



Prosserman JCC | Fall 2026

Children & Family Programs

To register visit
www.prossermanjcc.com

For program information contact:
programs@prossermanjcc.com



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pickleball Lesson (14+) 3:00PM - 4:00PM Gym Sept 14 - Dec 14	Kids Karate (6-8) 5:00PM - 6:00PM Goldie Fitness Center Sept 15 - Dec 15	Gymnastics 5:15PM - 6:15PM Studio 112 Sept 30 - Nov 18	The Magic Club (5-10) 4:45PM - 5:45PM 211/211A Sept 24 - Dec 10 (No Class Nov 26 & Dec 3)	PA Day: Baby Sitting Course 9:00AM - 4:00PM Room 132 November 20	Creative Movement (3-6) 10:00AM - 11:00AM Room 112 Oct 17 - Dec 12	Mini Movers (2-6) 9:00AM - 10:00AM Gym Oct 18 - Dec 20
Junior Boxing (9-14) 6:00PM - 7:00PM LL-74 Sept 14 - Dec 14	Advance Karate (9-14) 6:00PM - 7:30PM Goldie Fitness Center / 112 Sept 15 - Dec 15	Adult & Child Paint Night 5:15PM - 7:15PM Room 204 Oct 14, Nov 18, Dec 9	Sculpture and Pottery 4:45PM - 6:15PM Room 208 Oct 1 - Dec 3	Tot Shabbat (0-3) 9:30AM - 10:15AM Room 114 Sept 18 - Dec 18		Junior Boxing (9-14) 9:30AM - 10:30AM LL-74 Oct 18 - Dec 20
Adult Boxing (14+) 7:00PM - 8:30PM LL-74 Sept 14 - Dec 14	J-Fit Girl Power (9-14) 6:00PM - 7:00PM LL-74 Sept 15 - Dec 15	Junior Boxing (9-14) 6:00PM - 7:00PM LL-74 Sept 16 - Dec 16 (No class on Nov 11th)	Art (Children) 5:00PM - 6:00PM Room 204 Sept 17 - Dec 3 (No class Oct 22 & Nov 26)			Adult Boxing (14+) 10:30AM - 12:30AM LL-74 Oct 18 - Dec 20
KESHER: Chess Beginners שחמט - רמה למתחילים 5:30 PM - 6:30 PM Oct. 19- Dec 7		Animation Cartoon Creator Club 6:00PM - 7:00PM Room 204 Sept 16 - Dec 2 (No class Oct 14 & Nov 18)	Kids Karate (6-8) 5:00PM - 6:00PM LL-74 Sept 17 - Dec 17			Sculpture and Pottery (ages 12-17) 11:00AM - 1:00PM Room 208 Oct 18 - Dec 13
KESHER Lego Robotics (Grade K-2) - רובוטיקה 5:30 PM - 6:30 PM Oct. 19- Dec 7		Crerate & Decorate: Sukkot 6:30PM - 7:30PM Room 211/211A September 23	Adult & Child Workshop: Candle Making (8+ w Adult) 5:15PM - 7:15PM Studio 204 Oct 22 & Nov 26			Animation Cartoon Creator Club 1:10PM - 2:30PM Room 204 Oct 18 - Dec 13
KESHER Dance (Ages 4-6) 5:30 PM - 6:30 PM Oct. 19- Dec 7		Adult Boxing (14+) 7:00PM - 8:30PM LL-74 Sept 16 - Dec 16	Teen Middle Eastern Dance - Foundations 6:00PM - 7:00PM Studio 112 Oct 1 - Nov 19			Hip-Hop (ages 4-6) 1:30PM - 2:30PM Room 112 Oct 18 - Dec 13
KESHER Little Chefs סדנת בישול לילדים 5:30 PM - 7:00 PM Oct. 19- Dec 7			Kids Karate (9-14) 6:00PM - 7:00PM LL-74 Sept 17 - Dec 17			Teen Club Workshop ages (13-17) 2:30PM - 4:00PM Oct 18, Nov 15, Dec 13
KESHER: Chess Beginners שחמט - רמה בינונית 6:30 PM - 7:30 PM Oct. 19- Dec 7			Kids Karate (9-14) 6:00PM - 7:00PM LL-74 Sept 17 - Dec 17			Sculpture and Pottery (5+ w Adult) 1:30PM - 3:30PM Room 208 Oct 18 - Dec 13
KESHER Lego Robotics (Grade 2-6) - רובוטיקה 6:30 PM - 7:30 PM Oct. 19- Dec 7			Sculpture and Pottery (Ages 12-17) 6:30PM - 9:30PM Room 208 Oct 1 - Dec 3			Sculpture and Pottery (7-11) 4:00PM - 6:00PM Room 208 Oct 18 - Dec 13
KESHER Dance (Ages 7-10) 6:30 PM - 7:30 PM Oct. 19- Dec 7						

- Ceramics Classes
- Art Classes
- Physical Activity
- Lectures/Social Groups
- Game Programs
- KESHER - Programs in Hebrew

Register
today for
these great
programs

Adult & Junior Boxing

Small Group Boxing will focus on form, basics, and working on combinations of hits. This class will take place in our martial arts studio and will be instructed by boxing coach, Antonio. It is a high energy, technical workout.

Kids Karate (6-8 / 9-14)

Students will learn the fundamentals of traditional karat, including stance, blocks, strikes, and kata. The program focuses on more than martial arts skills. Participants will build confidence, discipline, respect, focus, and coordination while developing healthy habits.

Advance Karate

Designed for experienced karate students, the program focuses on developing the skills, discipline, and mindset required for competitive martial arts. Students will have the opportunity to prepare for and participate in local and regional karate tournaments, gaining valuable competitive experience in a supportive challenging environment.

Mini Movers

Mini Mover is a fun and active program designed for children ages 2-6 to explore a variety of sports through age-appropriate games and activities. Participants will develop fundamental movement skills such as running, jumping, throwing, catching, and kicking while building confidence, coordination, teamwork and a love for physical activity.

Pickleball Lessons

Pickleball is a fun, mid to high energy, low impact racquet sport. Our lesson cohorts include learn to play, beginner, and intermediate.

J-Fit Teen Training

J-Fit Teen Training is a fun and engaging small-group fitness program designed specifically for teens. Led by a certified personal trainer, participants will build strength, endurance, confidence through age-appropriate workouts using bodyweight exercises and free weights.

Krav Maga

Learn practical self-defense skills in a supportive and high energy environment with our Adult Krav Maga program. Participants will develop effective striking, defensive techniques, situational awareness.

Children's Art

Prepare the paint and grab the brush! This creative class introduces young children to colours, shapes, textures, and basic art techniques through fun hands-on activities. Designed for ages 3-6, children will build confidence, develop artistic skills, and explore their imagination in a joyful and supportive environment.

Gymnastics

Introduce your child to gymnastics through fun activities, games, and movement exercises. Children will develop balance, coordination, strength, and confidence while learning foundational skills in a supportive and energetic environment.

Tot-Shabbat

Tots and their grownups gather together to welcome Shabbat with music and singing, gentle movement, and special activities. This warm and musical program introduces little ones to Jewish traditions in a playful, age-appropriate way, building friendships, curiosity, and connections.

The Magic Club

Get ready for a world of wonder! Our magic classes for kids ages 5-10 teach exciting tricks, illusions, and sleight of hand while boosting confidence, creativity, and presentation skills. Young magicians will learn fun, age-appropriate techniques and amaze their friends and family with incredible feats of magic!

Animation Cartoon Creator Club

Draw, compete, and create in this exciting cartoon drawing experience where creativity meets friendly competition. Through drawing battles, team challenges, character design, and creative games, participants will build confidence, teamwork, and artistic skills while having fun and becoming true Cartoon Champions.



Chugim

Animation Cartoon Creator Club (Ages 7-12) | Hip-Hop (Ages 3-6)

An after-school program designed for children attending supplementary Hebrew school and for those looking for a fun and engaging activity. Explore creativity, movement, and self-expression through cartoon creation and Hip-Hop dance in a welcoming environment.

Sundays, 1:15 PM – 2:30 PM
Pizza lunch included!

KESHER

Little Chefs | Arts & Crafts | Robotics & Engineering

Conducted in Hebrew, KESHER offers engaging hands-on experiences where children explore creativity, cooking, and technology. Through fun activities and projects, participants build confidence, learn new skills, and discover their interests in a supportive environment.

Adult & Child Art Workshops

Candle Making | Create & Decorate: Sukkot | Paint Night

Spend quality time together through creative, hands-on experiences designed for adults and children. Explore new techniques, create unique projects, and enjoy a fun and inspiring atmosphere while making memories together.

Babysitting Course

This hands-on course prepares youth to become confident and responsible babysitters. Participants will learn essential safety practices, emergency response, and leadership skills through interactive, real-life scenarios. Each participant will receive a certificate of completion at the end of the course.

Sculpture and Pottery

Teens get hands-on experience with hand-building and wheel-throwing techniques in a professional ceramics studio. Build real 3D art skills while exploring creativity and personal expression. Instructors offer personalized support in a welcoming and encouraging environment. Materials and supplies provided.

Creative Movement

This lively program features Israeli line and folk dances, along with a variety of traditional styles from around the world. You'll dance, sing, laugh, make new friends - and most importantly, have fun! No prior dance experience is needed!

- Ceramics Classes
- Art Classes
- Physical Activity
- Lectures/Social Groups
- Game Programs
- KESHER - Programs in Hebrew

To register visit
www.prossermanjcc.com
For program information contact:
programs@prossermanjcc.com

