

Teen Schedule January 2017

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Rock your Ruach w/Shlomit	Art through the Ages	Space Exploration	Gym & Board Games	Shabbat Club
Games in the Gym	Gaga Teens only	Games in the Lounge	Teens Wii	Wii
Extended Homework and Reading	Extended Homework and Reading	Extended Homework and Reading	Music & Rhythm	Games in the Gym

Class Descriptions

Art through the Ages: Every week we will focus on a new artist then create our very own works of art in the style of the featured artist.

Extended HW/Reading Supervision: Extra time for your child to complete HW with staff supervision and assistance.

GaGa: Also know as Israeli dodge ball and is one of the favorite activities for kids here at the JCC. We will learn and improve on skills and techniques to help each child become a GaGa Champion.

Martial Arts with Sensei Mac: Martial Arts training builds confidence and self-esteem while teaching self-discipline, respect, concentration and courtesy.

Music & Rhythm: Each week kids will get to learn through music and explore their creative sides.

Prep-Swim Team: The perfect stepping stone to the more advanced Competitive Youth Swim Team. The goal of the program is to get kids ready for a swim team, Junior Lifeguard programs and/or water polo. Free Style, back stroke, butterfly and breast stroke are all taught and refined. Flip turns are introduced as well as dives and streamlined push-offs from the wall. Participants must be able to swim 25 yards freestyle with side breathing to qualify for Prep Team.

Rock your Ruach w/ Shlomit: We'll celebrate each week learning about different Jewish holidays and culture through stories, songs, crafts and more! Led by Shlomit Jackson, AJCC's Jewish Educator.

Shabbat Club: Crafts, cooking, story time, and other fun activities to celebrate Shabbat and Jewish holidays.

Space Exploration: Each week the children will explore different aspects of Space, from our home planet to the stars and beyond!

Wii / Xbox Kinect: We'll exercise while having fun with all that Wii and Xbox Kinect has to offer!

Youth Swim Team: This is a competitive swim team, so all participants must tryout and be able to swim 25 yards with all 4 swim strokes. Membership in USA Swimming is required to compete in swim meets. Swim meet participation is optional, as swim meets have an added cost.