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WINTER 2023

Tuesday, January 17 - Friday, March 17

Member Priority Registration: Wednesday, December 14 | Community Registration: Wednesday, December 21

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PARENT/CHILD SWIM 3 MONTHS - (APPROX.) 30 MONTHS

Play games and sing songs so that your child can associate the pool with a fun experience with a parent. Our highly trained instructors provide you with the tools to make your babies strong swimmers and improve both physical and cognitive development. It takes 50 - 100 hours of water time for your child to become a strong swimmer, and most importantly, for you to have piece of mind in and around the water. As your baby grows into a toddler and gains more experience in the water, we continue to teach accelerated skills that go along with a wide selection of games and songs. Through the progression and development, babies/toddlers will learn to protect themselves from danger, and understand and respect the water. They will realize their limits and slowly reach aquatic independence.

FOR MORE INFORMATION, CONTACT SWIMGYM@MBJCC.ORG



TUESDAY

9 Week Session

10 - 10:45 AM

Yoga Music with parent 0 - 3 Years \$280 | Members: \$200

3:15 - 4 PM **Tots Gymnastics**

3 - 4 Years 17 Weeks: \$535 | Members: \$390 Follows Gymnastics Schedule

4 - 4:45 PM

Twinkle Toes with Mady's Dance Factory

3 - 5 Years 17 Weeks: \$580 | Members: \$420 Follows Enrichment Schedule

4 - 4:45 PM Mighty Mites

3 - 4 Years 17 Weeks: \$540 | Members: \$385 Follows Sports Schedule

WEDNESDAY

9 Week Session

9:30 - 10:15 AM

My Gym with parent 4 - 18 Months \$340 | Members: \$225

10:30 - 11:15 AM

My Gym with parent 18 Months - 3 Years \$340 | Members: \$225

THURSDAY

9 Week Session

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9:30 - 10:15 AM

Art & Me with parent 18 Months - 2 Years \$310 | Members: \$215

10:30 - 11:15 AM

Art & Me with parent 2 - 3 Years \$310 | Members: \$215

3:15 - 4 PM

Tots Gymnastics

3 - 4 Years 15 Weeks: \$470 | Members: \$345 Follows Gymnastics Schedule

4 - 4:45 PM Jr. Mighty Mites

2 - 3 Years

15 Weeks: \$475 | Members: \$340 Follows Sports Schedule

Jenny Mermelszteyn

Director of Camping & Children/Family Programs jenny@mbjcc.org | x210

Hellen Jena

Registrar

register@mbjcc.org | x235

HOLIDAY CLOSINGS

Mon., January 16 · MLK Jr. Day Mon., January 23 • Teacher Work Day Mon., February 20 • President's Day

Mon., March 20 - Fri., March 24 Spring Break Wed., April 5 - Thur., April 13 • Passover Break Wed., April 26 • Yom Ha'atzmaut Celebration

ART & ME

Through art children can learn and explore with exciting and messy open-ended unconventional art materials. Little ones learn about colors, textures, and shapes while developing fine motor skills and expressing their creativity. Come dressed to get messy.

My Gym brings extensively trained instructors, fun parent and me classes, flexible programs, beginning gymnastics, games and more.

YOGA

Come ready to share, sing, play, learn yoga poses and creative breathing exercises, and enjoy relaxing connecting time. YoMu is a unique experience combining yoga with the power of live music

TWINKLE TOES

A great introduction to dancing for children just developing their coordination. The teacher guides in a way that makes discovering movement, balance and listening skills easy and fun. This class is an excellent first group activity and opportunity to develop a stronger bond in a fun, safe and nurturing atmosphere.

Mady's Dance Factory aims to provide an uplifting, motivating, and supportive environment where the dancer experiences that joy and DANCE transformation on the body and soul that we like to call DANCE.



MIGHTY MITES

Have a blast while learning new games! Children will learn how to run, jump, kick, throw, catch, skip, and much more. This class will help build balance, strength, coordination, and focus on gross motor skills while having lots of fun.

*A parent/designated adult must remain present during each class.

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Get social with #mbjcc and tell everyone You Belong Here!

Share your story and a picture or video on Social Media!

Tell us your stories, share your memories. We want to hear from you. Why do you love the MBJCC? Tag @mbjcc whenever you post from or about the MBJCC on Social Media.

Like us on Facebook and Follow us on Instagram Help us Grow a Stronger Social Media Community!



Connect to our Social Media f/mbicc **ା**/mbicc

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