



## INCLUSION AT THE JCC (FOR ALL AGES)

### Welcoming. Community. Respect.

Inclusion at the JCC means welcoming all, regardless of age, faith, ethnicity, need or ability. This belief helps make us a strong and supportive community and upholds the Jewish — and universal — values of welcoming guests, kindness, respect, and communal responsibility. Individual differences are to be celebrated and can only further enrich the JCC community.

We are encouraging those with special needs to participate in various programs, whether within our traditional classes or in our specialized programs. If you wish to join any class or program, please contact Liza Fahey at [lfahey@stamfordjcc.org](mailto:lfahey@stamfordjcc.org) or 203.487.0946 to discuss the details of what the class or program offers and if it is a good fit for you and your child's needs and abilities.

### Yogalates

Ages 3 – 5

Fun and age-appropriate fusion of yoga and Pilates designed to increase core strength and stamina, improve coordination and proprioception and work on strengthening and stretching the body.

Sundays, 11 – 11:35 a.m.

Sept. 15 – Nov. 3

Member \$160 / Community \$200 (8 sessions)

### Music Mania

Ages 4 – 6

Music Therapy provides opportunities for children to acquire and practice skills they learn throughout their education. It targets the entire developmental spectrum for children with special needs and children who are developing typically. This gives children the opportunity to explore their creativity, using music as the motive to improve cognitive, social, physical, psychological and communicative functioning.

Mondays, 4 – 4:45 p.m.

Sept. 9 – Nov. 18 (No class Sept. 30, Oct. 14, Nov. 11)

Member \$160 / Community \$200 (8 sessions)

### Teen Cycling

Ages 12 – 16

Cycling will get you motivated and get the endorphins flowing. Get a total body workout – not just legs – and feel the team spirit! Increase endurance and stamina with a cardio workout that is lots of fun. In partnership with The Waverly Group.

Sundays, 11:45 a.m. – 12:45 p.m.

Oct. 6 – Dec. 15 (No class Dec. 1)

Members \$250 / Community \$300 (10 sessions)

### Exploring Science through our SENSES

Ages 6 – 9

Messy play is a key component to develop children's fine and gross motor and coordination skills. Through the children's 7 senses we will explore different ways to help them learn and grow. We will be creating and working with different textures and materials each week. Whether it's making Play Doh, calming bottles, or fun gooey slime, the children will have fun experiencing their 7 senses—taste, smell, sight, touch, hearing, vestibular (balance), proprioceptive (joint movements)—in their own way.

Tuesdays, 4:30 – 5:15 p.m.

Sept. 10 – Nov. 19 (No class Oct. 1, Oct. 8, Nov. 5)

Member \$160 / Community \$200 (8 sessions)

### R&R (Recreate & Relate)

Grades 6 – 8, and High School/Young Adult

R&R is an active social program that meets during the academic year. We meet at the JCC to participate in activities together such as cooking, seeing theater performances, varied sports events, pool parties, volunteering, and much more, which are not only fun but also enhance team-building skills. The social groups provide youths with a structured and safe environment to develop their social skills and build relationships. The goal of R&R is learning to work together!

#### Grades 6 – 8

Wednesdays, 4 – 5:30 p.m.\*, and Sundays, 12 – 2 p.m.\*

Oct. 13, Oct. 30, Nov. 3, Nov. 20, Dec. 8, Dec. 18

Member \$120 / Community \$150 (6 sessions)

#### High School and Young Adult

Sundays, 1 – 3 p.m.\*

Sept. 22, Oct. 6, Oct. 20, Nov. 10, Nov. 24, Dec. 15

Member \$120 / Community \$150 (6 sessions)

\*Register early if you need the JCC van to pick you up from the Stamford Public Schools on school days! Admission fees to all Sunday trips must be paid separately.

### Classic Cooking

High School and Young Adult

Teens and young adults will collaborate on fun recipes while learning basic cooking skills and kitchen safety. After preparing food together they will sit down to enjoy the food they have prepared while conversing with one another with the support of the inclusion coordinator.

Tuesdays, 5:30 – 7 p.m.

Oct. 15 – Dec. 10 (No class Nov. 5)

Members \$120 / Community \$160 (8 sessions)

\*Each week they will be assigned an ingredient to bring to the class.

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### JUMPSTART

Serving 2-year-olds  
with special needs

Part of our family of early childhood education programs, JumpStart is a therapeutic classroom experience for 2-year-olds with special needs. The JumpStart classroom follows the pattern of a typical nursery school classroom, offering invaluable social and educational experiences in a group setting. For more information, please contact JumpStart Director Jane Faherty at 203.487.0980 or [jfaherty@stamfordjcc.org](mailto:jfaherty@stamfordjcc.org).



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