

Spring 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	3/22-3/12	\$30/NM	\$0/M	45464
BABY Fun	4-10 months	Fri	11:00AM-11:45AM	3/1-2/15	\$90/NM	\$75/M	45422
Music Makers	1-3 years	Wed	9:30AM-10:00AM	3/6-4/10	\$90/NM	\$80/M	45451
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	3-5 years	Tue	3:30PM- 4:15PM	3/19-5/28	\$160/NM	\$120/M	45459
Soccer Shots	5-6 years	Sun	11:15AM-12:00PM	3/17-5/19	\$144/NM	\$108/M	45568
Got Shabbat	Families w/ young children	Fri	5:30PM- 7:30PM	3/15	\$25/NM	\$25/M	45455
Hamentachen Bake	1-5 years	Wed	10:00AM-11:00AM	3/20	\$5/NM	\$5/M	45616

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, 8 weeks	12-18 months	Tue	10:00AM-10:45AM	4/2-5/21	\$128/NM	\$96/M	45646
Renaissance Kids, 8 weeks	2-4 years	Wed	10:00AM-10:45AM	4/3-5/22	\$128/NM	\$96/M	45672
Preschool Prep, 8 weeks	2-4 years	Thu	10:15AM-11:00AM	4/4-5/30 (no class 5/23)	\$128/NM	\$96/M	45673

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

Register at dbjcc.org

Spring Classes/Programs 2019



J KIDS Owings Mills

Class	Age	Day	Time	Dates	Guest	Member	Code
VISUAL & PERFORMING ARTS							
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	4 weeks	\$165/NM	\$150/M	
Group Guitar Lessons	8+	Tues	5:00-5:45pm	4 weeks	\$165/NM	\$150/M	

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	1/9-4/27	\$308	\$280	46183
Ballet Babies	3-4	Tues	3:30PM- 4:15PM	1/8-5/7	\$306	\$272	45618
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	1/9-4/27	\$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

Spring Classes/Programs 2019



J KIDS (CONTINUED)

Owings Mills

Class	Age	Day	Time	Dates	Guest	Member	Code
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	
---------------------------	----------	-----	-------------	---------	------	------	--

Spring Classes/Programs 2019



PARK HEIGHTS YOUTH & TEENS

Class	Age	Day	Time	Dates	Guest	Member	Code
DANCE							
Ballet (girls)	3	Sun	9:30-10:00AM	3/31-5/19	\$100/NM	\$75/M	45307
Ballet (girls)	4-6	Sun	10:30-11:15AM	3/31-5/19	\$100/NM	\$75/M	45308
Ballet & Tap	3-5	Mon	3:30PM- 4:15PM	4/8-5/20	\$100/NM	\$75/M	46262
Hip Hop	3-5	Wed	3:30PM- 4:15PM	4/10-5/22	\$100/NM	\$75/M	46252
Girls Hip Hop	6-11	Wed	4:30PM- 5:15PM	4/3-5/22	\$100/NM	\$75/M	46253

Register at jcc.org/dance

SPORTS & FITNESS

Story-Based Yoga	3-5	Sun	10:30-11:30AM	5/5-5/26	\$75	\$50	46255
Soccer with Soccer Shots, Coed	3-5	Sun	11:30am-12:15pm	3/31-5/19	\$100/NM	\$75/M	46250
Soccer with Soccer Shots, Boys	5-7	Sun	10:30-11:15am	3/31-5/19	\$100/NM	\$75/M	46247

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

KARATE with CSA

Coed Little Tigers Martial Arts	3-5	Tue	3:30PM- 4:15PM	4/2-5/21	\$100/NM	\$75/M	45355
Coed Karate Beginner-Intermediate	6-12	Tue	4:30- 5:15pm	4/2-5/21	\$100/NM	\$75/M	46249
Boys Karate Beginner	6-8	Sun	3:00-3:45pm	4/7-5/26	\$100/NM	\$75/M	46248
Boys Karate Beginner-Intermediate	6-12	Tue	5:30- 6:15pm	4/2-5/21	\$100/NM	\$75/M	46251
Boys Advanced Karate & Self Defense	7-13	Tue	7:30- 8:15pm	4/2-5/21	\$100/NM	\$75/M	46246
Boys Sparring All Levels	7-13	Tue	6:15-7:15pm	4/2-5/21	\$100/NM	\$75/M	45387
Girls Tween2Teen Kickboxing with Jen Lake	9-15	Tue	6:15- 7:00pm	4/2-5/21	\$100/NM	\$75/M	45396

Register at jcc.org/karate

VISUAL ARTS

Cakes & Crafts	12-15	Sun	11:30AM-12:30PM	4/7-5/26	\$140/NM	\$110/M	42654
Paint Sip and Snack	21+	Sat	8:30PM-10:30PM	3/9	\$18/NM	\$18/M	46245
Shushan Purim Paint & Play		Fri	10:00AM-2:00PM	3/22	\$20/NM	\$15/M	46479

Register at jcc.org/middleschool. For Teen fitness see Fitness pages

SCHOOLS OUT

Schools Out Pre-Pesach EDO	4-11	Mon	8:00AM-9:00AM	4/15-4/18	\$8/day	\$5/day	45314
Schools Out Pre-Pesach LS	4-11	Mon	3:30PM-5:30PM	4/15-4/18	\$12/day	\$10/day	45315
Schools Out Pre-Pesach	4-11	Mon	9:00AM-3:30PM	4/15-4/18	\$55/day	\$45/day	45330

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

Spring 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	3/19-5/28	\$320/NM	\$270/M	45588
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	4:00PM- 5:00PM	3/19-5/28	\$270/NM	\$220/M	45544
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	3/18-5/20	\$226/NM	\$176/M	45555
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	3/19-5/28	\$270/NM	\$220/M	45585
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- 6:30PM	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	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	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	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

Spring Classes/Programs 2019



SPORTS CLINICS & LEAGUES

Owings Mills

Class	Age	Day	Time	Dates	Guests	Members	Code
YOUTH & TEENS							
Soccer Shots	3-4 years	Sun	10:30AM-11:00AM	3/17-5/19	\$144/NM	\$108/M	45610
Soccer Shots	3-5 years	Tue	3:30PM- 4:15PM	3/19-5/28	\$160/NM	\$120/M	45459
Soccer Shots	5-6 years	Sun	11:15AM-12:00PM	3/17-5/19	\$144/NM	\$108/M	45568
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

Class	Age	Day	Time	Dates	Fee
Soccer with i9 Sports	3-12	Sun	12:00-5:00pm	3/31-5/19	\$164
Flag Football with i9 Sports	5-10	Sun	12:00-5:00pm	3/31-5/19	\$164
Zips Lacrosse Instructional Program with i9 Sports	3-9	Sun	12:00-5:00pm	3/31-5/19	\$164
Girl's Ultimate Frisbee with Pikesville Rec. Council	Grades 3-5	Tues	5:30-7:00pm	4/2-5/28	\$65
Boys Ultimate Frisbee with Pikesville Rec. Council	Grades 6-8	Wed	6:15-7:45pm	4/3-5/22	\$65

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

Register at jcc.org/leagues - choose Youth or Teen options

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

Please note: Both i9 and Ultimate Frisbee will have alternate registration options. Ultimate Frisbee will be held at locations in the Pikesville area.

Spring 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	3/21-5/23	\$210	\$162
Little Tigers Karate - Beginner	3-6	Wed	3:30-4:15pm	3/20-5/22	\$210	\$162
No Belt to White Belt 2nd Stripe	3-6	Thu	3:30-4:15pm	3/21-5/23	\$210	\$162
Family Karate	3+	Sun	12:30-1:30pm	3/17-5/19	\$210	\$162
Children's Karate - All Levels	4-8	Sun	1:45-2:30pm	3/17-5/19	\$210	\$162
Taekwondo - All levels	6-12	Tue	5:30-6:15pm	3/19-5/21	\$210	\$162
Children's Karate - Beginner/Intermediate	6-12	Mon	4:30-5:15pm	3/18-5/20	\$210	\$162
No Belt to Yellow Belt 2nd Stripe	6-12	Wed	4:30-5:15pm	3/20-5/22	\$210	\$162
Children's Karate - Beginner/Intermediate	6-12	Thu	4:30-5:15pm	3/21-5/23	\$210	\$162
Sparring - All Levels	6-16	Thu	5:30-6:15pm	3/21-5/23	\$210	\$162
Advanced Karate - Blue Belt & up	6-12	Mon	5:30-6:15pm	3/18-5/20	\$210	\$162
Advanced Karate - Blue Belt & up	6-12	Wed	5:30-6:15pm	3/20-5/22	\$210	\$162
Advanced Karate - Blue Belt & up	7-16	Thu	6:30-7:15pm	3/21-5/23	\$210	\$162
Kickboxing and Sports Conditioning for Kids	10-16	Mon	6:30-7:15pm	3/18-5/20	\$210	\$162
Summer Camp CIT/Counselor Prep Course	15+	Thu	7:30-8:30pm	3/21-5/23	\$150	\$100
Women's Kickboxing - All Levels	18+	Thu	10:00-11:00am	3/21-5/23	\$210	\$162

For Owings Mills Classes - Register at CSAkarate.com

Questions? Contact Jen Lake | 410\559\3553 | jen@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	4/2-5/21	\$100/NM	\$75/M	45355
Coed Karate Beginner-Intermediate	6-12	Tue	4:30- 5:15pm	4/2-5/21	\$100/NM	\$75/M	46249
Boys Karate Beginner	6-8	Sun	3:00-3:45pm	4/7-5/26	\$100/NM	\$75/M	46248
Boys Karate Beginner-Intermediate	6-12	Tue	5:30- 6:15pm	4/2-5/21	\$100/NM	\$75/M	46251
Boys Advanced Karate & Self Defense	7-13	Tue	7:30- 8:15pm	4/2-5/21	\$100/NM	\$75/M	46246
Boys Sparring All Levels	7-13	Tue	6:15-7:15pm	4/2-5/21	\$100/NM	\$75/M	45387
Girls Tween2Teen Kickboxing with Jen Lake	9-15	Tue	6:15- 7:00pm	4/2-5/21	\$100/NM	\$75/M	45396

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

Spring 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	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	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

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	3/11-4/22	\$180/NM	\$120/M	45846
Core & Pelvic Floor	18+	Mon	11:15AM-12:00PM	5/14-7/2	\$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	3/5-4/16	\$180/NM	\$120/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	3/1-4/19	\$180/NM	\$120/M	45300
Core & Pelvic Floor	18+	Fri	9:30AM-10:15AM	5/10-6/28	\$150/NM	\$100/M	45851
<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

Spring 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	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	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	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	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	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	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

Spring Classes/Programs 2019



AQUATICS

Class	Age	Day	Time	Dates	Guest	Member	Code
CERTIFICATIONS							
Owings Mills							
Adult and Ped FA/CPR/AED Blended		Fri	9:00AM-11:30AM	3/1-3/1	\$110/NM	\$110/M	46226
Adult and Ped FA/CPR/AED Blended		Wed	9:00AM-11:30AM	3/6-3/6	\$110/NM	\$110/M	46225
Adult and Ped FA/CPR/AED Blended		Fri	9:00AM-11:30AM	3/15-3/15	\$110/NM	\$110/M	46224
Adult and Ped FA/CPR/AED Blended		Fri	9:00AM-11:30AM	3/22-3/22	\$110/NM	\$110/M	46223
Adult and Ped FA/CPR/AED Blended		Mon	6:00PM- 8:30PM	3/25-3/25	\$110/NM	\$110/M	45998
Adult and Ped FA/CPR/AED Blended		Mon	1:00PM- 3:30PM	3/25-3/25	\$110/NM	\$110/M	46109
Adult and Ped FA/CPR/AED Blended		Wed	9:00AM-11:30AM	3/27-3/27	\$110/NM	\$110/M	46222
Basic Life Support Blended		Mon	9:00AM- 1:00PM	3/4-3/4	\$90/NM	\$90/M	47058
Basic Life Support Blended		Mon	9:00AM- 1:00PM	3/11-3/11	\$90/NM	\$90/M	47059
Basic Life Support Blended		Sun	9:00AM- 1:00PM	3/31-3/31	\$90/NM	\$90/M	47060
Babysitter's Training +Ped FA/CPR	11-14	Sun	9:30AM- 4:00PM	4/7-4/14	\$175/NM	\$150/M	46083
LGI/IT Review	17+	Sat	9:00AM- 5:30PM	3/9-3/9	\$150/NM	\$150/M	46093
LGI/IT Review	17+	Fri	9:00AM- 5:30PM	3/22-3/22	\$150/NM	\$150/M	47064
LGI/IT Review	17+	Fri	9:00AM- 5:30PM	3/29-3/29	\$150/NM	\$150/M	46100
LGI/IT Review	17+	Fri	9:00AM- 5:30PM	4/12-4/12	\$150/NM	\$150/M	46098
LGI/IT Review	17+	Sat	9:00AM- 5:30PM	5/11-5/11	\$150/NM	\$150/M	47066
LGI/IT Review	17+	Fri	9:00AM- 5:30PM	5/3-5/3	\$150/NM	\$150/M	47065
Lifeguarding	15+	Tue	9:30AM- 6:00PM	3/18-3/21	\$300/NM	\$275/M	46212
Lifeguarding	15+	Sun	9:30AM- 6:00PM	3/24-4/14	\$300/NM	\$275/M	46057
Lifeguarding	15+	Tue	9:30AM- 6:00PM	4/22-4/25	\$300/NM	\$275/M	45966
Lifeguarding	15+	Sun	9:30AM- 6:00PM	4/28-5/19	\$300/NM	\$275/M	45937
Lifeguarding	15+	Mon	9:30AM- 6:00PM	5/20-5/23	\$300/NM	\$275/M	46070
Lifeguarding	15+	Fri	9:30AM- 6:00PM	5/28-5/31	\$300/NM	\$275/M	45985
Lifeguarding	15+	Sat	9:00AM- 5:30PM	5/4-5/25	\$300/NM	\$275/M	46101
Lifeguarding	15+	Fri	9:00AM- 5:30PM	6/11-6/14	\$300/NM	\$275/M	45940
Lifeguarding	15+	Mon	9:30AM- 6:00PM	6/17-6/20	\$300/NM	\$275/M	45938
Lifeguarding	15+	Mon	9:30AM- 6:00PM	6/24-6/27	\$300/NM	\$275/M	46094
Lifeguarding	15+	Mon	9:30AM- 6:00PM	6/3-6/6	\$300/NM	\$275/M	45942
Lifeguarding Instructor	17+	Wed	9:30AM- 5:00PM	3/18-3/21	\$400/NM	\$400/M	46078
Lifeguarding Instructor	17+	Wed	9:30AM- 6:00PM	5/28-5/31	\$400/NM	\$400/M	46000
Lifeguarding Review	15+	Sat	9:00AM- 5:30PM	3/16-3/17	\$200/NM	\$160/M	46205
Lifeguarding Review	15+	Mon	9:30AM- 6:00PM	3/18-3/19	\$200/NM	\$160/M	46039
Lifeguarding Review	15+	Sun	9:00AM- 5:30PM	4/13-4/14	\$200/NM	\$160/M	45946

Spring Classes/Programs 2019



Owings Mills (continued)

Class	Age	Day	Time	Dates	Guest	Member	Code
Lifeguarding Review	15+	Tue	9:30AM- 6:00PM	5/20-5/21	\$200/NM	\$160/M	45955
Lifeguarding Review	15+	Tue	9:30AM- 6:00PM	5/28-5/29	\$200/NM	\$160/M	45999
Lifeguarding Review	15+	Tue	9:30AM- 6:00PM	6/3-6/4	\$200/NM	\$160/M	45911

Class	Age	Day	Time	Dates	Guest	Member	Code
CERTIFICATIONS							
Park Heights							
Adult and Ped FA/CPR/AED Blended		Fri	9:00AM-11:30AM	3/8-3/8	\$110/NM	\$110/M	46237
Adult and Ped FA/CPR/AED Blended		Wed	9:00AM-11:30AM	3/13-3/13	\$110/NM	\$110/M	46238
Adult and Ped FA/CPR/AED Blended		Wed	1:00PM- 3:30PM	3/13-3/13	\$110/NM	\$110/M	46239
Lifeguarding Female Only - Blended Learning		Sun	9:00AM- 5:30PM	3/10-3/31	\$300/NM	\$275/M	46240
Babysitter's Training + Ped FA/CPR PH	11-14	Sun	9:30AM- 4:00PM	5/5-5/12	\$175/NM	\$150/M	45910

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 (Sat)	6 mos-2 yr.	Sat	11:30AM-12:00PM	3/2-4/13	\$132/NM	\$110/M	46045
Parent Infant Swim (Sat 2)	6 mos-2 yr.	Sat	11:30AM-12:00PM	5/4-6/29	\$150/NM	\$125/M	46046
Parent Infant Swim (Sun 2)	6 mos-2 yr.	Sun	11:30AM-12:00PM	6/16-7/28	\$132/NM	\$110/M	45947
Parent Child Swim (Sun)	2-5	Sun	9:30AM-10:00AM	3/31-5/19	\$132/NM	\$110/M	45992
Parent Child Swim (Sat 2)	2-5	Sat	9:30AM-10:00AM	5/4-6/29	\$150/NM	\$125/M	46044
Parent Child Swim (Sun 2)	2-5	Sun	9:30AM-10:00AM	6/16-7/28	\$132/NM	\$110/M	45948
Tadpole Swim (Sat 2)	3-5	Sat	9:30AM-10:00AM	3/2-4/13	\$132/NM	\$110/M	46055
Tadpole Swim (Sat)	3-5	Sat	9:30AM-10:00AM	5/4-6/29	\$150/NM	\$125/M	46041
Tadpole Swim (Sun)	3-5	Sun	9:30AM-10:00AM	3/31-5/19	\$132/NM	\$110/M	45958
Tadpole Swim (Sun 2)	3-5	Sun	9:30AM-10:00AM	6/16-7/28	\$132/NM	\$110/M	45949
ARC Level 1 Swim (Sun)	5+	Sun	10:00AM-10:40AM	3/31-5/19	\$132/NM	\$110/M	45976
ARC Level 1 Swim (Sun 2)	5+	Sun	10:00AM-10:40AM	6/16-7/28	\$132/NM	\$110/M	45950
ARC Level 1 Swim (T/Th)	5+	Thu	4:50PM- 5:30PM	4/2-4/18	\$114/NM	\$95/M	46049
ARC Level 1 Swim (T/Th 2)	5+	Thu	4:50PM- 5:30PM	4/30-5/23	\$150/NM	\$125/M	45930
ARC Level 1 Swim (T/Th 3)	5+	Thu	4:50PM- 5:30PM	6/4-6/27	\$150/NM	\$125/M	45960
ARC Level 1 Swim (T/Th 4)	5+	Thu	4:50PM- 5:30PM	7/2-7/30	\$150/NM	\$125/M	46063
ARC Level 2 Swim (Sat)	5+	Sat	10:15AM-10:55AM	3/2-4/13	\$132/NM	\$110/M	46001
ARC Level 2 Swim (Sat 2)	5+	Sat	10:15AM-10:55AM	5/4-6/29	\$150/NM	\$125/M	46006
ARC Level 2 Swim (Sun)	5+	Sun	10:45AM-11:25AM	3/31-5/19	\$132/NM	\$110/M	45979
ARC Level 2 Swim (Sun 2)	5+	Sun	10:45AM-11:25AM	6/16-7/28	\$132/NM	\$110/M	45951
ARC Level 2 Swim (T/Th)	5+	Thu	5:30PM- 6:10PM	4/2-4/18	\$114/NM	\$95/M	46058

Spring Classes/Programs 2019



Class	Age	Day	Time	Dates	Guest	Member	Code
ARC Level 2 Swim (T/Th 2)	5+	Thu	5:30PM- 6:10PM	4/30-5/23	\$150/NM	\$125/M	45970
ARC Level 2 Swim (T/Th 3)	5+	Thu	5:30PM- 6:10PM	6/4-6/27	\$150/NM	\$125/M	46028
ARC Level 3 Swim (Sat 2)	6+	Sat	10:15AM-10:55AM	3/2-4/13	\$132/NM	\$110/M	46007
ARC Level 3 Swim (Sat)	6+	Sat	10:15AM-10:55AM	5/4-6/29	\$150/NM	\$125/M	45997
ARC Level 3 Swim (Sun)	6+	Sun	10:00AM-10:40AM	3/31-5/19	\$132/NM	\$110/M	46075
ARC Level 3 Swim (Sun 2)	6+	Sun	10:00AM-10:40AM	6/16-7/28	\$132/NM	\$110/M	45925
ARC Level 3 Swim (T/Th)	6+	Thu	6:15PM- 6:55PM	4/2-4/18	\$114/NM	\$95/M	45952
ARC Level 3 Swim (T/Th 2)	6+	Thu	6:15PM- 6:55PM	4/30-5/23	\$150/NM	\$125/M	46029
ARC Level 3 Swim (T/Th 3)	6+	Thu	6:15PM- 6:55PM	6/4-6/27	\$150/NM	\$125/M	45929
ARC Level 4 Swim (Sat)	7+	Sat	11:00AM-11:40AM	3/2-4/13	\$132/NM	\$110/M	46002
ARC Level 4 Swim (Sat 2)	7+	Sat	11:00AM-11:40AM	5/4-6/29	\$150/NM	\$125/M	46008
ARC Level 4 Swim (Sun)	7+	Sun	10:45AM-11:25AM	3/31-5/19	\$132/NM	\$110/M	46076
ARC Level 4 Swim (Sun 2)	7+	Sun	10:45AM-11:25AM	6/16-7/28	\$132/NM	\$110/M	45923
ARC Level 4 Swim (T/Th)	7+	Thu	5:30PM- 6:10PM	4/2-4/18	\$114/NM	\$95/M	45954
ARC Level 4 Swim (T/Th 2)	7+	Thu	5:30PM- 6:10PM	4/30-5/23	\$150/NM	\$125/M	45990
ARC Level 4 Swim (T/Th 3)	7+	Thu	5:30PM- 6:10PM	6/4-6/27	\$150/NM	\$125/M	45994
ARC Level 5 Swim (Sat)	7+	Sat	11:00AM-11:40AM	3/2-4/13	\$132/NM	\$110/M	46059
ARC Level 5 Swim (Sat 2)	7+	Sat	11:00AM-11:40AM	5/4-6/29	\$150/NM	\$125/M	46042
ARC Level 5 Swim (Sun)	7+	Sun	10:00AM-10:40AM	3/31-5/19	\$132/NM	\$110/M	46060
ARC Level 5 Swim (Sun 2)	7+	Sun	10:00AM-10:40AM	6/16-7/28	\$132/NM	\$110/M	45924
ARC Level 5 Swim (T/Th)	7+	Thu	6:15PM- 6:55PM	4/2-4/18	\$114/NM	\$95/M	45935
ARC Level 5 Swim (T/Th 2)	7+	Thu	6:15PM- 6:55PM	4/30-5/23	\$150/NM	\$125/M	45968
ARC Level 5 Swim (T/Th 3)	7+	Thu	6:15PM- 6:55PM	6/4-6/27	\$150/NM	\$125/M	45969
ARC Level 6 Swim (Sat)	7+	Sat	10:15AM-10:55AM	3/2-4/13	\$132/NM	\$110/M	46056
ARC Level 6 Swim (Sun)	7+	Sun	10:45AM-11:25AM	3/31-5/19	\$132/NM	\$110/M	45957
ARC Level 6 Swim (Sun 2)	7+	Sun	10:45AM-11:25AM	6/16-7/28	\$132/NM	\$110/M	45934
ARC Level 6 Swim (T/Th)	7+	Thu	5:30PM- 6:10PM	4/2-4/18	\$114/NM	\$95/M	45936
ARC Level 6 Swim (T/Th 2)	7+	Thu	5:30PM- 6:10PM	4/30-5/23	\$150/NM	\$125/M	45975
ARC Level 6 Swim (T/Th 3)	7+	Thu	5:30PM- 6:10PM	6/4-6/27	\$150/NM	\$125/M	46027
Teen/Adult Beginner Swim (Sun)	13+	Sun	12:00PM-12:40PM	3/31-5/19	\$132/NM	\$110/M	46061
Teen/Adult Beginner Swim (Sun 2)	13+	Sun	12:00PM-12:40PM	6/16-7/28	\$132/NM	\$110/M	45971
Teen/Adult Beginner Swim (M/W)	13+	Wed	8:00PM- 8:40PM	4/1-4/17	\$114/NM	\$95/M	45956
Teen/Adult Beginner Swim (M/W 2)	13+	Wed	8:00PM- 8:40PM	4/29-5/22	\$150/NM	\$125/M	45931
Teen/Adult Beginner Swim (M/W 3)	13+	Wed	8:00PM- 8:40PM	6/3-6/26	\$132/NM	\$110/M	45932

Spring Classes/Programs 2019



Class	Age	Day	Time	Dates	Guest	Member	Code
SWIM LESSONS							
Owings Mills							
Teen/Adult Swim Stroke Improvement (M/W)	13+	Wed	8:00PM- 8:40PM	4/1-4/17	\$114/NM	\$95/M	45959
Teen/Adult Swim Stroke Improvement (M/W 2)	13+	Wed	8:00PM- 8:40PM	4/29-5/22	\$150/NM	\$125/M	45933
Teen/Adult Swim Stroke Improvement (Sun 2)	13+	Sun	12:00PM-12:40PM	6/16-7/28	\$132/NM	\$110/M	46012
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
Class							
SWIM LESSONS							
Park Heights							
ARC Level 2 Swim Lessons CO-ED	5+	Mon	5:30PM- 6:10PM	4/1-5/20	\$132/NM	\$110/M	45861
ARC Level 1 Swim Lessons Male	5+	Sun	4:15PM- 4:55PM	6/16-7/28	\$114/NM	\$95/M	45866
ARC Level 1 Swim Lessons Female	5+	Sun	12:35PM- 1:15PM	6/16-7/28	\$114/NM	\$95/M	45874
Water Aerobics							
Aqua Zumba - Female Only		Mon	7:30PM- 8:15PM	4/1-6/24	\$105/NM	\$85/M	45881

For immediate questions call Aquatics Hotline: 410.559.3530

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

Spring 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	3/13-5/1	\$240	\$160	45424
PARK HEIGHTS 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