

Gems

At The **J**

COMMUNITY, LEARNING & WELLBEING



Gems Kaiserman JCC
Philly **J**

Summer 2026 Program

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CLUBS

Clubs are free to join with a suggested yearly donation of \$36.



Open Play Canasta

Every Monday
1PM - 3PM



Open Play Mah Jong

Every Thursday
1PM - 3PM



Book Club

6/24 • 7/29 • 8/26
3PM - 4PM

TRIPS



Jewish Playwright Contest

Monday, June 29 | 6PM - 9PM | \$18

INCLUDES TRANSPORTATION!

The Jewish Plays Project and The Weitzman are thrilled to bring the Finals of the National Jewish Playwriting Contest to Philadelphia.

Register online at phillyjcc.com/playwright



Trolley Tour of Valley Forge

Tuesday, July 7 | 10:00AM - 3:30PM | \$72

**INCLUDES LUNCH &
TRANSPORTATION!**

We will head up to King of Prussia for lunch at Seasons52, then head to Valley Forge for a 90-minute air-conditioned encampment trolley tour.

Register online at phillyjcc.com/valleyforge



Grange Estate Tour

Tuesday, July 21 | 9:30AM - 1PM | \$48

**INCLUDES LUNCH &
TRANSPORTATION!**

Take a tour of the historic Grange Estate in Havertown as we learn about the lifestyle of the 1700s. Then we will head to Nudy's for lunch.

Register online at phillyjcc.com/grange

ARTS & CREATIVITY CONTINUED ★ ★ ★ ★ ★ ★ ★ ★ ★ ★



Hands On Challah Bake

Thursday, August 6 | 11AM - 12:30PM | \$10

Whether you have been baking challah for years or looking to start, this workshop will be for you! We will be learning and braiding all different traditions into a delicious challah for your Shabbat table!

Register online at phillyjcc.com/challah-bake



Improv Fun and Games Workshop

Monday, August 3 | 11AM - 12:30AM | \$5

You will have a chance to taste the joy of improv through a series of games and warm-up exercises, done in pairs and groups. You will learn some rules of improv which are useful in our lives: Have fun, Listen, Make your partner look good, Go with the Flow and more.

Register online at phillyjcc.com/improv

MUSIC ★ ★ ★ ★ ★ ★ ★ ★ ★ ★



The Cello Cafe

Monday, August 10 | 11:30PM - 12:30PM | \$15

We will enjoy tunes and community, as Michael will playing a program of arrangements for solo cello of popular music, including selections from pop, musicals, movies, traditional Irish tunes, and more. We will provide cheese crackers and some cold drinks. Feel free to bring our own lunch.

Register online at phillyjcc.com/cello-cafe

JUDAISM ★ ★ ★ ★ ★ ★ ★ ★ ★ ★



18 Hebrew Words in an Hour with Niv

thursday, July 2 | 11:30PM - 12:30PM | \$15

Come take a power-hour language course with Niv Sedah, the JCC Israeli Embassy. Come with an open and curious mind, to build your Hebrew vocabulary.

Register online at phillyjcc.com/18hebrew



Repair the World Serve 250 Opportunity

Friday, July 10 | 11:30AM -1:45PM | \$0

Join us for an opportunity to do a mitzvah (good deed) with our campers as we partner with Repair the World Serve 250. We will make Hanukkah Care Packages. BBQ lunch will be served and materials will be provided.

Register online at phillyjcc.com/serve250

WELLNESS CONTINUED ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Aqua Fit Pool Party

Join Trina Lyons for an Aquafit Pool Party that brings Club Med-style fun to your workout! Keep moving with high-energy, water-based exercises mixed with playful games and upbeat vibes that will keep you smiling the whole time. After class, stick around to relax and refuel with light refreshments and snacks. It's fitness that feels like a party!

- Beach Boys: Thursday, July 9 | 3:15PM - 4:30PM | Free
- Motown: Thursday, August 13 | 3:15PM - 4:30PM | Free
- 60's, 70's & 80's: Thursday, September 3 | 3:15PM - 5PM | Free

SUMMER SWIM ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★










Join our outdoor pool open Memorial Day through Labor Day! Our pools are a hub of activity, where families, friends, and fitness enthusiasts come together. Whether you're practicing your strokes, hosting a pool party, splashing with your little one, or simply soaking up the sun – Summer Swim at the J promises endless enjoyment. We offer pool memberships, swim lessons, and pool parties at our 6 lane 25 yard heated outdoor lap pool and toddler pool.

Memberships & swim lessons on sale now.

Learn more online at
phillyjcc.com/aquatics



FITNESS CLASS SCHEDULE

	<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
SUN	9:15AM - 10:00AM	DANCE FIT	Jessica Escandon
	10:15AM - 11:00AM	 GEMS CIRCUIT STRONG	Eric Mamon
	3:00PM - 3:45PM	 AQUA FIT	Trina Lyons
MON	9AM - 9:45AM	STRENGTH FOUNDATIONS	Eric Mamon
	10AM - 10:45AM	ROTATING POP-UPS	See Pop-Up Schedule
	11AM - 11:45AM	 GEMS FIT STRENGTH	Eric Mamon
TUES	9:30AM - 10:15AM	STRICTLY STRENGTH	Ali Gazan
	10:30AM - 11:15AM	BALLET BARRE LEVELS 1 & 2	Trina Lyons
	11:30AM - 12:15PM	 GEMS CARDIO SCULPT	Trina Lyons
WED	9:30AM - 10:15AM	COMPLETE CONDITIONING	Oreet J S
	10:30AM - 11:15AM	 GEMS DANCE & STRETCH	Oreet J S
THURS	9AM - 9:45AM	STEP REMIX	Oreet JS
	10AM - 10:45AM	STRETCH AND MOBILITY	Oreet J S
	11AM - 11:45AM	 GEMS CIRCUIT STRONG	Eric Mamon
	3:15PM - 4:00PM	 AQUA FIT	Trina Lyons
FRI	9:30AM - 10:15 AM	MASTAH TEE CARDIO JAM	Trina Lyons
	10:30 AM - 11:15 AM	  GEMS STRETCH & SCULPT	Trina Lyons
	11:30 AM - 12:15 PM	 IBX GENTLE CHAIR YOGA	Rivkah Miller FREE
SAT	10:00 AM - 11:00 AM	ROTATING POP-UPS	See pop-up schedule



Insurance Eligible:
Free with Insurance



Accessible Class:
No Stairs

Unlimited Class Pass: \$59 / Month
Drop-in per Class Rate: \$18 / Class

FOR THE MOST UP-TO-DATE SCHEDULE, PRICING, CLASS DESCRIPTIONS, INSTRUCTOR BIOS, & MORE VISIT: [PHILLYJCC.COM/FITNESS](https://phillyjcc.com/fitness)

NEW: Personal Training

Personal Training at the J offers customized, one-on-one sessions focused on functional movement and long-term wellness, giving you practical tools to feel stronger and move better in daily life.

Register online at phillyjcc.com/personaltraining

SUMMER POP-UP FITNESS SCHEDULE



JUNE

Mondays at 10:00AM

June 15- Dance Tone with Kristy
June 22- Zumba with Saeedia

Keep the energy high all summer with our rotating pop-ups and select weekend sessions. Enjoy the classes you know and love while mixing in something new! \$18 drop-in rate or included with your unlimited class pass.

JULY

Mondays at 10:00AM

July 6 - Dance Tone with Kristy
July 13- Zumba with Saeedia
July 27- TBD

Thursday at 3:15PM

July 9: IBX Aqua Fit
Pool Party- Music of
the Beach Boys **FREE**

Saturdays (Various)

July 4 10:00- Dance
Tone with Kristy
July 25 10:00-Zumba
with Saeedia

AUGUST

Mondays at 10:00AM

August 3- Zumba with Saeedia
August 10- Dance Tone with
Kristy
August 17, 24 & 31 - TBD

Thursday at 3:15PM

August 13- IBX Aqua Fit
Pool Party: Motown
Music **FREE**

Saturdays (Various)

August 8, 10AM-
Dance Tone with Kristy
August 29, 10AM
Zumba with Saeedia

Our Gems hub at the Kaiserman JCC inspires older adults to live independently, actively and involved, through programs and activities that enhance wellbeing, promote engagement, and foster community.

No membership is required to join our programs.

Policies

Virtual Option

Many programs have a virtual option upon request. If you are homebound and would like to join via Zoom, please email us.

Registration

Registration is required for all programs. Register online by card or by calling the front desk at (610)896-7770. Email us to pay by check or cash.

Cancellation

If you are unable to attend a program, please contact us as soon as possible. When appropriate, Gems will issue a credit, not a refund.

Prorated Programs

Looking to come to just one or a few classes in a series? We may have options for you! Email us for a prorated rate.

Thank you to our sponsors!

**Weinberg Family Fund of the Jewish Federation
of Greater Philadelphia**

The Ginsburg Family Charitable Fund

For sponsorship opportunities email gems@phillyjcc.com

Questions? Contact us!

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