

Winter Classes/Programs 2019



BABY & ME

Class	Age	Day	Time	Dates	Guest	Member	Code
Owings Mills							
Hello Baby	0-4 months	Fri	9:45-10:45am	2/8-3/1	\$30	\$0	45469
Hello Baby	0-4 months	Fri	9:45-10:45am	3/22-3/12	\$30/NM	\$0/M	45464
BABY Fun	4-10 months	Fri	11:00AM-11:45AM	1/11-2/15	\$90/NM	\$75/M	45612
BABY Fun	4-10 months	Fri	11:00AM-11:45AM	3/1-2/15	\$90/NM	\$75/M	45422
Stay & Play at OM	6-36 months	Mon	11:00AM-11:45AM	1/7-3/4	\$85/NM	\$75/M	45462
Music Makers	1-3 years	Wed	9:15AM-10:00AM	1/9-2/13	\$90/NM	\$80/M	45533
Music Makers	1-3 years	Wed	9:30AM-10:00AM	3/6-4/10	\$90/NM	\$80/M	45451
Preschool Prep	18-36 mos	Tue	10:00-11:30am	1/8-3/12	\$160/NM	\$150/M	44665
Prenatal Yoga	18-50 years	Tue	6:30PM- 7:30PM	1/8-2/12	\$90/NM	\$65/M	45434
Prenatal Yoga	18-50 years	Tue	6:30PM- 7:30PM	2/26-4/2	\$90/NM	\$65/M	45435
Soccer Shots	3-4 years	Sun	10:30AM-11:00AM	3/17-5/19	\$144/NM	\$108/M	45610
Soccer Shots	3-4 years	Sun	10:30AM-11:00AM	1/6-3/10	\$160/NM	\$120/M	45473
Soccer Shots	3-5 years	Tue	3:30PM- 4:15PM	3/19-5/28	\$160/NM	\$120/M	45459
Soccer Shots	3-5 years	Tue	3:30PM- 4:15PM	1/8-3/12	\$160/NM	\$120/M	45632
Soccer Shots	5-6 years	Sun	11:15AM-12:00PM	3/17-5/19	\$144/NM	\$108/M	45568
Shalom Shabbat Feb	Families w/ young children	Sat	3:30PM- 5:15PM	2/9-2/9	\$10/NM	\$10/M	45835

Register for these classes at jcc.org/babyandme

Questions? Contact Linda Lapidus | parenting@jcc.org | 410.559.3524

For more information on Soccer Shots contact Rebecca Chinsky: 410.559.3542 | rchinsky@jcc.org

Register at jcc.org/leagues

Class	Age	Day	Time	Dates	Guest	Member	Code
DBJCC							
Movers and Shakers	12-18 months	Tue	10:00AM-10:45AM	1/15-3/5	\$128/NM	\$96/M	45646
Preschool Prep	22-48 months	Thu	10:15AM-11:00AM	1/17-3/7	\$128/NM	\$96/M	45673
Sprocket with Mr. Cork	0-3	Sun	10:00AM-10:45AM	1/13-3/17	\$160/NM	\$120/M	45670
Sprocket with Mr. Cork (ages 3-5)	3-5 years	Sun	11:00AM-11:45AM	1/13-3/17	\$160/NM	\$120/M	45671
Renaissance Kids	2-4 years	Wed	10:00AM-10:45AM	1/16-3/13	\$144/NM	\$108/M	45672

Questions? Contact Rachel Cohen at dbjcc@jcc.org | 410.559.3618

Register at dbjcc.org

Winter Classes/Programs 2019



J KIDS Owings Mills

Class	Age	Day	Time	Dates	Guest	Member	Code
VISUAL & PERFORMING ARTS							
Claymation Movie Making -full season	9-13	Wed	4:30-5:15pm	1/16-4/10	\$240	\$192	45442
Claymation Movie Making - Session 1	9-13	Wed	4:30-5:15pm	1/16-2/6	\$80	\$64	46154
Claymation Movie Making - Session 2	9-13	Wed	4:30-5:15pm	2/14-3/6	\$80	\$64	46155
Claymation Movie Making - Session 3	9-13	Wed	4:30-5:15pm	3/13-4/10	\$80	\$64	46156

Register at jcc.org/visualarts - choose Ceramics

Voice Lessons	6-13	Tue	4:00PM- 6:00PM	1/7-1/31	\$165/NM	\$150/M	45574
Voice Lessons	6-13	Tue	4:00PM- 6:00PM	2/1-2/28	\$165/NM	\$150/M	45579
Voice Lessons	6-13	Tue	4:00PM- 6:00PM	3/1-3/31	\$165/NM	\$150/M	45569
Voice Lessons	6-13	Tue	4:00PM- 6:00PM	4/1-4/30	\$165/NM	\$150/M	45570

Group Guitar Lessons	8+	Tues	5:00-5:45pm	1/8-1/29	\$120	\$100	45441
Group Guitar Lessons	8+	Tues	5:00-5:45pm	2/5-2/26	\$120	\$100	45440
Group Guitar Lessons	8+	Tues	5:00-5:45pm	3/5-3.26	\$120	\$100	45447
Group Guitar Lessons	8+	Tues	5:00-5:45pm	4/2-4/30	\$120	\$100	45450
Group Guitar Lessons	8+	Tues	5:00-5:45pm	5/7-5/28	\$120	\$100	45443
Group Guitar Lessons	8+	Tues	5:00-5:45pm	6/4-6/25	\$120	\$100	46186

Class	Age	Day	Time	Dates	Guest	Member	Code
DANCE							
Broadway Babies	3-4	Mon	3:30PM- 4:15PM	1/7-5/6	\$252	\$224	45602
Broadway Babies lunch	3-4	Wed	12:00-1:30pm	1/9-5/8	\$320	\$340	46183
Ballet Babies	3-4	Tues	3:30PM- 4:15PM	1/8-5/7	\$252	\$224	45618
Ballet Babies	3-4	Tues	4:30-5:15pm	1/8-5/7	\$252	\$224	46184
Hip Hop	6-9	Tue	5:30-6:15pm	1/8-5/7	\$306	\$272	45620
Hip Hop Experienced	10-12	Wed	5:30PM- 6:15PM	1/9-5/8	\$252	\$224	46185

Register for Voice, Guitar and Dance at jcc.org/performingarts

For more information on Music, Dance and Art classes contact Mary Gipe at 410.500.5970 or mgipe@jcc.org.

Class	Age	Day	Time	Dates	Guest	Member	Code
J JET /SCHOOLS OUT							
J Jet	5-11	Mon	3:00PM- 5:30PM	1/7-5/23	\$210	\$210	46140
J Jet	5-11	Tue	3:00PM- 5:30PM	1/7-5/23	\$270	\$270	46141
J Jet	5-11	Wed	3:00PM- 5:30PM	1/7-5/23	\$240	\$240	46142
J Jet	5-11	Thu	3:00PM- 5:30PM	1/7-5/23	\$285	\$285	46143

Register at jcc.org/jjet

Winter Classes/Programs 2019



J KIDS (CONTINUED)

Owings Mills

Class	Age	Day	Time	Dates	Guest	Member	Code
School's Out - Jan 21	5-11	Mon	9:00AM- 4:00PM	21-Jan	\$50/NM	\$35/M	44772
School's Out - Jan 25- half day	5-11	Fri	12:30PM- 4:00PM	25-Jan	\$40/NM	\$25/M	44808
School's Out - Feb. 18 - Field Trip	5-11	Mon	9:00AM- 4:00PM	2/18/19	\$70/NM	\$55/M \$45/KC	44784
Schools Out Apr 5 - Half Day	5-11	Fri	12:30PM- 4:00PM	4/5-4/5	\$40/NM	\$25/M	46128
Inclusion Schools Out Apr 5 - half day		Fri	12:30PM- 4:00PM	4/5-4/5	\$20/NM	\$20/M	46134
Schools Out Apr 19	5-11	Fri	9:00AM- 3:00PM	4/19-4/19	\$50/NM	\$35/M	46129
Inclusion Schools Out Apr 19		Fri	9:00AM- 3:00PM	4/19-4/19	\$50/NM	\$35/M	46137
Schools Out Apr 22 - Field Trip	5-11	Mon	9:00AM- 4:00PM	4/22-4/22	\$50/NM	\$35/M	46130
Inclusion Schools Out Apr 22		Mon	9:00AM- 4:00PM	4/22-4/22	\$35/NM	\$35/M	46138
Schools Out Jun 5 - Field Trip	5-11	Wed	9:00AM- 4:00PM	6/5-6/5	\$50/NM	\$35/M	46131
Inclusion Schools Out Jun 5		Wed	9:00AM- 4:00PM	6/5-6/5	\$35/NM	\$35/M	46139
Schools Out Jun 13 - Half Day	5-11	Thu	12:30PM- 4:00PM	6/13-6/13	\$40/NM	\$25/M	46132
Inclusion Schools Out Jun 13 - half day		Thu	12:30PM- 4:00PM	6/13-6/13	\$20/NM	\$20/M	46135
Schools Out Jun 14 - Half Day	5-11	Fri	12:30PM- 4:00PM	6/14-6/14	\$40/NM	\$25/M	46133
Inclusion Schools Out Jun 14 - half day		Fri	12:30PM- 4:00PM	6/14-6/14	\$20/NM	\$20/M	46136

Register at jcc.org/schoolsout

For more information on School's Out and J Jet contact Tracey Pyser at 410.500.5998 or tpyser@jcc.org.

Hamantashen Make and Take	All ages Sun	3:00-5:00pm	3/10/19 \$10	\$10	\$10
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Winter Classes/Programs 2019

PARK HEIGHTS YOUTH & TEENS

Class	Age	Day	Time	Dates	Guest	Member	Code
DANCE							
Girls Ballet & Tap	3-5	Sun	10:30AM-11:15AM	1/6-3/24	\$160/NM	\$120/M	46119
Ballet & Tap	3-5	Mon	3:30PM- 4:15PM	1/7-4/1	\$160/NM	\$120/M	46116
Hip Hop	3-5	Wed	3:30PM- 4:15PM	1/9-3/13	\$160/NM	\$120/M	46118
Girls Hip Hop	6-11	Wed	4:30PM- 5:15PM	1/9-3/13	\$160/NM	\$120/M	46120

Register at jcc.org/dance

SPORTS & FITNESS

Story-Based Yoga	3-5	Sun	9:45-10:30AM	1/6-3/17	\$160	\$120	46180
Playtime Sports with Mr. Coach Lee	3-4	Mon	3:15PM- 4:00PM	1/7-4/15	\$160/NM	\$120/M	45834
Soccer with Soccer Shots, Coed	3-5	Thu	3:30PM- 4:15PM	1/10-3/14	\$160/NM	\$120/M	45391
Soccer with Soccer Shots, Coed	3-5	Sun	11:30am-12:15pm	1/6-3/24	\$160/NM	\$120/M	44541
Soccer with Soccer Shots, Boys	5-7	Sun	10:30-11:15am	1/6-3/24	\$160/NM	\$120/M	45338

Register at jcc.org/leagues or jcc.org/babyandme

KARATE with CSA

Coed Little Tigers Martial Arts	3-5	Tue	3:30PM- 4:15PM	1/8-3/19	\$160/NM	\$110/M	46117
Coed Karate Beginner-Intermediate with CSA	6-12	Tue	4:30- 5:15pm	1/8-3/19	\$160	\$110	45358
Boys Karate Beginner	6-8	Sun	3:00-3:45pm	1/6-3/24	\$160	\$110	45296
Boys Karate Beginner-Intermediate	6-12	Tue	5:30- 6:15pm	1/8-3/19	\$160	\$110	45408
Boys Advanced Karate & Self Defense	7-13	Tue	7:30- 8:15pm	1/8-3/19	\$160	\$110	45312
Boys Sparring All Levels	7-13	Tue	6:15-7:15pm	1/8-3/19	\$160	\$110	44926
Girls Tween2Teen Kickboxing with Jen Lake	9-15	Tue	6:15- 7:00pm	1/8-3/19	\$160	\$110	45401

Register at jcc.org/karate

VISUAL ARTS

Cakes & Crafts	12-15	Sun	11:30AM-12:30PM	1/6-3/17	\$220/NM	\$180/M	46115
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Register at jcc.org/middleschool

For Teen fitness see Fitness pages

For more information on Dance or kids Yoga Classes in Park Heights contact Shira Heideman: 410.500.5907 | sheideman@jcc.org

For more information on Karate and Sports Programs in Park Heights contact Wendell Lee: 410.500.5994 | wlee@jcc.org

Winter Classes/Programs 2019



TENNIS

Owings Mills

Register at jcc.org/tennis

Contact: Adam Stein | astein@jcc.org | 410.559.3558

Class	Age	Day	Time	Dates	Guest	Member	Code
YOUTH							
Lunch n' Munchkin Tennis (Quick Start)	3-5	Tue	12:00PM- 1:30PM	1/8-3/12	\$320/NM	\$270/M	45589
Lunch n' Munchkin Tennis (Quick Start)	3-5	Tue	12:00PM- 1:30PM	3/19-5/28	\$320/NM	\$270/M	45588
Munchkin Tennis (Quick Start)	3-5	Thu	3:15PM- 4:00PM	1/10-3/14	\$270/NM	\$220/M	45538
Munchkin Tennis (Quick Start)	3-5	Thu	3:15PM- 4:00PM	3/21-5/30	\$270/NM	\$220/M	45548
Pee Wee Tennis (Quick Start)	5-7	Tue	4:15PM- 5:00PM	1/8-3/12	\$270/NM	\$220/M	45586
Pee Wee Tennis (Quick Start)	5-7	Tue	4:00PM- 5:00PM	3/19-5/28	\$270/NM	\$220/M	45544
Pee Wee Tennis (Quick Start)	5-7	Mon	5:15PM- 6:00PM	1/7-3/11	\$226/NM	\$176/M	45549
Pee Wee Tennis (Quick Start)	5-7	Mon	5:15PM- 6:00PM	3/18-5/20	\$226/NM	\$176/M	45539
Pee Wee Tennis (Quick Start)	5-7	Mon	3:15PM- 4:00PM	1/7-3/11	\$226/NM	\$176/M	45578
Pee Wee Tennis (Quick Start)	5-7	Mon	3:15PM- 4:00PM	3/18-5/20	\$226/NM	\$176/M	45555
Junior Tennis (Quick Start)	7-9	Mon	4:15PM- 5:15PM	1/7-3/11	\$226/NM	\$176/M	45554
Junior Tennis (Quick Start)	7-9	Mon	4:15PM- 5:15PM	3/18-5/20	\$226/NM	\$176/M	45545
Junior Tennis (Quick Start)	7-9	Thu	4:15PM- 5:00PM	3/21-5/30	\$270/NM	\$220/M	45543
TEENS							
Preteen Tennis	8-12	Tue	5:00PM- 6:00PM	1/8-5/12	\$270/NM	\$220/M	45587
Preteen Tennis	8-12	Tue	5:00PM- 6:00PM	3/19-5/28	\$270/NM	\$220/M	45585
Preteen Tennis	10-12	Thu	5:00PM- 6:00PM	1/10-3/14	\$270/NM	\$220/M	45550
Preteen Tennis	10-12	Thu	5:00PM- 6:00PM	3/21-5/30	\$250/NM	\$198/M	45542
Preteen/Teen Tennis Advanced	6-18	Wed	5:00PM- 6:00PM	1/9-3/13	\$320/NM	\$270/M	45536
Preteen/Teen Tennis Advanced	6-18	Wed	5:00PM- 6:30PM	3/20-5/29	\$320/NM	\$270/M	45537
ADULTS							
Adult Drills Clinic	16-70	Tue	9:30AM-10:30AM	3/19-5/29	\$270/NM	\$220/M	45580
Cardio Tennis	16-70	Wed	6:00PM- 7:00PM	1/9-3/13	\$320/NM	\$270/M	45638
Cardio Tennis	16-70	Fri	10:30AM-11:30AM	3/20-5/29	\$320/NM	\$270/M	45583
Cardio Tennis	16-70	Fri	10:30AM-11:30AM	3/22-5/31	\$270/NM	\$220/M	45584
Tennis Conditioning	16-70	Mon	9:30AM-10:30AM	1/7-3/11	\$226/NM	\$176/M	45551
Tennis Conditioning	16-70	Mon	9:30AM-10:30AM	3/18-5/20	\$226/NM	\$176/M	45541
Tennis Conditioning	16-70	Mon	9:30AM-10:30AM	3/18-5/20	\$226/NM	\$176/M	45640
Tennis Conditioning	16-70	Wed	9:30AM-10:30AM	1/9-3/13	\$270/NM	\$220/M	45552
Tennis Conditioning	16-70	Wed	9:30AM-10:30AM	3/20-5/29	\$270/NM	\$220/M	45547
FAMILY							
Family Cardio Tennis	10-60	Tue	6:00PM- 7:00PM	3/18-5/20	\$226/NM	\$176/M	45637

Winter Classes/Programs 2019



SPORTS CLINICS & LEAGUES

Owings Mills

For more information on Sports programs in Owings Mills contact Rebecca Chinsky: 410.559.3542 | rchinsky@jcc.org

Register at jcc.org/leagues

For more information on Sports Programs in Park Heights see PH Youth & Teens page

Class	Age	Day	Time	Dates	Guests	Members	Code
ADULTS							
Adult Pickleball Tournament	18-99	Sun	9:00AM- 1:30PM	1/13-1/13	\$28/NM	\$28/M	46121
Introduction to Pickleball	18-99	Tue	9:30AM-11:00AM	1/8-1/29	\$36/NM	\$24/M	46126
Drop-In Pickleball Coed	18-99	Fri	8:30AM-11:00AM	1/1-6/7	\$65/NM	\$0/M	45577
YOUTH & TEENS							
Soccer Shots	3-4 years	Sun	10:30AM-11:00AM	3/17-5/19	\$144/NM	\$108/M	45610
Soccer Shots	3-4 years	Sun	10:30AM-11:00AM	1/6-3/10	\$160/NM	\$120/M	45473
Soccer Shots	3-5 years	Tue	3:30PM- 4:15PM	3/19-5/28	\$160/NM	\$120/M	45459
Soccer Shots	3-5 years	Tue	3:30PM- 4:15PM	1/8-3/12	\$160/NM	\$120/M	45632
Soccer Shots	5-6 years	Sun	11:15AM-12:00PM	3/17-5/19	\$144/NM	\$108/M	45568
Middle School Basketball League	11-14	Wed	6:00PM-10:00PM	2/20-4/30	\$125/NM	\$85/M	45425
Junior Maccabi	10-12	Sun	9:00AM- 5:00PM	5/5-5/5	\$190/NM	\$140/M	45528
Mini Maccabi	8-10	Sun	9:00AM- 5:00PM	5/5-5/5	\$190/NM	\$140/M	45534

Winter Classes/Programs 2019



CSA MARTIAL ARTS

Owings Mills

Class	Age	Day	Time	Dates	Guests	Members
Karate Lunch Class	3-5	Thu	12:00-1:30pm	1/10-3/14	\$250	\$200
Little Tigers Karate - Beginner	3-6	Wed	3:30-4:15pm	1/9-3/13	\$230	\$180
No Belt to White Belt 2nd Stripe	3-6	Thu	3:30-4:15pm	1/10-3/14	\$230	\$180
Family Karate	3+	Sun	12:30-1:30pm	1/6-3/10	\$230	\$180
Family Karate	4+	Wed	7:00-8:00pm	1/9-3/13	\$230	\$180
Children's Karate - All Levels	4-8	Sun	1:45-2:30pm	1/6-3/10	\$230	\$180
Taekwondo - All levels	6-12	Tue	5:30-6:15pm	1/8-3/12	\$230	\$180
Children's Karate - Beginner/Intermediate	6-12	Mon	4:30-5:15pm	1/7-3/11	\$230	\$180
No Belt to Yellow Belt 2nd Stripe	6-12	Wed	4:30-5:15pm	1/9-3/13	\$230	\$180
Children's Karate - Beginner/Intermediate	6-12	Thu	4:30-5:15pm	1/10-3/14	\$230	\$180
Sparring - All Levels	6-16	Thu	5:30-6:15pm	1/8-3/19	\$230	\$180
Advanced Karate - Blue Belt & up	6-12	Mon	5:30-6:15pm	1/7-3/11	\$230	\$180
Advanced Karate - Blue Belt & up	6-12	Wed	5:30-6:15pm	1/9-3/13	\$230	\$180
Advanced Karate - Blue Belt & up	7-16	Thu	6:30-7:15pm	1/10-3/14	\$230	\$180
Kickboxing and Sports Conditioning for Kids	10-16	Mon	6:30-7:15pm	1/7-3/11	\$230	\$180
Instrutor and Black Belt Training - Brown Belt and up	15+	Thu	7:30-8:30pm	1/10-3/14	\$230	\$180
Women's Kickboxing - All Levels	18+	Thu	10:00-11:00am	1/10-3/14	\$230	\$180

For Owings Mills Classes - Register at CSAkarate.com

Questions? Contact Jen Lake | 410\559\3553 ljjen@jcsakarate.com

CSA MARTIAL ARTS

Park Heights

Class	Age	Day	Time	Dates	Guests	Members	Code
Coed Little Tigers Martial Arts	3-5	Tue	3:30PM- 4:15PM	1/8-3/19	\$160/NM	\$110/M	46117
Coed Karate Beginner-Intermediate with CSA	6-12	Tue	4:30- 5:15pm	1/8-3/19	\$160	\$110	45358
Boys Karate Beginner	6-8	Sun	3:00-3:45pm	1/6-3/24	\$160	\$110	45296
Boys Karate Beginner-Intermediate	6-12	Tue	5:30- 6:15pm	1/8-3/19	\$160	\$110	45408
Boys Advanced Karate & Self Defense	7-13	Tue	7:30- 8:15pm	1/8-3/19	\$160	\$110	45312
Boys Sparring All Levels	7-13	Tue	6:15-7:15pm	1/8-3/19	\$160	\$110	44926
Girls Tween2Teen Kickboxing with Jen Lake	9-15	Tue	6:15- 7:00pm	1/8-3/19	\$160	\$110	45401

For more information on CSA and Sports Programs in Park Heights contact Wendell Lee: 410.500.5994 | wlee@jcc.org
Reigster at jcc.org/karate

Winter Classes/Programs 2019



FITNESS

Small Group Training Register at jcc.org/smallgrouptraining

Class	Age	Day	Time	Dates	Guest	Member	Code
OWINGS MILLS							
YOUTH/TEENS							
Zumba Jr.	9-15	Thu	5:30PM- 6:15PM	1/10-2/28	\$40/NM	\$0/M	45494
Zumba Jr.	9-15	Thu	5:30PM- 6:15PM	3/7-5/2	\$40/NM	\$0/M	45488
Zumba Jr.	9-15	Thu	5:30PM- 6:15PM	5/9-6/27	\$40/NM	\$0/M	45489
Yoga Jr.	9-15	Mon	5:30PM- 6:15PM	1/7-2/25	\$40/NM	\$0/M	45513
Yoga Jr.	9-15	Mon	5:30PM- 6:15PM	3/4-4/22	\$40/NM	\$0/M	45486
Yoga Jr.	9-15	Mon	5:30PM- 6:15PM	4/29-6/17	\$40/NM	\$0/M	45487
JCC Sports Performance Training Middle School	11-15	Tue	6:00PM- 7:00PM	1/8-2/28	\$500/NM	\$420/M	45599
JCC Sports Performance Training High School	15-18	Tue	7:00PM- 8:00PM	1/8-2/28	\$500/NM	\$420/M	45848

For more information on Youth/Teens Fitness contact Alek Groopman at 410.559.3539 or agroopman@jcc.org

Class	Age	Day	Time	Dates	Guest	Member	Code
ADULTS							
Core & Pelvic Floor	18+	Mon	11:15AM-12:00PM	1/7-2/25	\$150/NM	\$100/M	45505
Core & Pelvic Floor	18+	Mon	11:15AM-12:00PM	3/4-4/22	\$150/NM	\$100/M	45846
Core & Pelvic Floor	18+	Mon	11:15AM-12:00PM	5/13-7/8	\$150/NM	\$100/M	45847

For more information on Adult Fitness classes in OM contact Justin Dominick at 410.559.3548 or jdominick@jcc.org

Class	Age	Day	Time	Dates	Guest	Member	Code
PARK HEIGHTS							
ADULTS							
<i>Female-Only</i>							
Core & Pelvic Floor	18+	Tue	6:00AM- 6:45AM	1/8-2/26	\$150/NM	\$100/M	45348
Core & Pelvic Floor	18+	Tue	6:00AM- 6:45AM	5/14-7/2	\$150/NM	\$100/M	45852
Core & Pelvic Floor	18+	Fri	9:30AM-10:15AM	1/4-2/22	\$150/NM	\$100/M	45362
Core & Pelvic Floor	18+	Fri	9:30AM-10:15AM	3/1-4/19	\$150/NM	\$100/M	45300
Core & Pelvic Floor	18+	Fri	9:30AM-10:15AM	5/10-6/28	\$150/NM	\$100/M	45851
Total Physique Transformation	16+	Thurs	5:00-6:00PM	1/10-2/21	\$180	\$120	45335
<i>Coed</i>							
TRX Training	16+	Fri	10:00AM-10:30AM	3/1-4/5	\$90/NM	\$60/M	45849
TRX Training Session 2	16+	Fri	10:00AM-10:30AM	4/12-5/24	\$90/NM	\$60/M	45850

For more information on Fitness Classes in PH contact Denard Smith at 410.500.5921 or dsmith@jcc.org

Winter Classes/Programs 2019



FITNESS (CONTINUED)

GROUP FITNESS (FEMALE ONLY) - FREE FOR MEMBERS

Class	Age	Day	Time	Dates	Guest	Member	Code
YOUTH/TEENS							
Girls BODYATTACK	9-16	Sun	10:35AM-11:30AM	12/16-1/27	\$45/NM	\$0/M	45415
Girls BODYATTACK	9-16	Sun	10:35AM-11:30AM	2/3-3/31	\$35/NM	\$0/M	45420
Girls BODYATTACK	9-16	Sun	10:35AM-11:30AM	4/7-6/23	\$45/NM	\$0/M	46147
Girls BODYFLOW	8-16	Wed	8:00PM- 9:00PM	12/19-1/30	\$35/NM	\$0/M	45344
Girls BODYFLOW	8-16	Wed	8:00PM- 9:00PM	2/6-4/10	\$45/NM	\$0/M	45419
Girls BODYFLOW	8-16	Wed	8:00PM- 8:50PM	5/1-6/19	\$40/NM	\$0/M	46146

GROUP FITNESS (FEMALE ONLY) - FREE FOR MEMBERS

Class	Age	Day	Time	Dates	Guest	Member	Code
TEENS/ADULTS							
J-FLOW	12+	Mon	7:00PM- 7:55PM	12/10-1/28	\$35/NM	\$0/M	46151
J-FLOW	12+	Mon	7:00PM- 7:55PM	2/4-3/25	\$40/NM	\$0/M	46152
J-FLOW	12+	Mon	7:00PM- 7:55PM	4/1-6/17	\$40/NM	\$0/M	46153
J-Jam! (Jewish Jam)	14+	Wed	6:30PM- 7:15PM	12/19-1/30	\$35/NM	\$0/M	45352
J-Jam! (Jewish Jam)	14+	Wed	6:30PM- 7:15PM	2/6-4/10	\$45/NM	\$0/M	45377
J-Jam! (Jewish Jam)	14+	Wed	6:30PM- 7:15PM	5/1-6/19	\$40/NM	\$0/M	45323
Tai Chi	16-99	Mon	5:00PM- 5:45PM	1/7-2/25	\$50/NM	\$0/M	45318
Tai Chi	16-99	Mon	5:00PM- 5:45PM	3/4-4/29	\$50/NM	\$0/M	45373
Tai Chi	18-99	Mon	5:00PM- 6:00PM	5/6-6/24	\$50/NM	\$0/M	45316
Tai Chi	18-99	Thu	11:45AM-12:30PM	1/3-2/28	\$50/NM	\$0/M	45351
Tai Chi	18-99	Thu	11:45AM-12:30PM	3/7-4/25	\$50/NM	\$0/M	45349
Tai Chi	18-99	Thu	11:45AM-12:30PM	5/2-6/27	\$50/NM	\$0/M	45353

For PH Group Fitness for Girls/Women and for Tai Chi contact: Amy Schwartz | aschwartz@jcc.org | 410.559.3534

Winter Classes/Programs 2019



AQUATICS

Class	Age	Day	Time	Dates	Guest	Member	Code
CERTIFICATIONS							
Owings Mills							
Babysitter's Training + Ped FA/CPR	11 to 15	Sun	9:30AM- 4:00PM	2/3-2/10	\$175/NM	\$150/M	44363
Lifeguarding	15+	Sun	9:30AM- 6:00PM	1/6-1/27	\$300/NM	\$275/M	44415
Lifeguarding	15+	Sun	9:30AM- 6:00PM	2/3-2/24	\$300/NM	\$275/M	44420
Lifeguarding	15+	Sun	9:30AM- 6:00PM	3/3-3/24	\$300/NM	\$275/M	45093
Lifeguarding	15+	Sun	9:30AM- 6:00PM	3/24-4/14	\$300/NM	\$275/M	46057
Lifeguarding	15+	Sun	9:30AM- 6:00PM	4/28-5/19	\$300/NM	\$275/M	45937
Lifeguarding	15+	Sat	9:00AM- 5:30PM	5/4-5/25	\$300/NM	\$275/M	46101
Lifeguarding Review	15+	Sat	9:00AM- 5:30PM	1/19-1/26	\$200/NM	\$160/M	44372
Lifeguarding Review	15+	Sat	9:00AM- 5:30PM	1/5-1/6	\$200/NM	\$160/M	45854
Lifeguarding Instructor	17+	Wed-Sat	9:30AM- 5:30PM	1/2-1/5	\$400/NM	\$400/M	44452
Water Safety Instructor	16+	Mon	9:30AM- 5:00PM	1/7-1/11	\$400/NM	\$350/M	44392
Water Safety Instructor	16+	Mon	9:30AM- 5:00PM	3/18-3/22	\$400/NM	\$350/M	46145
LGI/IT Review	15+	Sat	9:00AM- 5:30PM	1/12-1/12	\$150/NM	\$150/M	46124
LGI/IT Review	15+	Sat	9:00AM- 5:30PM	2/2-2/2	\$150/NM	\$150/M	46125
Park Heights							
Babysitter's Training +Ped FA/CPR PH	11-14	Sun	9:30AM- 4:00PM	1/13-1/20	\$175/NM	\$150/M	44333
Babysitter's Training +Ped FA/CPR PH	11-14	Sun	9:30AM- 4:00PM	3/3-3/10	\$175/NM	\$150/M	44334

Questions? Contact Matt Dackman | mdackman@jcc.org | 410.559.3537

Class	Age	Day	Time	Dates	Guest	Member	Code
SWIM LESSONS							
Owings Mills							
Parent Infant Swim (Sun)	6mos-2 years	Sun	11:30AM-12:00PM	2/3-3/24	\$150/NM	\$125/M	44997
Parent Child Swim (Sun)	2 to 5	Sun	9:30AM-10:00AM	2/3-3/24	\$150/NM	\$125/M	44998
Tadpoles Swim (Sat)	3-5	Sat	9:30AM-10:00AM	1/5-2/23	\$150/NM	\$125/M	44990
Tadpoles Swim (Sun)	3-5	Sun	9:30AM-10:00AM	2/3-3/24	\$150/NM	\$125/M	44999
ARC Level 1 Swim (Sat)	5-7	Sat	9:30AM-10:10AM	1/5-2/22	\$150/NM	\$125/M	44991
ARC Level 1 Swim (Sun 3)	5-7	Sun	10:00AM-10:40AM	2/3-3/24	\$150/NM	\$125/M	45000
ARC Level 1 Swim (T/Th 4)	5-7	Tue	4:50PM- 5:30PM	1/8-1/31	\$150/NM	\$125/M	45020
ARC Level 1 Swim (T/Th 5)	5-7	Tue	4:50PM- 5:30PM	2/5-2/28	\$150/NM	\$125/M	45021
ARC Level 1 Swim (T/Th 6)	5-7	Tue	4:50PM- 5:30PM	3/5-3/28	\$150/NM	\$125/M	45022
ARC Level 2 Swim (Sat)	6+	Sat	10:15AM-10:55AM	1/5-2/23	\$150/NM	\$125/M	44992
ARC Level 2 Swim (Sun 3)	6+	Sun	10:45AM-11:25AM	2/3-3/24	\$150/NM	\$125/M	45001

Winter Classes/Programs 2019



Class	Age	Day	Time	Dates	Guest	Member	Code
ARC Level 2 Swim (T/Th 4)	6+	Tue	5:30PM- 6:10PM	1/8-1/31	\$150/NM	\$125/M	45023
ARC Level 2 Swim (T/Th 5)	6+	Tue	5:30PM- 6:10PM	2/5-2/28	\$150/NM	\$125/M	45024
ARC Level 2 Swim (T/Th 6)	6+	Tue	5:30PM- 6:10PM	3/5-3/28	\$150/NM	\$125/M	45025
ARC Level 3 Swim (Sat)	7+	Sat	10:15AM-10:55AM	1/5-2/23	\$150/NM	\$125/M	44993
ARC Level 3 Swim (Sun 2)	7+	Sun	10:00AM-10:40AM	2/3-3/24	\$150/NM	\$125/M	45002
ARC Level 3 Swim (T/Th 4)	7+	Tue	6:15PM- 6:55PM	1/8-1/31	\$150/NM	\$125/M	45026
ARC Level 3 Swim (T/Th 5)	7+	Tue	6:15PM- 6:55PM	2/5-2/28	\$150/NM	\$125/M	45027
ARC Level 3 Swim (T/Th 6)	7+	Tue	6:15PM- 6:55PM	3/5-3/28	\$150/NM	\$125/M	45028
ARC Level 4 Swim (Sat)	7+	Sat	11:00AM-11:40AM	1/5-2/23	\$150/NM	\$125/M	44994
ARC Level 4 Swim (Sun 3)	7+	Sun	10:45AM-11:25AM	2/3-3/24	\$150/NM	\$125/M	45003
ARC Level 4 Swim (T/Th 4)	7+	Tue	5:30PM- 6:10PM	1/8-1/31	\$150/NM	\$125/M	45029
ARC Level 4 Swim (T/Th 5)	7+	Tue	5:30PM- 6:10PM	2/5-2/28	\$150/NM	\$125/M	45030
ARC Level 4 Swim (T/Th 6)	7+	Tue	5:30PM- 6:10PM	3/5-3/28	\$150/NM	\$125/M	45031
ARC Level 5 Swim (Sat 2)	7+	Sat	11:00AM-11:40AM	1/5-2/23	\$150/NM	\$125/M	44995
ARC Level 5 Swim (Sun 3)	7+	Sun	10:00AM-10:40AM	2/3-3/24	\$150/NM	\$125/M	45004
ARC Level 5 Swim (T/Th 4)	7+	Tue	6:15PM- 6:55PM	1/8-1/31	\$150/NM	\$125/M	45032
ARC Level 5 Swim (T/Th 4)	7+	Tue	6:15PM- 6:55PM	2/5-2/28	\$150/NM	\$125/M	45033
ARC Level 5 Swim (T/Th 6)	7+	Tue	6:15PM- 6:55PM	3/5-3/28	\$150/NM	\$125/M	45034
ARC Level 6 Swim (Sat)	7+	Sat	9:30AM-10:10AM	1/5-2/23	\$150/NM	\$125/M	44996
ARC Level 6 Swim (Sun 3)	7+	Sun	10:45AM-11:25AM	2/3-3/24	\$150/NM	\$125/M	45005
ARC Level 6 Swim (T/Th 3)	7+	Tue	5:30PM- 6:10PM	1/8-1/31	\$150/NM	\$125/M	45035
ARC Level 6 Swim (T/Th 5)	7+	Tue	5:30PM- 6:10PM	2/5-2/28	\$150/NM	\$125/M	45036
ARC Level 6 Swim (T/Th 6)	7+	Tue	5:30PM- 6:10PM	3/5-3/28	\$150/NM	\$125/M	45037
Teen/Adult Beginner Swim (M/W 4)	13+	Mon	8:00PM- 8:40PM	1/7-1/30	\$150/NM	\$125/M	44984
Teen/Adult Beginner Swim (M/W 5)	13+	Mon	8:00PM- 8:40PM	2/4-2/27	\$150/NM	\$125/M	44985
Teen/Adult Beginner Swim (M/W 5)	13+	Mon	8:00PM- 8:40PM	3/4-3/27	\$150/NM	\$125/M	44986
Teen/Adult Beginner Swim (Sun 2)	13+	Sun	12:00PM-12:40PM	2/3-3/24	\$150/NM	\$125/M	45006
Teen/Adult Stroke Improvement (M/W 4)	13+	Mon	8:00PM- 8:40PM	1/7-1/30	\$150/NM	\$125/M	44987
Teen/Adult Stroke Improvement (M/W 4)	13+	Mon	8:00PM- 8:40PM	2/4-2/27	\$150/NM	\$125/M	44988
Teen/Adult Stroke Improvement (M/W 6)	13+	Mon	8:00PM- 8:40PM	3/4-3/27	\$150/NM	\$125/M	44989
Teen/Adult Stroke Improv(Sun 2)	13+	Sun	12:00PM-12:40PM	2/3-3/24	\$150/NM	\$125/M	45007
Water Aerobics							
Deep Water Aerobics	21+	Tue/Thu	10:30AM-11:15AM	1/1-3/28	NA	\$50	46172
Arthritis Foundation Aquatics Program	21+	MWF	10:30AM-11:15AM	12/31-3/29	\$180	\$90	46173
Water Aerobics	21+	M-F	9:30AM-10:15AM	12/31-3/29	NA	FREE	46157

Winter Classes/Programs 2019



AQUATICS

Class	Age	Day	Time	Dates	Guest	Member	Code
SWIM LESSONS							
Park Heights							
Parent Infant Swim Female Only (Sun)	6mos-2 years	Sun	12:35PM- 1:05PM	2/3-3/24	\$150/NM	\$125/M	44957
Tadpoles Swim- Female only III	3-5	Sun	12:35PM- 1:05PM	2/3-3/24	\$150/NM	\$125/M	44936
Tadpoles Swim- Coed III	3-5	Mon	5:30PM- 6:00PM	2/4-3/25	\$150/NM	\$125/M	44938
Tadpoles Swim- Male Only III	3-5	Sun	4:15PM- 4:45PM	2/3-3/24	\$150/NM	\$125/M	44937
ARC Level 1 Swim Male 3	5-7	Sun	4:15PM- 4:55PM	2/3-3/24	\$150/NM	\$125/M	44940
ARC Level 1 Swim 3 Female	5-7	Sun	12:35PM- 1:15PM	2/3-3/24	\$150/NM	\$125/M	44939
ARC Level 1 Swim III CO-ED	5-7	Mon	5:30PM- 6:10PM	2/4-3/25	\$150/NM	\$125/M	44941
ARC Level 2 Swim 3 Female	6+	Sun	12:35PM- 1:15PM	2/3-3/24	\$150/NM	\$125/M	44942
ARC Level 2 Swim Male	6+	Sun	4:15PM- 4:55PM	2/3-3/24	\$150/NM	\$125/M	44943
ARC Level 2 Swim III CO-ED	6+	Mon	5:30PM- 6:10PM	2/4-3/25	\$150/NM	\$125/M	44944
ARC Level 3 Swim 3 Female	7+	Sun	12:35PM- 1:15PM	2/3-3/24	\$150/NM	\$125/M	44945
ARC Level 3 Swim Male	7+	Sun	4:15PM- 4:55PM	2/3-3/24	\$150/NM	\$125/M	44946
ARC Level 3 Swim II CO-ED	7+	Mon	6:15PM- 6:55PM	2/4-3/25	\$150/NM	\$125/M	44947
ARC Level 4 Swim Male	7+	Sun	5:00PM- 5:40PM	2/3-3/24	\$150/NM	\$125/M	44949
ARC Level 4 Swim 3 Female	7+	Sun	1:20PM- 2:00PM	2/3-3/24	\$150/NM	\$125/M	44948
ARC Level 4 Swim III CO-ED	7+	Mon	6:15PM- 6:55PM	2/4-3/25	\$150/NM	\$125/M	44950
ARC Level 5 Swim Male	7+	Sun	5:00PM- 5:40PM	2/3-3/24	\$150/NM	\$125/M	44952
ARC Level 5 Swim 2 Female	7+	Sun	1:20PM- 2:00PM	2/3-3/24	\$150/NM	\$125/M	44951
ARC Level 5 Swim III CO-ED	7+	Mon	6:15PM- 6:55PM	2/4-3/25	\$150/NM	\$125/M	44953
ARC Level 6 Male Swim Lessons 3	7+	Sun	5:00PM- 5:40PM	2/3-3/24	\$150/NM	\$125/M	44955
ARC Level 6 Swim 3 Female	7+	Sun	1:20PM- 2:00PM	2/3-3/24	\$150/NM	\$125/M	44954
ARC Level 6 Swim III CO-ED	7+	Mon	6:15PM- 6:55PM	2/4-3/25	\$150/NM	\$125/M	44956
Teen/Adult Intermediate Swim - Female	13+	Sun	1:20PM- 2:00PM	2/3-3/24	\$150/NM	\$125/M	44959
Teen/Adult Beginner Swim 3 Female	13+	Sun	1:20PM- 2:00PM	2/3-3/24	\$150/NM	\$125/M	44958
Teen/Adult Beginner Swim CO-ED III	13+	Mon	6:15PM- 6:55PM	2/4-3/25	\$150/NM	\$125/M	44960
Water Aerobics							
Female only Water Aerobics	18+	Tue, Thu, F	9:45AM-10:30AM	1/1-3/29	\$100	\$75	46174
Female Only Aqua Zumba	18+	Mon	7:30PM- 8:15PM	1/7-3/25	\$105	\$85	46175
Arthritis Foundation Aquatics Women Only	21+	Wed	1:00PM- 1:45PM	12/31-3/27	\$180	\$90	46176
Water Aerobics COED	21+	M, Tue,Thu,Fri	9:30-10:15am	12/31-3/29	NA	Free	46157

For immediate questions call Aquatics Hotline: 410.559.3530

Swim Lessons and Water Aerobics: Contact Shawnise Crawford: scrawford@jcc.org | 410.500. 5931

Winter Classes/Programs 2019



ARTS & CULTURE: VISUAL ARTS & JEWISH LIFE PROGRAMS FOR ADULTS

Class	Age	Day	Time	Dates	Guest	Member	Code
OWINGS MILLS							
Ceramics with Volker	18+	Wed	10:00AM-12:30PM	1/9-2/27	\$240	\$160	45520
Ceramics with Volker	18+	Wed	10:00AM-12:30PM	3/13-5/1	\$240	\$160	45424
PARK HEIGHTS							
Portrait Drawing in Partnership with CCBC	18+	Fri	10:15AM- 2:15PM	1/11-3/15	\$86/NM	\$86/M	45347
Watercolor with CCBC	18+	Tue	10:00AM- 2:00PM	1/22-3/26	\$86/NM	\$86/M	45302
Ceramics with Donna - Winter	18+	Mon	7:00PM- 9:00PM	2/4-3/25	\$208/NM	\$152/M	45299
Portrait Drawing in Partnership with CCBC II	18+	Fri	10:15AM- 2:15PM	3/29-6/14	\$86/NM	\$86/M	45303
Ceramics with Donna - Spring	18+	Mon	7:00PM- 9:00PM	4/15-6/10	\$208/NM	\$152/M	45418
Watercolor with CCBC 2	18+	Tue	10:00AM- 2:00PM	4/16-6/18	\$86/NM	\$86/M	46144
Introduction to Judaism	18+	Thu	7:00PM- 9:00PM	1/17-5/16	\$360/NM	\$360/M	45397

For Adult Art classes: Questions? Contact Marilyn Zvili | 410.559.3510 | mzvili@jcc.org

For Intro to Judaism: Questions? Contact Rabbi Jessy Dressin | 410.500.5949 | jdressin@jcc.org

INCLUSIONS & ABILITIES

Class	Age	Day	Time	Dates	Guest	Member	Code
OWINGS MILLS							
Adults							
KLAL for Every Season	14-26	Sun	12:00PM- 4:00PM	1/27-5/5	\$210/NM	\$210/M	45557
KLAL for Every Season - Swimming	14-26	Sun	4:00PM- 5:00PM	1/27-5/5	\$50/NM	\$50/M	45558
PARK HEIGHTS							
Chaverim Club	18+	Tue	7:00PM- 8:30PM	1/3-6/27	\$2	\$2	45400

Questions? Contact Sara Rubinstein | 410.559.3576 | srubinstein@jcc.org

Register at www.jcc.org/inclusion-ability