \$360

NEW: Dive-In Movie Night at the Pool

Saturday, December 20 | 6-9pm | Ages: 7+

Parents, drop the kids off for a magical evening at the pool! We'll kick things off by making dragon wings for our floats—so we can all transform into dragons and "fly" around the pool together while we enjoy the brand-new How to Train Your Dragon live-action movie on the big screen. We'll also have dragon-themed crafts and snacks to round out the evening.

Price: \$45 | JCC Members: \$35

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

Visit lvjcc.org/JLounge for more information



JCCLV



@LVJCCC

LVJCC.ORG/ONLINEREGISTRATION

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

ARTS

Private Music & Voice Lessons

By Appointment | Ages: 5+
Choose from guitar, bass, drums, piano, voice, and songwriting.
Voice Lesson Price: \$55 | JCC Members: \$45
All Other Lessons: \$60 | JCC Members: \$50

NEW: Suzuki Violin Lessons

By Appointment | Ages: 4+
The Suzuki Method is a worldwide approach to music education developed by violinist and music educator, Dr. Shinichi Suzuki that emphasizes learning by ear before reading music, allowing children to develop strong listening skills and natural technique from the beginning. Parents are active partners in the process.
Price per lesson: \$55 | JCC Members: \$45

NEW: Stagemakers Musical Theater Workshop: K-Pop Demon Hunters

Wednesdays | 6-7pm | 1/7 - 1/28 (4 weeks)
Grades: K-5
This workshop is a great way to experience musical theater! Whether trying it for the first time or honing their skills, kids will explore acting, singing, and dancing without the commitment to a full Stagemakers production. The 4-class workshop culminates with an in-class showcase all themed for singing and dancing to their favorites from Netflix's K-Pop Demon Hunters.
Price \$80 | JCC Members: \$65
Contact: Heather Lavin (hlavin@lvjcc.org)

EDUCATIONAL, FUN & GAMES

NEW: Supa Buddies Book Club

Tuesdays | 6-7pm | 1/13 - 3/3 (8 weeks)
Ages: 7+
Young readers are invited to join us for a fun, interactive book club inspired by Dav Pilkey's Dog Man and Cat Kid Comic Club series. Led by Miss Alaina, each session includes lively discussions, activities, and opportunities for kids to create their own comic-style stories. It's the perfect blend of reading, creativity, and laughter that will keep kids excited about books.
Price: \$145 | JCC Members: \$120
Contact: Jen Appell (jappell@lvjcc.org)

NEW: JChefs: Cozy Classics

Wednesdays | 6-7:30pm | 1/14 - 2/4 (4 weeks) | Grades: K-5
Young chefs will join Mr. D to learn how to whip up classics like yummy corn bread, crispy golden latkes, and other heartwarming dishes that celebrate flavor, tradition, and togetherness. Perfect for kids who love to cook, taste, and explore culture through food.
Price: \$100 | JCC Members: \$85
Contact: Jen Appell (jappell@lvjcc.org)

NEW: JChefs: Cupcake Decorating

Wednesdays | 5:30-7pm | 2/11 - 3/4 (4 weeks) | Grades: K-5
Kids will explore the art of cupcake decorating in this hands-on, creative class led by Miss Rylee. Each week, participants will learn new decorating techniques such as piping, experimenting with colors and designs, and practicing their skills in a fun and supportive environment. The final session brings everything together for a friendly showcase where kids can customize their cupcakes and celebrate their creations.
Price: \$100 | JCC Members: \$85
Contact: Jen Appell (jappell@lvjcc.org)

SCHEDULE MUSIC LESSONS

Contact Alaina Schaeffer
at 610-435-3571 or
aschaeffer@lvjcc.org.
Lesson packages are
also available.

NEW: Swiftie Bracelets and Beats

Thursdays | 5-6pm | 1/15 - 3/5 (8 weeks) | Ages: 6+
Young fans of Taylor Swift are invited to a fun, creative, and music-filled experience! Each week will be themed around a different Taylor Swift era, giving participants the chance to craft bracelets inspired by that era while testing their knowledge in themed trivia. Led by Miss Jen, this program combines hands-on creativity with interactive games, making it a perfect way for kids to celebrate their favorite songs and eras.
Price: \$145 | JCC Members: \$120
Contact: Jen Appell (jappell@lvjcc.org)

SCHOOL BREAK PROGRAMS

Contact: Jen Appell (jappell@lvjcc.org)

JLounge After-School Program

Monday-Friday | 3:30-5:30pm
Grades: K-5
JLounge is our after-school program which includes homework help, snacks, games, indoor and outdoor recreation, crafts, and more. Transportation is provided from Parkway Manor Elementary, Muhlenberg Elementary, the Jewish Day School, and Kratzer Elementary to the JCC. Visit lvjcc.org/JLounge for more information or to register.

Vacation Camp

9am-5:30pm | Grades: K-5
When school is out, camp is in at the JCC. Hang out with your camp friends throughout the year while you bake, swim, do arts and crafts, and more. Pack a kosher style lunch, bathing suit and towel and leave the rest to us. Advance registration is highly recommended. Visit lvjcc.org/VacationCamp for a full list of upcoming Vacation Camp days or to register.
Full-Day Price: \$70/Day | JCC Members: \$60/Day
Half-Day Price: \$45/Day | JCC Members: \$30/Day
Extended care (8-9am) available for an extra fee.



HOMEWORK HELP
FUN WITH FRIENDS
ENRICHMENTS

LVJCC.ORG/JLOUNGE

YOUR ONE-STOP SHOP
FOR AFTER-SCHOOL CARE



JLounge



Adults



SPORTS & FITNESS

Contact: Danielle Brown (dbrown@lvjcc.org)

Pickleball Open Play

Monday, Wednesday, Friday | 12-1:30pm
Tuesday & Thursday | 12-3pm
90 minutes of open play, bring a partner or jump into the mix!
Reservations are required to secure court time, make yours at lvjcc.org/Reservations.
Price per person: \$5 | JCC Members/Participants: Free

Golf League

Tuesdays | 5:30-8:30pm | 12/2 - 1/27 & 2/3 - 3/17
Compete against your fellow golf lovers in our friendly Tuesday night golf league. Players will participate in a random partner doubles format, rotating partners and opponents for seven weeks. The format is alternate-shot match play. Players accumulate points by keeping their team's score week to week. The top-scoring individual takes the crown.
Price: \$60 | Participants: \$55 | JCC Members: \$50

Pickup Basketball

Tuesday, Thursday | 6:30-8:30pm
Sundays | 10am-12pm
Bring your team for drop-in play. Scoreboard and time clock will be available during pickup play.

Squash

The squash courts are currently open during building hours for use by JCC members and participants.
Reservations required: lvjcc.org/Reservations

Golf Simulator

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

Small Group Training

1 hour sessions by appointment | 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: Non-Member/Participant: \$45/person
Groups of 2: JCC Members: \$35/person

Groups of 3: Non-Member/Participant: \$40/person
Groups of 3: JCC Members: \$30/person

Groups of 4-6: Non-Member/Participant: \$30/person
Groups of 4-6: JCC Members: \$25/person

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.

BALANCE & MOBILITY

Dedicated to improving balance and working through full ranges of motion.

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

FULL BODY FRIDAYS

Full body strength class utilizing various modalities of resistance training

PILATES

Strengthen and tone muscles with this low to no impact workout

STRETCH & TONE

A combination of resistance tubing, weights, and body weight for light resistance training, also including a series of stretching exercises

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

BASIC HATHA YOGA

Low intensity yoga that emphasises mindful movement and relaxation (for all levels).

ZUMBA

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

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. Discounted 5 or 10 sessions packages also available. Contact Danielle Brown at dbrown@lvjcc.org to schedule. Specialties include: corrective rehabilitation and post surgery, senior strength and functional training, balance training, and general fitness to improve strength and tone muscles.

30-Minute Sessions (Non-Member/Participant): \$50
30-Minute Sessions JCC Members: \$40

60-Minute Sessions (Non-Member/Participant): \$70
60-Minute Sessions JCC Members: \$60

Nutrition Coaching

By appointment | Ages: 13+
Personalized strategies to make sustainable changes to achieve your health goals. 5 session packages also available. Sign up for personal training at the same time and get \$5 off each nutrition session.
Price per Session (Non-Member/Participant): \$50 | JCC Members: \$40



JCCLV



@LVJCCC

*Additional fees may apply

WELLNESS SCHEDULES
(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 and participants during select hours. View the current lap swim times at lvjcc.org/WellnessSchedules.

Aquatic Exercise Personal Training

Monday-Friday | 30 minutes by appointment | Ages: 16+
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.
Non-Members/Participants: \$50 per session
JCC Members: \$40 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: \$50 | JCC Members: \$40

Adult Group Swim Lessons

Saturdays | 10am | 1/17 - 3/14 (9 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: \$270 | JCC Members: \$225

American Red Cross Lifeguard Certification Course

Mondays & Tuesdays | 10am - 5pm | 12/22, 12/23, 12/29 & 12/30
Ages: 15+
This course teaches the knowledge and skills needed to prevent and respond to aquatic emergencies at a swimming pool facility. Participants must pass the prerequisite swim test and the final exams. All course materials will be provided.
Non-Members/Participants: \$350 | JCC Members: \$300

ARTS

Jewish Film Nights

Tuesdays | 7:30pm | via Zoom
11/18, 1/13, 2/17, 3/24, 4/28, 6/2, 7/7, 9/15, 10/20
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-bets, enrollment may be possible. Yiddish Book Center textbooks are available for purchase.
Price: Free | Contact: Janis Mikofsky (610-435-3571 ext. 501)

FUN & GAMES

Friendship Circle

Mondays (September - May) | 11:45am-2pm | Ages: 50+
A regular 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). Visit lvjcc.org/FriendshipCircle for a full schedule of meeting dates.
Annual Membership: \$72 | Contact: Simon Katz (skatz@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)

Learn to Play Mah Jongg

Mondays | 6-8:30pm | 1/12 - 1/26 (3 weeks) | Ages: 13+
Come have fun and learn to play American Mah Jongg, an exciting four-player tile game with Chinese origins. This 4-session class will be taught in person at the JCC. The current National Mah Jongg League card is included in the price.
Non-Members/Participants: \$150
JCC Members: \$125
Contact: Tracy Sussman (tsussman@lvjcc.org)

Learn to Play Canasta

Mondays | 6-8:30pm | 2/2 - 2/16 (3 weeks) | Ages: 13+
This class is designed as an introduction to the game that will include skills, rules and strategies for play. At the conclusion of the four-week session, participants will be comfortable enjoying the basics of the game.
Non-Members/Participants: \$150 | JCC Members: \$125
Contact: Tracy Sussman (tsussman@lvjcc.org)

BRING THE GAMES TO YOU

Private Mah Jongg and Canasta classes available upon request at your home, club, or the JCC.

Contact Tracy Sussman at tsussman@lvjcc.org

ADULTS



CHILDREN'S PROGRAMS



EARLY CHILDHOOD EDUCATION

COMMUNITY

SPORTS



FITNESS



AQUATICS



IT'S OUR MIDDLE NAME

FIND YOUR REASON TO BELONG



COMMUNITY EVENTS

ARTS & CULTURE



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



SUMMER CAMP