

# UMJCA PROGRAMS

## SPRING 2022 REGISTRATION

Spring 2022 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 will open on  
**Wednesday, January 12th at 10am.**  
Please go to <http://www.mashadi.org/programs/>  
to register for classes.

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](mailto:avital@mashadi.org)





# CAMP MJC 2022

## Early Bird Registration for Camp MJC 2022

Camp MJC is back and better than ever with last year's favorite activities and more! Register for an unforgettable summer of sports, instructional and free swim, amazing field trips, creative and educational in-house activities, and much more!

Fully Catered Lunch and nut-aware policies.

Camp Director: Rabbi Steven Moskowitz

Early-Bird Online Registration for grades K-7 will take place on **Sunday, January 2nd 2020** at 130 Steamboat Road. Starting **Sunday, January 2nd**, you can register online at [www.campmjc.org](http://www.campmjc.org).

For more information please email [info@campmjc.org](mailto:info@campmjc.org) or call (516) 640-0077.



## MJC BASKETBALL@54

All Basketball and Sports Classes at MJC will continue in session. For further information about all basketball/sports classes at MJC, please call **516.708.9999** or email [basketball@mashadi.org](mailto:basketball@mashadi.org).



# EARLY CHILDHOOD/YOUTH

Sunday	Monday	Tuesday	Thursday	Friday
<b>Toddler Soccer</b> Toddler Soccer Toddler Super Soccer Stars 2:15pm-3:00pm \$180 12 Sessions First Day: Feb 13	<b>Dance at Ohr Esther</b> Nursery Girls Odelia Namdar 3:10pm - 4:00pm IN SESSION	<b>Mommy &amp; Me</b> 8-17 months Candie Zar 11:30am-12:30pm Location: 54 Steamboat \$180/12 Sessions or \$20/walk-in First Day: Feb 15	<b>Karate</b> Pre-K Boys A+ Martial Arts 3:10-4:00pm \$240 (no uniform) 12 Sessions First Day: Feb 17	<b>Soccer</b> Nursery Boys Super Soccer Stars 1:10pm - 2:00pm \$180 12 sessions First Day: Feb 18
	<b>Dance at Ohr Esther</b> Kindergarten Girls Odelia Namdar 4:00pm - 5:00pm IN SESSION	<b>Dance at Ohr Esther</b> Pre-K Girls Odelia Namdar 3:10-4:00pm IN SESSION	<b>Karate</b> Kindergarten Boys A+ Martial Arts 4:00pm - 4:50pm \$240 (uniform not included) 12 Sessions First Day: Feb17	
	<b>Tiny Chefs</b> Pre-K Boys & Girls Ruth Kashanian 3:10-4:00pm \$160 8 Sessions First Day: Feb 14	<b>Dance at Ohr Esther</b> Pre-K Girls 2 Odelia Namdar 4:00-5:00pm IN SESSION	<b>Karate</b> 1st Grade Boys A+ Martial Arts 4:50pm - 5:50pm \$240 (uniform not included) 12 Sessions First Day: Feb 17	
		<b>Gymnastics</b> Kindergarten Girls Coach Shaina 5:00-6:00pm \$180 12 Sessions First Day: Feb 15		



**Gymnastics**  
 1st & 2nd Grade Girls  
 Coach Shaina  
 6:00-7:00pm  
 \$180  
 12 Sessions  
 First Day: Feb 15





# ADULT EDUCATION

## Tuesday

### Strength Training for Bone Health

Women  
Instructor: Sepi Koren  
7:30pm - 8:30pm  
\$100  
10 Sessions  
First Day: Feb 15

### Yoga

Women  
Instructor: Dina Kalaty  
8:30pm - 9:30pm  
\$100  
10 Sessions  
First Day: Feb 15

### Introduction to Microsoft Excel

Instructor: David Karimzadeh  
In this Excel workshop, you will learn the basics of Excel such as how to navigate a spreadsheet, enter/edit/delete data, work with columns and rows, formulas, sorting/filtering data, formatting cells, and more.  
*Prerequisite: Students should know how to use a computer and work with basic applications.*  
8:30pm - 9:30pm  
\$100/5 Sessions  
Dates: Feb 22, March 1, 8, 15, 22

## Thursday

### Prenatal Exercise Class at Shaare Shalom

Women  
Instructor: Rachele Nitzani  
9:45am - 10:45am  
\$100  
10 Sessions  
First Day: Feb 17

### Pilates Class at Shaare Shalom

Women  
Instructor: Rachele Nitzani  
10:45am - 11:45am  
\$100  
10 Sessions  
First Day: Feb 17

### 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



Cooking Demos  
TBA

# JEWISH EDUCATION

## Monday

**IVREAD**  
16 and Up  
Community Teachers  
8:30pm - 9:30pm  
8 sessions  
Begins: Feb 7  
\$25 returning students  
\$30 new students

## Tuesday

**Derasha With Doron**  
Ladies  
Tuesdays  
8:30pm  
Ohr Esther

## Wednesday

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

## Thursday

**Learn It Up**  
High School  
Rabbi Eli Levian  
Start Date: TBA

Coming Soon:  
IVREAD TEENS!  
TBA



### Sephardic Beth Midrash

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

### 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