

UMJCA PROGRAMS FALL 2021 REGISTRATION

Fall 2021 registration for UMJCA Programs will be available ONLINE and you will be able to register and pay for classes from the comfort of your own home!

Online registration for Basketball will open on
Sunday, September 12th at 2pm.
Online registration for classes at Ohr Esther will open on
Monday, September 13th at 10am.
Please go to <http://www.mashadi.org/programs/>
to register for classes.

ALL PAYMENTS MUST BE MADE ONLINE FOR FALL 2021

If you do not have an account, please create an account for you and your family members before registration opens.

For further information:
Contact Avital at 516-708-9999
or email: avital@mashadi.org





MJC BASKETBALL@54

Sunday	Monday	Tuesday	Wednesday	Thursday
RESERVED FOR BASKETBALL CLASSES AND LEAGUES	Kindergarten Boys 4:00pm - 5:00pm First Day: Oct 4 Contact Mom: Blanche Nassim	1st Grade Boys 4:00pm - 5:00pm First Day: Oct 5 Contact Mom: Sadie Hakimian	Nursery Boys 3:15pm - 4:15pm First Day: Oct 6 Contact Mom: Shana Rahmani	2nd Grade Girls 4:00pm - 5:00pm First Day: Oct 7 Contact Mom: Lauren Benilevi
9th & 10th Grade Boys 4:00 - 5:00pm First Day: Oct 10	2nd Grade Boys (Option 1) 5:00pm - 6:00pm First Day: Oct 4 Contact Mom: Odelia Namdar	3rd Grade Boys 5:00pm - 6:00pm First Day: Oct 5 Contact Mom: Stefanie Hazghiyani	Pre-K Boys 4:15pm - 5:15pm First Day: Oct 6 Contact Mom: Pamela Kashanian	3rd Grade Girls 5:00pm - 6:00pm First Day: Oct 7 Contact Mom: Shirley Nassimi
	4th Grade Boys 6:00pm - 7:00pm First Day: Oct 4 Contact Mom: Daniella Hakimian	5th Grade Boys 6:00pm - 7:00pm First Day: Oct 5 Contact Mom: Blanche Nassim	2nd Grade Boys (Option 2) 5:15pm - 6:15pm First Day: Oct 4 Contact Mom: Odelia Namdar	4th Grade Girls 6:00pm - 7:00pm First Day: Oct 7 Contact Mom: Anita Kashimallak
	6th Grade Boys 7:00pm - 8:00pm First Day: Oct 4 Contact Mom: Ava Nassimiha	Fee: \$350/year Masks will be required and basketball equipment will be disinfected. Due to COVID-19, class sizes may be limited. If registration is 10 or under, we reserve the right to cancel the class.		5th Grade Girls 7:00pm - 8:00pm First Day: Oct 7 Contact Mom: Stefanie Hazghiyani



EARLY CHILDHOOD/YOUTH

Monday	Tuesday	Thursday	Friday
Dance at Ohr Esther Nursery Girls Odelia Namdar 3:10pm - 4:00pm \$360 24 Sessions First Day: Oct 18	Mommy & Me 8-17 months Candie Zar 11:30am-12:30pm Location TBA \$180/12 Sessions or \$20/walk-in First Day: Oct 19	Ballet Nursery/Pre-K 3:10-4:00pm Ms. Natalia \$180 12 Sessions First Day: Oct 14	Soccer Nursery Boys Super Soccer Stars 1:00pm - 2:00pm \$180 12 sessions First Day: Oct 15
Dance at Ohr Esther Kindergarten Girls Odelia Namdar 4:00pm - 5:00pm \$360 24 Sessions First Day: Oct 18	Dance at Ohr Esther Pre-K Girls Odelia Namdar 3:10-4:00pm \$360 24 Sessions First Day: Oct 19	Karate Pre-K Boys A+ Martial Arts 3:10-3:50pm \$240 (no uniform) 12 Sessions First Day: Oct 14	Soccer Nursery Boys Super Soccer Stars 1:00pm - 2:00pm \$180 12 sessions First Day: Oct 15
Gymnastics 1st Grade Girls Coach Shaina Makhany 4:15pm-5:15pm \$180 12 Sessions First Day: Oct 18	Dance at Ohr Esther 1st Grade Girls Odelia Namdar 4:00-5:00pm \$360 24 Sessions First Day: Oct 19	Karate Kindergarten Boys A+ Martial Arts 3:55 - 4:45pm \$240 (uniform not included) 12 Sessions First Day: Oct 14	
Gymnastics 2nd & 3rd Grade Girls Coach Shaina Makhany 5:15pm-6:15pm \$180 12 Sessions First Day: Oct 18		Karate 1st & 2nd Grade Boys A+ Martial Arts 4:45 - 5:45pm \$240 (uniform not included) 12 Sessions First Day: Oct 14	
		Karate 3rd Grade Boys A+ Martial Arts 5:45 - 6:45pm \$240 (uniform not included) 12 Sessions First Day: Oct 14	
		Cheer 6th & 7th Grade Girls Coach Isabelle B 5:00pm-6:00pm \$180 12 Sessions First Day: 14	



ADULT EDUCATION

Tuesday

Cooking Demos TBA

Strength Training for Bone Health

Women
Instructor: Sepi Koren
7:30pm - 8:30pm
\$100
10 Sessions
First Day: Oct 19

Yoga

Women
Instructor: Dina Kalaty
8:30pm - 9:30pm
\$100
10 Sessions
First Day: Oct 19

Reboot Workshop!

Women
Instructor: Sharleen Ijadi, HWC, Health & Wellness Speaker & Coach
This 4 week program will cover the latest science in:
- mindful breathing
- diet & nutrition
- exercise, sleep & hydration
- stress reduction & positive outlook
- weight loss & anti-aging
Learn how to make your biology work for you, rather than against you!
\$60/4 Sessions
Dates: October 12, 19, 26 & November 2

Wednesday

Prenatal Exercise Class at Shaare Shalom

Women
Instructor: Rachele Nitzani
9:45am - 10:45am
\$100
10 Sessions
First Day: Oct 14

Postnatal Exercise Class at Shaare Shalom

Women
Instructor: Rachele Nitzani
10:45am - 11:45am
\$100
10 Sessions
First Day: Oct 14

Partner in Caring at the Mashadi Jewish Center

Leslie Grama Shapiro, LMSW
516-484-1545 ext. 196 or lshapiro@sjjcc.org

We Connect - Mashadi Peer to Peer Confidential Support and Information Helpline

For further information:
email avital@mashadi.org



JEWISH EDUCATION

Monday

Girls Night Out

6th & 7th Grade Girls
7:00pm - 8:20pm
Start Date: TBA

IVREAD

16 and Up
Community Teachers
8:30pm - 9:30pm
8 sessions
Begins: Oct 18
\$25 returning students
\$30 new students

Sephardic Beth Midrash

College & Up
Community Teachers
8:00pm-10pm
Mondays-Thursdays at Shaare Rachamim

Tuesday

Tuesday Morning Parasha Class

Women all ages
Rabbanit Coty Bitton
9:45am

Teen Tuesdays

6th & 7th Grade Boys
7:00pm - 8:20pm
Start Date: TBA

Wednesday

Learn It Up

College & Up
Approved Instructors
by Religious Council
8:00pm - 10:00pm
Start Date: TBA

Kallah Classes

All Engaged Women
Approved Instructors by
Religious Council

Chattan Classes

All Engaged Men
Approved Instructors by
Religious Council

Relationship Classes

Women all ages
Rabbanit Coty Bitton
Dates: TBA



UMJCA Programming LLC reserves the right to cancel any program due to insufficient registration. All programs are subject to minimum and maximum enrollment. In such cases, you will receive notification and a full refund. If you withdraw from a program prior to the first session, a refund may be made. All payments must be made on Registration Day. All programming open to Mashadi Community members only. Absolutely no refunds will be made after the 2nd class. UMJCA Programming LLC