

Mandel JCC School's Out

After-School Care Enrichment Programs



Registration:
Lorri Slesh • (216) 593-6225
lslesh@mandeljcc.org

Program Information:
Hayley Ryshen • (216) 593-6222
hryshen@mandeljcc.org



26001 S. Woodland Raod
Beachwood, OH 44122



Schools Out Enrichment Programs

Aquatics

Learn to Swim Classes

October 10 – December 4

1x week: Reg: \$56 • Schools Out: \$28

2x week: Reg: \$100 • Schools Out: \$50

Level 1 (ages 6+)

Tuesday and/or Thursday • 5 pm

Water adjustment skills, bubbles, kicking, submerging face, floating, and beginning to coordinate swim strokes. This transition level teaches child to be comfortable in the water and to begin to move in the water without the aid of the instructor. Use equipment in place of “hands on” instruction.

Level 2 (ages 6+)

Monday and/or Wednesday • 5 pm

Must have mastered: Being comfortable with independent bobs focusing on breathing technique, floating on front & back with equipment. Must be familiar with arm and hand movements for treading water. Combine arm and leg action on front and back progressing forward at least 20 feet without assistance. Must understand basic water safety skills.

Level 3 (ages 6+)

Monday and/or Wednesday • 4:30 pm

Same as Level 2. Combine arm and leg action on front and back progressing forward at least 30 feet without equipment. Demonstrate knowledge of basic water safety skills.

Level 4 (ages 6+)

Tuesday and/or Thursday • 4:30 pm

Must have mastered: Ability to pick up submerged items on bottom of deep end, maintain front and back float for 5 seconds, tread water for 10 seconds, front and back crawl progressing one length of pool.

Level 5 (ages 6+)

Monday and/or Wednesday • 5 pm

Must have mastered: Ability to tread water for 30 seconds to 1 minute, 1 lap of front and back crawl with breathing, demonstrate butterfly kick and somersaults.

Fitness

YogaKids (6 – 10 years)

Tues • 4:15 – 5 pm • Sept 13 – Oct 18

This class aims to empower children through yoga. Kids will learn how to relieve stress while developing rhythm, balance, strength, flexibility and awareness of their body and emotions through music, reading, storytelling and the arts.

Reg: \$60; Schools Out: \$30

Zumbatomic

Wed • 4 – 5 pm • Sept 14 – Nov 2

Designed exclusively for kids (ages 4 – 12), Zumbatomic classes are rockin’, high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Parents love Zumbatomic because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination.

Reg: \$56; Schools Out: \$28

Girls on the Run (grades 3 – 5)

Wed & Sun • 5 – 6 pm • Sept 20 – Nov 13

This self esteem fitness program includes an innovative, nationally successful curriculum, warm-ups, running/walking workout and games, discussion of relevant topics specially for pre-teen girls, healthy treats and snacks and much more.

Fee is on a sliding scale, call for details

Basketball

Moondog Mini Dribblers (5 – 9 years)

Tues • 4:30 – 5:30 pm • Oct 4 – Nov 8

The National Basketball Academy will be teaching early dribbling fundamentals and basic basketball knowledge to help participants grow and become good fundamental players. Includes instructional sessions, special Moondog t-shirt, basketball, a Cavs ticket and special pre-game performances at a Cavaliers game! Discount tickets will be made available for family and friends.

Reg: \$190; Schools Out: \$95

Registration Form

CLASS	DAY	TIME	FEE	
Learn to Swim <input type="checkbox"/> Level 3 <input type="checkbox"/> Level 2 & 5	Mon	4:30 pm	<input type="checkbox"/> \$28	<input type="checkbox"/> \$50
	Mon	5:00 pm	<input type="checkbox"/> \$28	<input type="checkbox"/> \$50
<input type="checkbox"/> Level 4 <input type="checkbox"/> Level 1 & 3	Tue	4:30 pm	<input type="checkbox"/> \$28	<input type="checkbox"/> \$50
	Tue	5:00 pm	<input type="checkbox"/> \$28	<input type="checkbox"/> \$50
<input type="checkbox"/> Level 3 <input type="checkbox"/> Level 2 & 5	Wed	4:30 pm	<input type="checkbox"/> \$28	<input type="checkbox"/> \$50
	Wed	5:00 pm	<input type="checkbox"/> \$28	<input type="checkbox"/> \$50
<input type="checkbox"/> Level 4 <input type="checkbox"/> Level 1 & 3	Thur	4:30 pm	<input type="checkbox"/> \$28	<input type="checkbox"/> \$50
	Thur	5:00 pm	<input type="checkbox"/> \$28	<input type="checkbox"/> \$50
<input type="checkbox"/> Private Lessons	ongoing		<input type="checkbox"/> 1/\$22	<input type="checkbox"/> 5/\$100 <input type="checkbox"/> 10/\$190
Group Fitness <input type="checkbox"/> Kids Yoga <input type="checkbox"/> Zumbatomic	Tue	4:15 pm	\$30	
	Wed	4:00 pm	\$28	
Basketball <input type="checkbox"/> Moondog Mini Dribblers	Tue	4:30 pm	\$95	
	Wed & Sun	5 – 6 pm	Sliding Scale	

By Mail:
Return registration form and payment to
Hayley Ryshen
Mandel JCC
26001 S. Woodland Rd.
Beachwood, OH 44122

By Email:
Islesh@mandeljcc.org



\$_____ Total amount due

Check (make payable to The Mandel JCC)

Child's Name _____ Grade _____ Child's Birthdate _____

Mandel JCC Member Yes No Male Female

Street Address _____

Zip Code _____ Home Phone _____

Parent (1) Name _____

Email _____ Birthdate _____

Day time Phone _____ Cell Phone _____

Parent (2) Name _____

Registration: Lorri Slesh • (216) 593-6225 • Islesh@mandeljcc.org
Program Info: Hayley Ryshen • (216) 593-6222 • hryshen@mandeljcc.org
www.mandeljcc.org