



# WINTER/SPRING CLASS GUIDE 2018

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## BABY & ME CLASSES | Owings Mills

Register at [jcc.org/babyandme](http://jcc.org/babyandme)

**OWINGS MILLS | For more information contact Linda Lapidus: 410.559.3524 | [parenting@jcc.org](mailto:parenting@jcc.org)**

Class	Age	Day	Time	Dates	Guests   Members	Code
Challah Tots with PJ Library	0-3 years	Fri	9:45am	1st Fridays	Free	
Tot Shabbat with Miss Cory	0-3 years	Fri	9:45am	2nd-4th Fridays	Free	
Hello Baby	up to 4 mos	Wed	10:30-11:30am	3/7-3/28	\$25   \$0	42808
	up to 4 mos	Wed	12:00-1:00pm	5/9-5/30	\$25   \$0	42828
BABY Fun	4-10 mos	Wed	11:00-11:45am	1/10-2/28	\$120   \$100	42810
BABY Fun with Miss Cindy	4-10 mos	Wed	11:00-11:45am	4/11-5/30	\$120   \$100	42811
Stay & Play	6-36 mos	Mon	11:00-11:45am	1/8-3/12	\$85   \$75	42826
	6-36 mos	Mon	11:00-11:45am	4/9-5/14	\$65   \$45	42830
Preschool Prep	20-36 mos	Tue	10:00-11:30am	1/9-3/13	\$160   \$140	42820
	20-36 mos	Tue	10:00-11:30am	4/10-6/5	\$145   \$125	42827
Soccer Shots	20 mos-3 years	Sun	9:30-10:05am	1/7-2/11	\$80   \$70	42814
	20 mos-3 years	Sun	9:30-10:05am	2/18-3/25	\$80   \$70	42817
	4-5 years	Sun	10:15-10:50am	2/18-3/25	\$80   \$70	42829
	4-5 years	Sun	10:15-10:50am	2/18-3/25	\$80   \$70	42834
Music Together: It's Groovy Baby	up to age 5	Thurs	9:30am & 10:30am	1/11-3/15	Register at <a href="http://itsgroovybaby.com">itsgroovybaby.com</a>	
Bagels, Books and Babies	6 weeks-18 months	Sun	10:00am	1/28	Free	

### ADULTS ONLY

Prenatal Yoga	Adults 18+	Tue	6:30-7:30pm	1/9-2/13	\$90   \$65	42815
	Adults 18+	Tue	6:30-7:30pm	2/20-3/27	\$90   \$65	42818
	Adults 18+	Tue	6:30-7:30pm	4/17-5/22	\$90   \$65	42824

## BABY & ME CLASSES | Downtown

Register at [dbjcc.org/babyandme](http://dbjcc.org/babyandme)

**DOWNTOWN BALTIMORE JCC | For more information contact Ellie Brown: 410.559.3618 | [ehbrown@jcc.org](mailto:ehbrown@jcc.org)**

Class	Age	Day	Time	Dates	Guests   Members	Code
Great Beginnings	0-1	Wed	9:45-10:45am	1/17-3/7	\$128   \$96	42973
	0-1	Mon	9:45-10:45am	4/9-6/4	\$128   \$96	42987
Baby Fun	0-1	Wed	11:00-11:45am	1/17-3/7	\$128   \$96	42974
	0-1	Mon	11:00-11:45am	4/9-6/4	\$128   \$96	42988
Movers and Shakers!	12-18 months	Tue	10:00-10:45am	1/16-3/6	\$128   \$96	42969
	12-18 months	Tue	10:00-10:45am	4/10-5/29	\$128   \$96	42971
Renaissance Kids	1-4 years	Thu	10:00-10:45am	1/18-3/8	\$128   \$96	42967
	1-4 years	Thu	10:00-10:45am	4/12-5/31	\$128   \$96	42980
Munchkins in Motion	18-24 months	Mon	9:45-10:30am	1/15-3/5	\$128   \$96	42979
	18-24 months	Wed	9:45-10:30am	4/11-5/30	\$128   \$96	42992
Young At Art	2-4 years	Mon	10:45-11:30am	1/15-3/5	\$60   \$48	42984
	2-4 years	Wed	10:45-11:30am	4/11-5/30	\$128   \$96	42991
Munch and Learn	up to age 5	Sun	9:30am-12:30pm	1/21	\$10   \$10	42533
	up to age 5	Sun	9:30am-12:30pm	2/11	\$10   \$10	42778
	up to age 5	Sun	9:30am-12:30pm	4/8	\$10   \$10	42779

**BABY & ME CLASSES | Downtown**Register at [dbjcc.org/babyandme](http://dbjcc.org/babyandme)

Class	Age	Day	Time	Dates	Guests   Members	Code
Family Fun Night w/ Sprocket's Mother Goose on the Loose	0-5 years	Tues	5:00-7:00pm	1/9	\$16   \$12	42834
	0-5 years	Tues	5:00-7:00pm	2/6	\$16   \$12	43430
	0-5 years	Tues	5:00-7:00pm	3/6	\$16   \$12	43431

**ADULTS ONLY**

Baby Proofing & In-Home Child Safety 101		Tue	5:30-7:30pm	1/23	\$10   \$5	42989
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**FAMILY PROGRAMS | Around Town**

**HANDS ON HOLIDAYS | For more information contact Linda Lapidus: 410.559.3524 | [parenting@jcc.org](mailto:parenting@jcc.org)**  
 Register at [jcc.org/HandsOnHolidays](http://jcc.org/HandsOnHolidays)

Class	Age	Day	Time	Dates	Guests   Members	Code
Tu' B'Shevat-Roland Park		Tues	10:30am	1/2	Free	
Purim-Roland Park		Tues	10:30am	2/6	Free	
Purim- Canton		Tues	10:30am	2/13	Free	
Purim-Light Street		Wed	11:15am	2/14	Free	
Purim-Central		Wed	10:30am	2/21	Free	
Mitzvah-Roland Park		Tues	10:30am	3/6	Free	
Passover- Canton		Tues	10:30am	3/13	Free	
Passover-Light Street		Wed	11:15am	3/14	Free	
Passover-Central		Wed	10:30am	3/21	Free	
Passover-Ivy Book Shop		Sun	10:00am	3/25	Free	
Passover-Roland Park		Tues	10:30am	4/3	Free	
Israeli Independence Day Roland Park		Tues	10:30am	5/1	Free	
Shabbat-Canton		Tues	10:30am	5/15	Free	
Shabbat-Light Street		Wed	11:15am	5/16	Free	
Shabbat-Central		Wed	10:30am	5/23	Free	

**GOT SHABBAT | For more information contact Lara Nicolson: 410.559.3523 | [lnicolson@jcc.org](mailto:lnicolson@jcc.org)**  
 Register at [jcc.org/GotShabbat](http://jcc.org/GotShabbat)

Class	Age	Day	Time	Dates	Guests   Members	Code
Got Shabbat with Beth El and B'nai Israel	Family of 4	Fri	5:45-7:30pm	3/16	\$25   \$25	42753
	Add Adult	Fri	5:45-7:30pm	3/16	\$10   \$10	
	Add Child	Fri	5:45-7:30pm	3/16	\$5   \$5	
Got Shabbat with Chizuk Amuno & JVC	Family of 4	Fri	5:45-7:30pm	4/20	\$25   \$25	42757
	Add Adult	Fri	5:45-7:30pm	4/20	\$10   \$10	
	Add Child	Fri	5:45-7:30pm	4/20	\$5   \$5	
Got Shabbat with Oheb Shalom & PJ Library	Family of 4	Fri	5:45-7:30pm	5/4	\$25   \$25	42756
	Add Adult	Fri	5:45-7:30pm	5/4	\$10   \$10	
	Add Child	Fri	5:45-7:30pm	5/4	\$5   \$5	

## YOUTH K – 5 | Owings Mills

**OWINGS MILLS | For more information contact Laura Kendal: lkendal@jcc.org | 410.559.3608**

Class	Age	Day	Time	Dates	Guests   Members	Code
<b>KID'S TAKEOVER   Register online at <a href="http://jcc.org/kidstakeover">jcc.org/kidstakeover</a></b>						
	5-11	Sat	6:30-9:30pm	3/3	\$25   \$18	43070
	5-11	Sat	6:30-9:30pm	2/17	\$25   \$18	42739
	5-11	Sat	6:30-9:30pm	6/2	\$25   \$18	43071

<b>SCHOOL'S OUT   Register online at <a href="http://jcc.org/schoolsout">jcc.org/schoolsout</a></b>						
Full day	5-11	Mon	9:00am-4:00pm	1/15	\$50   \$35	42357
Half Day	5-11	Fri	12:30-6:00pm	1/19	\$40   \$25	42378
Wacky Tacky Day	5-11	Mon	9:00am-4:00pm	2/19	\$50   \$35	42381
Half Day	5-11	Thurs	12:30-6:30pm	3/29	\$40   \$25	42282
Costume Day	5-11	Fri	9:00am-3:30pm	3/30	\$50   \$35	42387
Color War	5-11	Mon	9:00am-4:00pm	4/2	\$50   \$35	42392
Half Day	5-11	Thurs	12:30-6:30pm	6/14	\$40   \$25	42407
Half Day	5-11	Fri	12:30-6:00pm	6/15	\$40   \$25	42382

**Park Heights | For more information contact Shira Heideman: sheideman@jcc.org | 410.500.5907**

<b>SCHOOL'S OUT   Register online at <a href="http://jcc.org/schoolsout">jcc.org/schoolsout</a></b>						
Full day (Girls)	5-11	Thurs/Fri	9:00am-3:30pm	1/25-1/26	\$30   \$40	42189
Full day (Boys)	5-11	Thurs/Fri	9:00am-3:30pm	1/25-1/26	\$30   \$40	43481
Full day (Girls)	5-11	Mon/Tues	9:00am-3:30pm	1/29-1/30	\$30   \$40	43480
Full day (Boys)	5-11	Mon/Tues	9:00am-3:30pm	1/29-1/30	\$30   \$40	43482
Full day (Girls)	5-11	Mon/Tues	9:00am-3:30pm	3/26-3/29	\$30   \$40	43486
Full day (Boys)	5-11	Mon/Tues	9:00am-3:30pm	3/26-3/29	\$30   \$40	43487

## SPECIAL NEEDS

Register at [jcc.org/specialneeds](http://jcc.org/specialneeds)

**OWINGS MILLS | For more information contact Sara Rubinstein: srubinstein@jcc.org | 410.559.3576**

Class	Age	Day	Time	Dates	Guests   Members	Code
Sunday Funday	5-13	Sun	1:00-4:00pm	1/21-4/15	\$160   \$160	42997
Sunday Funday Swimming	5-13	Sun	4:00-5:00pm	1/21-4/15	\$50   \$50	42998
Sunday Funday Art	5-13	Sun	4:00-5:00pm	1/21-4/15	\$50   \$50	43000
KLAL For Every Season	14-26	Sun	12:00-4:00pm	1/21-4/15	\$180   \$180	42995
KLAL for Every Season Swimming	14-26	Sun	4:00-5:00pm	1/21-4/15	\$50   \$50	42996
KLAL for Every Season-Art	14-26	Sun	4:00-5:00pm	1/21-4/15	\$50   \$50	42999

## PARK HEIGHTS

Chaverim Mixers Club	18+	Tue	7:00-8:30pm	1/4-6/28	\$2   \$2	42994
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# TEENS

## HIGH SCHOOL | Owings Mills

Class	Age	Day	Time	Dates	Guests   Members	Code
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### TEEN WORKSHOPS (GRADES 9 – 12) Register online [jcc.org/highschool](http://jcc.org/highschool)

Teen Art Experience	Grades 9-12	Mon	6:30-8:30pm	3/12		
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### 4FRONT\* (GRADES 9 – 12) Register online [4frontbaltimore.org](http://4frontbaltimore.org)

Social Innovation Fellowship*	13-17		1:00-4:00pm		\$1,800   \$1,800	
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Students Taking Action for Change (STAC)*	13-17		1:00-4:00pm		\$850   \$850	
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Teen Service Council*	13-17		1:00-4:00pm		\$200   \$200	
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Diller Teen Fellows*	16		1:00-4:00pm		\$3,100   \$3,100	
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For more information about the Teen Art Experience contact Melissa Seltzer: [mseltzer@jcc.org](mailto:mseltzer@jcc.org) | 410.559.3593

For more information about 4Front Baltimore contact Cody Gelvar: [info@4frontbaltimore.org](mailto:info@4frontbaltimore.org) | 410.843.7480

## MIDDLE SCHOOL | Owings Mills

Register at [jcc.org/middleschool](http://jcc.org/middleschool)

For more information contact Jeff Snyder: [jsnyder@jcc.org](mailto:jsnyder@jcc.org) | 410.500.5453

Class	Age	Day	Time	Dates	Guests   Members	Code
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Middle School Leadership Council*		Wed	6:30-8:00pm		\$150   \$150	
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J Dance		Sat	8:00-11:00pm	20-Jan	\$20   \$14	
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	Sat	8:00-11:00pm	3-Feb	\$20   \$14		
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	Sat	8:00-11:00pm	24-Feb	\$20   \$14		
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	Sat	8:00-11:00pm	10-Mar	\$20   \$14		
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	Sat	8:00-11:00pm	14-Apr	\$20   \$14		
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	Sat	8:00-11:00pm	12-May	\$20   \$14		
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	Sat	8:00-11:00pm	9-Jun	\$20   \$14		
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# ARTS & CULTURE | Owings Mills

## OWINGS MILLS

Class	Age	Day	Time	Dates	Guests   Members	Code
<b>ART CLASSES   Register online at <a href="http://jcc.org/visualarts">jcc.org/visualarts</a></b>						
Ceramics with Volker	18+	Wed	10:00am-12:30pm	1/31-3/21	\$240   \$160	41939
	18+	Wed	10:00am-12:30pm	4/4-5/23	\$240   \$160	41945
<b>MUSIC LESSONS   Register online at <a href="http://jcc.org/music">jcc.org/music</a></b>						
Group Guitar Lessons	8+	Tue	5:00-5:45pm	4 weeks	\$120   \$100	
Private Guitar Lessons	8+	by appt.	45 min.	4 weeks	\$220   \$200	
Voice Lessons	Grades 1-8	By appt.	45 min.	4 weeks	\$220   \$200	
<b>DANCE   Register online at <a href="http://jcc.org/dance">jcc.org/dance</a></b>						
Developmental Dance	3	Mon	4:30-5:15pm	1/22-5/21	\$256   \$228	42058
Creative Movement	4	Tue	4:30-5:25pm	1/23-5/22	\$272   \$243	42060
Dance Fundamentals	5	Wed	4:30-5:25pm	1/24-5/23	\$269   \$243	42061
Hip Hop Fundamentals	6-8	Wed	4:30-5:30pm	1/24-5/23	\$269   \$243	42116
Hip Hop I	9-11	Wed	5:30-6:30pm	1/24-5/23	\$269   \$243	42117
Jazz Fundamentals	6-8	Thu	5:30-6:25pm	1/25-5/24	\$272   \$243	42062
Jazz I	9-10	Tue	5:30-6:25pm	1/23-5/22	\$272   \$243	42063
Tap Fundamentals	6-9	Thu	4:30-5:25pm	1/25-5/24	\$299   \$269	42059
Ballet Fundamentals	6-8	Mon	5:30-6:25pm	1/22-5/21	\$272   \$243	42054
Ballet I	9-11	Wed	5:30-6:25pm	1/24-5/23	\$272   \$269	42064
Ballet I	11-13	Wed	5:30-6:25pm	1/24-5/23	\$272   \$236	42504
Adult Beginner Tap	18+	Thu	6:30-7:30pm	1/25-5/24	\$192   \$190	42053
Adult Beginner Ballet	18+	Wed	6:30-7:45pm	1/24-5/23	\$224   \$222	42115

**For more information about Dance and Music Lessons in Owings Mills and all Art Classes in both locations:**

**For help with registration contact Marilyn Zvili: [mzvili@jcc.org](mailto:mzvili@jcc.org) | 410.559.3510**

**For program questions contact Melissa Seltzer: [mseltzer@jcc.org](mailto:mseltzer@jcc.org) | 410.559.3593**

## ARTS & CULTURE | Park Heights

### PARK HEIGHTS

Class	Age	Day	Time	Dates	Guests   Members	Code
<b>ART CLASSES   Register online at <a href="http://jcc.org/visualarts">jcc.org/visualarts</a></b>						
Ceramics with Donna	18+	Mon	7:00-9:0-6	1/8-3/12	\$208   \$152	42508
	18+	Mon	7:00-9:00pm	4/2-6/4	\$208   \$152	42509
Portrait Drawing in Partnership with CCBC	18+	Fri	10:15am-2:15pm	1/5-3/9	\$86   \$86	43451
	18+	Fri	10:15am-2:15pm	3/23-6/8	\$86   \$86	43452
Watercolor in Partnership with CCBC	18+	Tues	9:15am-1:15pm	3/20-5/22	\$86   \$86	43450
<b>DANCE   Register online at <a href="http://jcc.org/dance">jcc.org/dance</a></b>						
Girls Ballet	3	Sun	9:45-10:15am	1/7-3/11	\$110   \$70	43143
			9:45-10:15am	4/15-6/17	\$110   \$70	43377
Girls Ballet	4	Sun	10:30-11:15am	1/7-3/11	\$120   \$80	43144
			10:30-11:15am	4/15-6/17	\$120   \$80	43378
Girls Ballet	5-6	Sun	11:30am-12:15pm	1/7-3/11	\$120   \$80	43145
			11:30am-12:15pm	4/15-6/17	\$120   \$80	43379

**For more information about Dance in Park Height contact:**

**Shira Heideman | 410.500.5907 | [sheideman@jcc.org](mailto:sheideman@jcc.org)**

## JEWISH LIFE | Interfaith

Register at [interfaithbaltimore.org](http://interfaithbaltimore.org)

Class	Age	Day	Time	Dates	Guests   Members	Code
Interfaith Grandparents Program at Beth El	Adults	Sunday	6:00-8:00pm	1/7	Free	
Basics of Judaism at Weinberg Park Heights JCC	Adults	Wed	7:00-9:00pm	3/7-3/21	\$100   \$100	43380
Introduction to Judaism at Weinberg Park Heights JCC	Adults	Tue	6:45-9:15pm	1/22-5/7	\$360   \$360	43381

**For more information contact Lara Nicolson: [lnicolson@jcc.org](mailto:lnicolson@jcc.org) | 410.559.3532**

**OWINGS MILLS | For more information contact Justin Dominick: [jdominick@jcc.org](mailto:jdominick@jcc.org) | 410.559.3548**

Class	Age	Day	Time	Dates	Guests   Members	Code
Yoga Jr.	9-12	Mon	5:30-6:00pm	1/8-2/12	\$75   \$55	42930
	9-12	Mon	5:30-6:00pm	2/19-3/26	\$75   \$55	42931
Fitness Tracker Bootcamp	12-15	Wed	5:30-6:30pm	1/10-2/14	\$155   \$120	43367
	12-15	Wed	5:30-6:30pm	2/21-3/28	\$155   \$120	43368
Discovering Your Best Self with Amy	16+	Thu	12:15-1:00pm	1/11-2/15	\$210   \$180	42911
	16+	Thu	12:15-1:00pm	1/11-3/29	\$400   \$330	42916
	16+	Thu	12:15-1:00pm	2/22-3/29	\$210   \$180	42914
Begin! Again! Yoga with Amy G.K.	16+	Wed	12:15-1:00pm	1/10-2/14	\$175   \$120	42921
	16+	Wed	12:15-1:00pm	4/4-5/9	\$175   \$120	43448
The Philosophy of Yoga with Amy G.K.	16+	Wed	12:15-1:00pm	2/21-3/28	\$175   \$120	43073
Yoga Self Care	18+	Mon	12:15-1:00pm	1/29-3/5	\$175   \$120	42907

**PARK HEIGHTS | For more information contact Denard Smith: [dsmith@jcc.org](mailto:dsmith@jcc.org) | 410.500.5921**

**Female-only**

Bat Bootcamp (Girls Bootcamp)	9-12	Wed	6:15-6:45pm	4/11-5/16	\$75   \$55	42898
Total Physique Transformation	16+	Tues	5:00-6:00pm	1/2-2/6	N/A   \$120	43383
HIIT Treadmill	16+	Wed	5:00-5:30pm	1/3-2/7	\$75   \$55	42879
	16+	Wed	5:00-5:30pm	4/4-5/9	\$75   \$55	42881
M3 Power Circuit	16+	Thu	9:00-10:00am	2/1-2/22	N/A   \$40	42903

**Male-only**

Bar Bootcamp (Boys Bootcamp)	9-12	Sun	1:00-1:30pm	4/11-5/16	\$75   \$55	42887
Teen/Adult Aikido	13+	Sun	10:30-12:00pm	1/7-2/4	\$75   \$50	43384
We Have Your Back Clinic	18+	Tue	7:30-8:30pm	3/6-3/27	N/A   \$40	43385
HIIT Treadmill	16+	Wed	7:00-7:30pm	1/3-2/7	\$75   \$55	42880
	16+	Wed	7:00-7:30pm	4/4-5/9	\$75   \$55	42882
Close Quarters Circuit (CQC) Training	18+	Tue	6:00-7:00pm	2/6-2/27	\$75   \$50	42895
	18+	Tue	6:00-7:00pm	5/1-5/22	\$75   \$50	42897

**Co-Ed**

TRX Training	18+	Fri	10:00-10:30am	2/2-2/23	\$75   \$55	42872
Strength Balance and Flexibility	60+	Mon	1:30-2:30pm	4/2-5/10	NA   \$120	42853



## FITNESS | Mind/Body Classes

Register at [jcc.org/mindbody](http://jcc.org/mindbody)

**PARK HEIGHTS | For more information contact Amy Schwartz: [aschwartz@jcc.org](mailto:aschwartz@jcc.org) | 410.559.3534**

Class	Age	Day	Time	Dates	Guests   Members	Code
Prenatal Yoga 1	18+	Thu	6:30-7:30pm	9/12-10/17	\$90   \$65	????
Chair Yoga-Female only	18+	Tue	12:30-1:30pm	1/2-1/30	\$60   \$40	42848
	18+	Tue	12:30-1:30pm	2/6-2/27	\$48   \$32	42850
	18+	Tue	12:30-1:30pm	3/6-3/27	\$48   \$32	42847
	18+	Tue	12:30-1:30pm	4/3-4/24	\$48   \$32	42860
	18+	Tue	12:30-1:30pm	5/1-5/29	\$60   \$40	42861
Fall Prevention - Co-Ed	60+	Tue	1:30-2:30pm	1/2-2/27	\$60   \$40	43473
	60+	Tue	1:30-2:30pm	3/6-4/24	\$60   \$40	43474
	60+	Tue	1:30-2:30pm	5/1-6/26	\$60   \$40	43475
T'ai Chi - Co-Ed	60+	Mon	5:00-5:45pm	1/8-2/26	\$50   Free	42858
	60+	Mon	5:00-5:45pm	3/5-4/30	\$50   Free	42851
	60+	Mon	5:00-5:45pm	5/7-6/25	\$50   Free	42906
	60+	Thurs	11:45am-12:30pm	1/4-2/22	\$50   Free	42845
	60+	Thurs	11:45am-12:30pm	3/1-4/26	\$50   Free	42843
	60+	Thurs	11:45am-12:30pm	5/3-6/28	\$50   Free	42865

## FITNESS | Group Fitness

Register at [jcc.org/groupfitness](http://jcc.org/groupfitness)

**PARK HEIGHTS | For more information contact Denard Smith: [dsmith@jcc.org](mailto:dsmith@jcc.org) | 410.500.5921**

Class	Age	Day	Time	Dates	Guests   Members	Code
Core & Pelvic Floor Female only	18+	Tue	6:00-6:45am	12/19-2/6	\$150   \$100	42883
	18+	Tue	6:00-6:45am	3/6-4/24	\$150   \$100	42840
	18+	Fri	9:30-10:15am	12/22-2/9	\$150   \$100	42874
	18+	Fri	9:30-10:15am	3/2-4/27	\$150   \$100	42839

**OWINGS MILLS | For more information contact Jen Lake: [jen@csakarate.com](mailto:jen@csakarate.com) | 410.559.3553**

Class	Age	Day	Time	Dates	Guests   Members	Code
Family Karate	4+	Sun	12:30-1:30pm	1/7-3/18	\$264   \$176	
	4+	Sun	12:30-1:30pm	3/25-5/20	\$192   \$128	
	4+	Wed	7:00-8:00pm	1/10-3/21	\$264   \$176	
	4+	Wed	7:00-8:00pm	3/28-5/23	\$192   \$128	
Little Tigers Karate-Beginner	3-6	Mon	3:30-4:15pm	1/8-3/19	\$264   \$176	
No Belt to White Belt 2nd Stripe	3-6	Wed	3:30-4:15pm	1/10-3/21	\$264   \$176	
	3-6	Wed	3:30-4:15pm	3/28-5/23	\$192   \$128	
	3-6	Thu	3:30-4:15pm	1/11-3/22	\$264   \$176	
	3-6	Thu	3:30-4:15pm	3/29-5/24	\$192   \$128	
	3-6	Mon	3:30-4:15pm	3/26-5/21	\$192   \$128	
Children's Karate-All Levels	4-8	Sun	1:45-2:30pm	1/7-3/18	\$264   \$176	
	4-8	Sun	1:45-2:30pm	3/25-5/20	\$192   \$128	
Children's Karate-Beginner/ Intermediate	6-12	Mon	4:30-5:15pm	1/8-3/19	\$264   \$176	
No Belt to Yellow Belt 2nd Stripe	6-12	Wed	4:30-5:15pm	1/10-3/21	\$264   \$176	
	6-12	Thu	4:30-5:15pm	1/11-3/22	\$264   \$176	
Children's Karate-Beginner/ Intermediate	6-12	Mon	4:30-5:15pm	3/26-5/21	\$192   \$128	
No Belt to Yellow Belt 2nd Stripe	6-12	Wed	4:30-5:15pm	3/28-5/23	\$192   \$128	
	6-12	Thu	4:30-5:15pm	3/29-5/24	\$192   \$128	
Advanced Karate	6-12	Mon	5:15-6:00pm	1/8-3/19	\$264   \$176	
Blue Belt and up	6-12	Wed	5:15-6:00pm	1/10-3/21	\$264   \$176	
	6-12	Wed	5:15-6:00pm	3/28-5/23	\$192   \$128	
	7-16	Thu	6:00-6:45pm	1/11-3/22	\$264   \$176	
	7-16	Thu	6:00-6:45pm	3/29-5/24	\$192   \$128	
	6-12	Mon	5:15-6:00pm	3/26-5/21	\$192   \$128	
Mixed Martial Arts (MMA)-All Levels	8-18	Wed	6:00-7:00pm	1/10-3/21	\$264   \$176	
	8-18	Wed	6:00-7:00pm	3/28-5/23	\$192   \$128	
Taekwondo-Beginner	4-6	Tue	5:00-5:45pm	1/9-3/20	\$264   \$176	
	4-6	Tue	5:00-5:45pm	3/27-5/22	\$192   \$128	
Kickboxing and Sports Conditioning for Kids	6-13	Thu	5:15-6:00pm	1/11-3/22	\$264   \$176	
	6-13	Thu	5:15-6:00pm	3/29-5/24	\$192   \$128	
Sparring-All Levels	6-16	Mon	6:00-7:00pm	1/8-3/19	\$264   \$176	
	6-16	Mon	6:00-7:00pm	3/26-5/21	\$192   \$128	
Counselor in Training Prep Course	11+	Thu	7:00-8:00pm	3/29-5/25	\$150   \$100	

**OWINGS MILLS | For more information contact Jen Lake: [jen@csakarate.com](mailto:jen@csakarate.com) | 410.559.3553**

Class	Age	Day	Time	Dates	Guests   Members	Code
Instrutor and Black Belt Training-Brown Belt and up	15+	Thu	7:00-8:00pm	1/11-3/22	\$264   \$176	
Women's Kickboxing-All Levels	18+	Thu	10:00-11:00am	1/11-3/22	\$264   \$176	
	18+	Thu	10:00-11:00am	3/29-5/24	\$192   \$128	
T'ai Chi	18+	Thu	12:00-12:45pm	1/11-3/22	\$264   \$176	
	18+	Thu	12:00-12:45pm	3/29-5/24	\$192   \$128	
Balance Boxing	50+	Thu	11:00-11:45am	1/11-3/22	\$264   \$176	
	50+	Thu	11:00-11:45am	3/29-5/24	\$192   \$128	

**PARK HEIGHTS | For more information contact Shira Heideman: [shaideman@csakarate.com](mailto:shaideman@csakarate.com) | 410.500.5907**

Class	Age	Day	Time	Dates	Guests   Members	Code
<b>Co-Ed</b>						
Coed Tots Little Tigers Martial Arts	3-6	Tue	3:30-4:15pm	1/9-3/13	\$120   \$100	42866
	3-6	Tue	3:30-4:15pm	4/10-5/29	\$100   \$80	42867
Coed Karate Beginner-Intermediate	6-12	Tue	4:30-5:15pm	1/9-3/13	\$120   \$100	42893
	6-12	Tue	4:30-5:15pm	4/10-5/29	\$100   \$80	42870
<b>Boys</b>						
Boys Beginner Karate	6-10	Sun	3:00-3:45pm	1/7-3/11	\$120   \$100	42857
Boys Beginner-White Belt 2nd Stripe Karate	6-12	Tue	5:30-6:15pm	1/9-3/13	\$120   \$100	42841
	6-12	Tue	5:30-6:15pm	4/10-5/29	\$100   \$80	42885
Boys Intermediate-Advanced Karate	7-13	Tue	7:30-8:15pm	1/9-3/13	\$120   \$100	42888
	7-13	Tue	7:30-8:15pm	4/10-5/29	\$100   \$80	42891
Boys Sparring   All Levels	7-13	Tue	6:15-7:15pm	1/9-3/13	\$120   \$100	42218
	7-13	Tue	6:15-7:15pm	4/10-5/29	\$100   \$80	42905
Boys Tween2Teen Karate/ Self-Defense/MMA	11-15	Tue	7:30-8:30pm	1/9-3/13	\$120   \$100	42894
	11-15	Tue	7:30-8:30pm	4/10-6/12	\$100   \$80	42889
<b>Girls/Women</b>						
Girls Tween2Teen Kickboxing/ Self-Defense	11-15	Tue	6:30-7:15pm	1/9-3/13	\$120   \$100	42886
	11-15	Tue	6:30-7:15pm	4/10-5/29	\$100   \$180	42884
Womens Taekwondo	13+	Wed	6:30-7:15pm	1/10-3/14	\$120   \$100	
	13+	Wed	6:30-7:15pm	4/11-5/30	\$100   \$180	

**For more information contact:**

**Jen Lake | [jen@csakarate.com](mailto:jen@csakarate.com) | 410.559.3553 (Owings Mills)**

**Shira Heideman | [shaideman@jcc.org](mailto:shaideman@jcc.org) | 410.500.5907 (Park Heights)**

## OWINGS MILLS

Class	Age	Day	Time	Dates	Guests   Members	Code
<b>YOUTH &amp; TEENS</b>						
Soccer Shots	4-5 years	Sun	9:45-10:45am	2/18-3/25	\$80   \$70	42829
	4-5 years	Sun	11:00-11:45am	2/18-3/25	\$80   \$70	42834
Preschool Basketball Clinic	3-5	Wed	3:30-4:15pm	3/7-5/30	\$202   \$182	43009
Youth Basketball Clinic	5-6	Wed	6:00-7:00pm	4/10-5/29	\$110   \$70	43008
	7-8	Wed	7:00-8:00pm	4/10-5/29	\$110   \$70	43003
Youth Spring Soccer Clinic	5-6	Sun	1:15-2:15pm	4/8-5/13	\$90   \$60	43017
	7-8	Sun	2:30-3:30pm	4/18-5/13	\$90   \$60	43004
	9-10	Sun	2:45-3:45pm	1/1-6/30	\$90   \$60	43006
Youth T-Ball/Baseball Clinic PeeWee	4	Sun	1:15-2:15pm	4/8-5/16	\$135   \$95	43002
Youth T-Ball Baseball League Micro	5-6	Sun	2:30-3:30pm	4/8-5/16	\$135   \$95	43001
Middle School Basketball League	11-14	Thu	6:00-10:00pm	2/21-4/29	\$125   \$85	42804
<b>ADULTS</b>						
Pickleball-Drop In	10+	M/W/F	8:30-11:00am	1/1-6/30	\$50   Free	43016
<b>Park Heights</b>						
Coed Afterschool Soccer	3-5	Thu	3:30-4:15pm	1/11-3/15	\$140   \$100	42855
	3-5	Thu	3:30-4:15pm	4/12-5/31	\$120   \$80	42838
Coed Soccer	3-4	Sun	11:30am-12:15pm	1/7-3/11	\$140   \$100	42899
	3-4	Sun	11:30am-12:15pm	4/15-6/17	\$120   \$80	
Boys Soccer	5-7	Sun	10:30-11:15am	1/7-3/11	\$140   \$100	42842
	5-7	Sun	10:30-11:15am	4/15-6/17	\$120   \$80	
Girls Soccer	5-7	Sun	12:30-1:15pm	1/7-3/11	\$140   \$100	42875
	5-7	Sun	12:30-1:15pm	4/15-6/17	\$120   \$80	
Boys Basketball Clinic	7-8	Mon	5:30-6:30pm	1/8-3/12	\$140   \$100	43361
	9-10	Mon	6:30-7:30pm	1/8-3/12	\$140   \$100	43362
	7-8	Mon	5:30-6:30pm	4/16-6/11	\$120   \$80	
	9-10	Mon	6:30-7:30pm	4/16-6/11	\$120   \$80	

For more information on all leagues and clinics for Owings Mills contact Wendell Lee: 410.500.5994 | [wlee@jcc.org](mailto:wlee@jcc.org)

For more information on Soccer Shots contact Linda Lapidus: 410.559.3524 | [parenting@jcc.org](mailto:parenting@jcc.org)

For more information on all classes and clinics for Park Heights contact Shira Heideman: 410.500.5907 | [sheideman@jcc.org](mailto:sheideman@jcc.org)

**OWINGS MILLS | For more information on Tennis lessons contact Adam Stein: [astein@jcc.org](mailto:astein@jcc.org) | 410.559.3558**

Class	Age	Day	Time	Dates	Guests   Members	Code
<b>YOUTH</b>						
Munchkin Tennis (Quick Start)	3-5	Tue	2:00-2:45pm	1/2-3/27	\$300   \$260	43030
	3-5	Tue	2:00-2:45pm	4/3-5/29	\$220   \$180	43031
	3-5	Thu	3:15-4:00pm	1/4-3/22	\$290   \$240	43042
	3-5	Thu	3:15-4:00pm	4/5-5/31	\$230   \$180	43052
Lunch n' Munchkin Tennis (Quick Start)	3-5	Tue	12:00-1:30pm	1/2-3/27	\$375   \$325	43039
	3-5	Tue	12:00-1:30pm	4/3-5/29	\$230   \$180	43038
Pee Wee Tennis (Quick Start)	5-7	Mon	5:15-6:00pm	1/8-3/26	\$230   \$180	43053
	5-7	Mon	5:15-6:00pm	4/9-5/14	\$160   \$120	43043
	5-7	Tue	4:00-4:45pm	1/2-3/27	\$300   \$260	43036
	5-7	Tue	4:00-4:45pm	4/3-5/29	\$230   \$180	43048
<b>TEENS</b>						
Junior Tennis (Quick Start)	8-10	Mon	4:30-5:15pm	1/8-3/26	\$230   \$180	43058
	8-10	Mon	4:30-5:15pm	4/9-5/14	\$170   \$120	43049
Junior Tennis	8-10	Thu	4:15-5:00pm	1/4-3/22	\$290   \$240	43057
	8-10	Thu	4:15-5:00pm	4/5-5/22	\$230   \$180	43047
Preteen/Teen Tennis Advanced	6-18	Wed	5:00-6:00pm	1/3-3/28	\$300   \$260	43040
	6-18	Wed	5:00-6:30pm	4/3-5/29	\$275   \$225	43041
Preteen Tennis	10-12	Tue	5:00-6:00pm	1/2-3/27	\$300   \$260	43037
	10-12	Tue	5:00-6:00pm	4/3-5/29	\$220   \$180	43035
	10-12	Thu	5:00-6:00pm	1/4-3/22	\$290   \$240	43054
	10-12	Thu	5:00-6:00pm	4/5-5/31	\$230   \$180	43046
Family Cardio Tennis	10+	Tue	6:00-7:00pm	4/9-5/14	\$170   \$120	43032
<b>ADULTS</b>						
Cardio Tennis	16+	Fri	10:00-11:30am	1/3-3/28	\$300   \$260	43033
	16+	Fri	10:00-11:30am	4/4-5/30	\$175   \$125	43034
Tennis Conditioning	16+	Mon	9:30-10:30am	1/8-3/26	\$170   \$120	43055
	16+	Mon	9:30-10:30am	4/9-5/14	\$170   \$120	43045
	16+	Wed	9:30-10:30am	1/3-3/28	\$300   \$260	43056
	16+	Wed	9:30-10:30am	4/4-5/30	\$230   \$180	43051

**OWINGS MILLS | For more information contact Shawnise Crawford: [scrawford@jcc.org](mailto:scrawford@jcc.org) | 410.500.5931**

Class	Age	Day	Time	Dates	Guests   Members	Code
Parent Infant Swim	6-24 months	Sat	11:30am-12:00pm	1/6-2/24	\$150   \$125	43323
	6-24 months	Sat	11:30am-12:00pm	3/3-5/5	\$150   \$125	43324
	6-24 months	Sun	11:30am-12:00pm	2/4-3/25	\$150   \$125	43292
	6-24 months	Sun	11:30am-12:00pm	4/8-5/13	\$112.50   \$93.75	43265
Parent Child Swim	2-5 years	Sat	9:30-10:00am	1/6-2/24	\$150   \$125	43321
	2-5 years	Sat	9:30-10:00am	3/3-5/5	\$150   \$125	43322
	2-5 years	Sun	9:30-10:00am	2/4-3/25	\$150   \$125	43297
	2-5 years	Sun	9:30-10:00am	4/8-5/13	\$112.50   \$93.75	43266
Tadpoles	3-5 years	Sat	9:30-10:10am	1/6-2/24	\$150   \$125	43229
	3-5 years	Sat	9:30-10:10am	3/3-5/5	\$150   \$125	43235
	3-5 years	Sun	9:30-10:00am	2/4-3/25	\$150   \$125	43276
	3-5 years	Sun	9:30-10:00am	2/4-3/25	\$112.50   \$93.75	43267
ARC Level 1 Swim	5+	Sat	9:30-10:10am	1/6-2/24	\$150   \$125	43280
	5+	Sat	9:30-10:10am	3/3-5/5	\$150   \$125	43288
	5+	Sun	10:00-10:40am	2/4-3/25	\$150   \$125	43287
	5+	Sun	10:00-10:40am	4/8-5/13	\$112.50   \$93.75	43268
	5+	Tue/Thurs	5:00-5:30	1/2-1/25	\$150   \$125	43347
	5+	Tue/Thurs	5:00-5:30	1/30-2/22	\$150   \$125	43278
	5+	Tue/Thurs	5:00-5:30	2/27-3/22	\$150   \$125	43238
	5+	Tue/Thurs	5:00-5:30	4/10-5/3	\$150   \$125	43389
	5+	Tue/Thurs	5:00-5:30	5/8-5/31	\$150   \$125	43390
ARC Level 2 Swim	6+	Sat	10:15-10:55am	1/6-2/24	\$150   \$125	43207
	6+	Sat	10:15-10:55am	3/3-5/5	\$150   \$125	43304
	6+	Sun	10:45-11:25am	2/4-3/25	\$150   \$125	43290
	6+	Sun	10:45-11:25am	4/8-5/13	\$112.50   \$93.75	43269
	6+	Tue/Thurs	5:30-6:10pm	1/2-1/25	\$150   \$125	43284
	6+	Tue/Thurs	5:30-6:10pm	1/30-2/22	\$150   \$125	43314
	6+	Tue/Thurs	5:30-6:10pm	2/27-3/22	\$150   \$125	43239
	6+	Tue/Thurs	5:30-6:10pm	4/10-5/3	\$150   \$125	43392
	6+	Tue/Thurs	5:30-6:10pm	5/8-5/31	\$150   \$125	43393
ARC Level 3 Swim	7+	Sat	10:15-10:55am	1/6-2/24	\$150   \$125	43303
	7+	Sat	10:15-10:55am	3/3-5/5	\$150   \$125	43305
	7+	Sun	10:00-10:40am	2/4-3/25	\$150   \$125	43339
	7+	Sun	10:00-10:40am	4/8-5/13	\$112.50   \$93.75	43257
	7+	Tue/Thurs	6:15-6:55pm	1/2-1/25	\$150   \$125	43315
	7+	Tue/Thurs	6:15-6:55pm	1/30-2/22	\$150   \$125	43346
	7+	Tue/Thurs	6:15-6:55pm	2/27-3/22	\$150   \$125	43240

**OWINGS MILLS | For more information contact Shawnise Crawford: [scrawford@jcc.org](mailto:scrawford@jcc.org) | 410.500.5931**

Class	Age	Day	Time	Dates	Guests   Members	Code
ARC Level 3 Swim	7+	Tue/Thurs	6:15-6:55pm	4/10-5/3	\$150   \$125	43395
	7+	Tue/Thurs	6:15-6:55pm	5/8-5/31	\$150   \$125	43396
ARC Level 4 Swim	7+	Sat	11:00-11:40am	1/6-2/24	\$150   \$125	43208
	7+	Sat	11:00-11:40am	3/3-5/5	\$150   \$125	43306
	7+	Sun	10:45-11:25am	2/4-3/25	\$150   \$125	43340
	7+	Sun	10:45-11:25am	4/8-5/13	\$112.50   \$93.75	43255
	7+	Tue/Thurs	5:30-6:10pm	1/2-1/25	\$150   \$125	43295
	7+	Tue/Thurs	5:30-6:10pm	1/30-1/30	\$150   \$125	43299
	7+	Tue/Thurs	5:30-6:10pm	2/27-3/22	\$150   \$125	43241
	7+	Tue/Thurs	5:30-6:10pm	4/10-5/3	\$150   \$125	43398
	7+	Tue/Thurs	5:30-6:10pm	5/8-5/31	\$150   \$125	43399
	ARC Level 5 Swim	7+	Sat	11:00-11:40am	1/6-2/24	\$150   \$125
7+		Sat	11:00-11:40am	3/3-5/5	\$150   \$125	43320
7+		Sun	10:00-10:40am	2/4-3/25	\$150   \$125	43331
7+		Sun	10:00-10:40am	4/8-5/13	\$112.50   \$93.75	43256
7+		Tue/Thurs	6:15-6:55pm	1/2-1/25	\$150   \$125	43281
7+		Tue/Thurs	6:15-6:55pm	1/30-2/22	\$150   \$125	43282
7+		Tue/Thurs	6:15-6:55pm	2/27-3/22	\$150   \$125	43203
7+		Tue/Thurs	6:15-6:55pm	4/10-5/3	\$150   \$125	43401
7+		Tue/Thurs	6:15-6:55pm	5/8-5/31	\$150   \$125	43402
ARC Level 6 Swim	7+	Sat	10:15-10:55am	1/6-2/24	\$150   \$125	43236
	7+	Sat	10:15-10:55am	3/3-5/5	\$150   \$125	43333
	7+	Sun	10:45-11:25am	2/4-3/25	\$150   \$125	43275
	7+	Sun	10:45-11:25am	4/8-5/13	\$112.50   \$93.75	43258
	7+	Tue/Thurs	5:30-6:10pm	1/2-1/25	\$150   \$125	43197
	7+	Tue/Thurs	5:30-6:10pm	1/30-2/22	\$150   \$125	43313
	7+	Tue/Thurs	5:30-6:10pm	2/27-3/22	\$150   \$125	43204
	7+	Tue/Thurs	5:30-6:10pm	4/10-5/3	\$150   \$125	43404
	7+	Tue/Thurs	5:30-6:10pm	5/8-5/31	\$150   \$125	43405
Teen/Adult Beginner Swim	13+	Mon/Wed	8:00-8:40pm	1/8-1/31	\$150   \$125	43348
	13+	Mon/Wed	8:00-8:40pm	2/5-2/28	\$150   \$125	43349
	13+	Mon/Wed	8:00-8:40pm	3/5-3/28	\$150   \$125	43316
	13+	Mon/Wed	8:00-8:40pm	4/9-5/2	\$150   \$125	43407
	13+	Mon/Wed	8:00-8:40pm	5/7-5/30	\$112.50   \$93.75	43408
	13+	Sun	1:00-1:40pm	2/4-3/25	\$150   \$125	43332
	13+	Sun	1:00-1:40pm	4/8-5/13	\$112.50   \$93.75	43285

**OWINGS MILLS | For more information contact Shawnise Crawford: [scrawford@jcc.org](mailto:scrawford@jcc.org) | 410.500.5931**

Class	Age	Day	Time	Dates	Guests   Members	Code
Teen/Adult Stroke Improvement	13+	Mon/Wed	8:00-8:40pm	1/8-1/31	\$150   \$125	43350
	13+	Mon/Wed	8:00-8:40pm	2/5-3/28	\$150   \$125	43318
	13+	Mon/Wed	8:00-8:40pm	2/5-2/28	\$150   \$125	43351
	13+	Mon/Wed	8:00-8:40pm	4/9-5/2	\$150   \$125	43410
	13+	Mon/Wed	8:00-8:40pm	5/7-5/30	\$112.50   \$93.75	43411
	13+	Sun	1:00-1:40pm	2/4-3/25	\$150   \$125	43293
	13+	Sun	1:00-1:40pm	4/8-5/13	\$112.50   \$93.75	43311
Teen/Adult Stroke Refinement	13+	Mon/Wed	8:45-9:25pm	1/8-1/31	\$150   \$125	43243
	13+	Mon/Wed	8:45-9:25pm	2/5-2/28	\$150   \$125	43248
	13+	Mon/Wed	8:45-9:25pm	3/5-3/28	\$150   \$125	43319
	13+	Mon/Wed	8:45-9:25pm	4/9-5/2	\$150   \$125	43413
	13+	Mon/Wed	8:45-9:25pm	5/7-5/30	\$112.50   \$93.75	43414
	13+	Sun	1:50-2:30pm	2/4-3/25	\$150   \$125	43338
	13+	Sun	1:50-2:30pm	4/8-5/13	\$112.50   \$93.75	43312

**PARK HEIGHTS**

Class	Age	Day	Time	Dates	Guests   Members	Code
<b>Co-Ed Only</b>						
Parent Infant	6-24 months	Mon	5:30-6:00pm	1/8-2/26	\$150   \$125	42704
	6-24 months	Mon	5:30-6:00pm	3/5-4/30	\$133.25   \$110	43153
Tadpoles	3-5 years	Mon	5:30-6:00pm	1/8-2/26	\$150   \$125	42688
	3-5 years	Mon	5:30-6:00pm	3/5-4/30	\$133.25   \$110	43181
ARC Level 1 Swim	5+	Mon	5:30-6:10pm	1/8-2/26	\$150   \$125	42700
	5+	Mon	5:30-6:10pm	3/5-4/30	\$133.25   \$110	43156
ARC Level 2 Swim	6+	Mon	5:30-6:10pm	1/8-2/26	\$150   \$125	42706
	6+	Mon	5:30-6:10pm	3/5-4/30	\$133.25   \$110	43159
ARC Level 3 Swim	7+	Mon	6:15-6:55pm	1/8-2/26	\$150   \$125	42693
	7+	Mon	6:15-6:55pm	3/5-4/30	\$133.25   \$110	43160
ARC Level 4 Swim	7+	Mon	6:15-6:55pm	1/8-2/26	\$150   \$125	42695
	7+	Mon	6:15-6:55pm	3/5-4/30	\$133.25   \$110	43157
ARC Level 5 Swim	7+	Mon	6:15-6:55pm	1/8-2/26	\$150   \$125	42696
	7+	Mon	6:15-6:55pm	3/5-4/30	\$133.25   \$110	43171
ARC Level 6 Swim	7+	Mon	6:15-6:55pm	1/8-2/26	\$150   \$125	42698
	7+	Mon	6:15-6:55pm	3/5-4/30	\$133.25   \$110	43174
Teen/Adult Beginner Swim	13+	Mon	6:15-6:55pm	3/5-4/30	\$133.25   \$110	43154



**Park Heights | For more information contact [Shawnise Crawford: scrawford@jcc.org](mailto:scrawford@jcc.org) | 410.500.5931**

Class	Age	Day	Time	Dates	Guests   Members	Code
<b>Male Only</b>						
Tadpoles	3-5 years	Sun	4:15-4:45pm	1/7-2/25	\$150   \$125	42707
	3-5 years	Sun	4:15-4:45pm	3/4-4/29	\$133.25   \$110	43179
ARC Level 1 Swim	5+	Sun	4:15-4:55pm	1/7-2/25	\$150   \$125	42681
	5+	Sun	4:15-4:55pm	3/4-4/29	\$133.25   \$110	43168
ARC Level 2 Swim	6+	Sun	4:15-4:55pm	1/7-2/25	\$150   \$125	42662
	6+	Sun	4:15-4:55pm	3/4-4/29	\$133.25   \$110	43172
ARC Level 3 Swim	7+	Sun	4:15-4:55pm	1/7-2/25	\$150   \$125	42689
	7+	Sun	4:15-4:55pm	3/4-4/29	\$133.25   \$110	43177
ARC Level 4 Swim	7+	Sun	5:00-5:40pm	1/7-2/25	\$150   \$125	42697
	7+	Sun	5:00-5:40pm	3/4-4/29	\$133.25   \$110	43167
ARC Level 5 Swim	7+	Sun	5:00-5:40pm	1/7-2/25	\$150   \$125	42668
	7+	Sun	5:00-5:40pm	3/4-4/29	\$133.25   \$110	43165
ARC Level 6 Swim	7+	Sun	5:00-5:40pm	1/7-2/25	\$150   \$125	42671
	7+	Sun	5:00-5:40pm	3/4-4/29	\$133.25   \$110	43170
<b>Female Only</b>						
Parent Infant	6-24 months	Sun	1:00-1:30pm	3/4-4/29	\$133.25   \$110	43164
Tadpoles	3-5 years	Sun	12:35-1:05pm	1/7-2/25	\$150   \$125	42692
	3-5 years	Sun	12:35-1:05pm	3/4-4/29	\$133.25   \$110	43182
ARC Level 1 Swim	5+	Sun	12:35-1:15pm	1/7-2/25	\$150   \$125	42705
	5+	Sun	12:35-1:10pm	3/4-4/29	\$133.25   \$110	43175
ARC Level 2 Swim	6+	Sun	12:35-1:15pm	1/7-2/25	\$150   \$125	42659
	6+	Sun	12:35-1:15pm	3/4-4/29	\$133.25   \$110	43178
ARC Level 3 Swim	7+	Sun	12:35-1:15pm	1/7-2/25	\$150   \$125	42666
	7+	Sun	12:35-1:15pm	3/4-4/29	\$133.25   \$110	43176
ARC Level 4 Swim	7+	Sun	1:20-2:00pm	1/7-2/25	\$150   \$125	42690
	7+	Sun	1:20-2:00pm	3/4-4/29	\$133.25   \$110	43166
ARC Level 5 Swim	7+	Sun	1:20-2:00pm	1/7-2/25	\$150   \$125	42667
	7+	Sun	1:20-2:00pm	3/4-4/29	\$133.25   \$110	43155
ARC Level 6 Swim	7+	Sun	1:20-2:00pm	1/7-2/25	\$150   \$125	42669
	7+	Sun	1:20-2:00pm	3/4-4/29	\$133.25   \$110	43169
Teen/Adult Beginner Swim	13+	Sun	1:20-2:00pm	3/4-4/29	\$133.25   \$110	43183
Teen Adult Female Intermediate	13+	Sun	1:20-2:00pm	3/4-4/29	\$133.25   \$110	43180
Stroke Clinic for Swim Team	6-16	Tue	6:30-7:30pm	4/10-4/26	\$100   \$80	43158

## AQUATICS | Certifications

Register at [jcc.org/certifications](http://jcc.org/certifications)

**OWINGS MILLS | For more information contact: Matt Dackman | [mdackman@jcc.org](mailto:mdackman@jcc.org) | 410.559.3537**

Class	Age	Day	Time	Dates	Guests   Members	Code
Lifeguarding	15+	Tue-Fri	9:30am-6:00pm	12/26-12/29	\$300   \$275	42635
	15+	Tue-Fri	9:30am-6:00pm	1/2-1/5	\$300   \$275	42636
	15+	Sun	9:30am-6:00pm	1/7-1/28	\$300   \$275	42580
	15+	Sun	9:30am-6:00pm	2/4-2/25	\$300   \$275	43237
	15+	Sun	9:30am-6:00pm	3/4-3/25	\$300   \$275	43261
	15+	Sun	9:30am-6:00pm	4/8-4/29	\$300   \$275	43325
Lifeguarding Review	15+	Tue-Wed	9:30am-6:00pm	12/26-12/27	\$200   \$160	42571
	15+	Mon-Tues	9:30am-6:00pm	3/19-3/20	\$200   \$160	43227

## AQUATICS | Water Aerobics

Register at [jcc.org/wateraerobics](http://jcc.org/wateraerobics)

**OWINGS MILLS | For more information contact Shawnise Crawford: [scrawford@jcc.org](mailto:scrawford@jcc.org) | 410.500.5931**

Class	Age	Day	Time	Dates	Guests   Members	Code
Water Aerobics	18-60	Mon-Fri	9:30-10:15am	4/2-6/29	\$125   \$100	43302
	60+	Mon-Fri	9:30-10:15am	4/2-6/29	\$150   \$0	43300
Deep Water Aerobics	60+	Thursday	10:30-11:15am	4/5-6/28	\$50   \$50	43341
Arthritis Foundation Aquatics Program	21+	Friday	10:30-11:15am	4/6-6/29	\$120   \$90	43242

### Park Heights

#### Female Only

Arthritis Foundation Aquatics	21+	Mon	1:00-1:45pm	1/8-3/26	\$100   \$50	43173
Aqua Zumba	18+	Mon	7:30-8:15pm	1/8-3/26	\$105   \$85	43189
Water Aerobics	18-60	Tu/Thu/F	8:45-9:30am	2/8-5/31	\$100   \$75	43416
	60+	Tu/Thu/F	8:45-9:30am	2/8-5/31	\$100   Free	43417

#### Co-Ed Only

Water Aerobics	18-60	Mon/Tue/ Thu/Fri	8:45-9:30am	2/5-5/28	\$100   \$75	43187
	60+		8:45-9:30am	2/5-5/28	\$100   Free	43191

Rosenbloom JCC  
3506 Gwynnbrook Avenue  
Owings Mills, Maryland 21117

Weinberg JCC  
5700 Park Heights Avenue  
Baltimore, Maryland 21215

Downtown Baltimore JCC  
1118 Light St (Federal Hill)  
Baltimore, Maryland 21230

 Jewish Community Center  
of Greater Baltimore



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