



Club J Chugim Descriptions Winter Session 2020

Mondays

Block #1 (2:30–4 PM) @ JCC *NO SIGNUPS NECESSARY*

- Homework and Tutoring in the Library
Need some time to focus on schoolwork? Having trouble with your math homework? Want to silently read? We will have a quiet space, as well as a collaborative learning space for students to work on homework, or get help from a teacher in a specific subject.
- Games and Crafts in the Theater
Want to unwind after a long day at school? Take advantage of our game and puzzle inventory for some instant fun. There will also be lots of arts and crafts materials to choose from if that is more your speed!
- Outside Play & Musical Instrument Practice
If all you want to do when you get out of class is run around outside, then this is the place for you. There will also be a collaborative opportunity for students to practice a musical instrument.

Block #2 (4:10–5 PM)

- Mini Zine Making with Yael *New Chugim*
\$170 class fee (7 total weeks)
 - Time to get crafty! This class will take students through the process of creating mini books and mini comics. Students will be introduced to fundamental principals of visual storytelling, illustration, layout, and mini book design. Students will leave this class with their own limited edition mini-zine creations in the spirit of small run independent publications and art books. All experience levels welcome.

- Yoga & Meditation @ JCC Theater **New Chugim**
 - Come stretch it out and get your *namaste* on with Lana as we learn the power of breath, connect with our bodies, and learn to focus on mindfulness, self-care, and our inner potential! All levels of experience and flexibility are welcome to partake.

- Soup's Up! @ JCC Kitchen **MAX 10 STUDENTS**
\$40 class fee (7 total weeks)
 - The weather outside may be frightful, but soup is always so delightful. Come learn how to make delicious, homemade vegetarian soups from all over the world including, but not limited to: matzo ball soup (aka Jewish penicillin), butternut squash, lentils, curry, minestrone, miso, and more!

- Outside Play @ Live Oak Park's Playground
 - **Sign-out will be at Live Oak Park (playground area) from 4:15-5 PM (weather permitting)**
- Inside Time: Homework, arts and crafts, reading, games, Legos, and more!

Tuesdays

Block #1 (2:30–4 PM) @ JCC *NO SIGNUPS NECESSARY*

- Homework and Tutoring in the Library
 Need some time to focus on schoolwork? Having trouble with your math homework? Want to silently read? We will have a quiet space, as well as a collaborative learning space for students to work on homework, or get help from a teacher in a specific subject.

- Games and Crafts in the Theater
 Want to unwind after a long day at school? Take advantage of our game and puzzle inventory for some instant fun. There will also be lots of arts and crafts materials to choose from if that is more your speed!

- Outside Play & Musical Instrument Practice
 If all you want to do when you get out of class is run around outside, then this is the place for you. There will also be a collaborative opportunity for students to practice a musical instrument.

Block #2 (4:10–5 PM)

- KLBJ 101.1 -- Club J Radio @ JCC ***New Chugim*** **MAX 8 Students**
 - Sick of everyone having a podcast, but you? Have something to say, but not sure how to get it out to the masses? KLBJ is hiring and looking for engaged young people to create content and learn the ropes of podcasting!
 - ***Note this class is a double chugim, sign-out will be at JCC.***
- Friendship Bracelets & Lanyard Masters ***New Chugim***
 - Come together with friends old and new learning new patterns, knots, and weaving tricks. Play with plastic shrinky dinks and perler beads to make pins, magnets, keychains, jewelry, and more!
- HIIT FIT (High Intensity Interval Training & Fitness) **MAX 14 Students**
\$10 class fee (10 total weeks)
 - Get ready to sweat with our high intensity interval training and fitness challenges every week that will focus on strengthening and improving balance, flexibility, reflex, and overall sports performance. #FeelTheBurn
 - ***Note this class is a double chugim, pick-up will be from the JCC Theater***
- Outside Play @ Live Oak Park's Playground
 - ***Sign-out will be at Live Oak Park (playground area) from 4:15-5 PM (weather permitting)***
- Inside Time: Homework, arts and crafts, reading, games, Legos, and more!

Wednesdays

Block #1 (1:15– 2:45 PM) ***NO SIGNUPS NECESSARY***

- Homework and Tutoring in the Library

Need some time to focus on schoolwork? Having trouble with your math homework? Want to silently read? We will have a quiet space, as well as a collaborative learning space for students to work on homework, or get help from a teacher in a specific subject.
- Games and Crafts in the Theater

Want to unwind after a long day at school? Take advantage of our game and puzzle inventory for some instant fun. There will also be lots of arts and crafts materials to choose from if that is more your speed!
- Outside Play & Musical Instrument Practice

If all you want to do when you get out of class is run around outside, then this is the place for you. There will also be a collaborative opportunity for students to practice a musical instrument.

Block #2 (3–4 PM)

- Gems of the East Bay - Club J Field Trip (Double Chugim- 3–5:40 PM) **Max 12 Students**
\$50 class fee (10 total weeks)
 - Take advantage of everything Berkeley, Albany, Oakland, and the rest that the East Bay has to offer. Each week, students will visit a different location. From museums, to restaurants, to hikes, these field trips are sure to be awesome!
 - We expect many of these field trips to be within walking distance and able to take students off the waitlist. If your child can sit in the front seat of our vans, we can pull two students off the waitlist but please let us know.
 - **Note this class is a double chugim, sign-out will be at the JCC - students will likely not return prior to 5:30 PM.**
- Star Wars: Exploring the Galaxy Far, Far Away
 - Time to nerd out hard in this intergalactic space discussion where the group will learn and discuss anything and everything that Wookieepedia couldn't answer (or maybe could, but you're still convinced that Greedo could have shot first).
- ***New Chugim*** Make that Dough! Double Chugim **Max 14 Students**
\$50 class fee (10 total weeks)
 - **Make that Dough:** Cookies, pies, and breads – oh my! Let the JCC kitchen become our own Great British Bake Off tent as our bakers learn to make fan-favorites. Everyone will be a star baker in this chug (without the risk of Paul Hollywood's glares or pokes into your breads). So scrummy!
- Outside Play @ Live Oak Park's Playground
 - **Sign-out will be at Live Oak Park (basketball courts) from 3-5 PM (weather permitting)**

Block #3 (5:10–5:40 PM)

- Gems of the East Bay (Double Chug)
- Inside Time: Homework, arts and crafts, reading, games, Legos, and more!

Thursdays

Block #1 (2:30–4 PM) *NO SIGNUPS NECESSARY*

- Homework and Tutoring in the Library
Need some time to focus on schoolwork? Having trouble with your math homework? Want to silently read? We will have a quiet space, as well as a collaborative learning space for students to work on homework, or get help from a teacher in a specific subject.
- Games and Crafts in the Theater
Want to unwind after a long day at school? Take advantage of our game and puzzle inventory for some instant fun. There will also be lots of arts and crafts materials to choose from if that is more your speed!
- Outside Play & Musical Instrument Practice
If all you want to do when you get out of class is run around outside, then this is the place for you. There will also be a collaborative opportunity for students to practice a musical instrument.

Block #2 (4:10–5 PM)

- Roleplaying Adventure with Jake Gelender **Max 8 students**
Vendor Option
\$210 class fee (10 total weeks)
 - Roleplaying Adventure offers kids the chance to explore a strange and dangerous world through classic paper-and-dice roleplaying games like Dungeons and Dragons. The children get to build their own characters and get a customized character sheet they can take home. Then they go on an adventure together solving puzzles, fighting monsters, and completing quests in a world of magic, dragons, elves, and knights. Roleplaying Adventure is also a fun way to develop reading and math skills, and encourages teamwork, creative problem solving, imaginative thinking, and good listening.
- Flag Football with Sam
 - Dreams of playing American Football will no longer be crushed (or concussed) with flag football at Club J! Learn the techniques and skills of football in a fun, and much safer environment. Players will run, catch, pass, throw, and spin their way to the end zone at Live Oak Fields!
 - ***Sign-out will be at Live Oak Fields (past courts & creek) from 4-5 PM (weather permitting)***
- Cocoa & Mellow Literary Club @ JCC Library, **Double Chugim** **Max 14 students**
\$10 class fee (10 total weeks)

- Do you have trouble putting a book down? Do you find yourself yearning to open a book whenever you get a break? Do people call you names like ‘bookworm’ or say that you’re ‘hooked on phonics’? If you answered ‘yes’, to any of these questions, then the Cocoa & Mellows Literary Club is for you! Enjoy a cup of hot chocolate as we get comfy and go on imaginative adventures with our favorite books -- don’t forget to BYOB (bring your own book!).
- **Note: this class is a double chugim, sign-out will be at JCC Library**
- Outside Play @ Live Oak Park’s Playground
 - **Sign-out will be at Live Oak Park (basketball courts) from 4-5 PM (weather permitting)**
- Inside Time: Homework, arts and crafts, reading, games, legos and more!

Block #3 (5:10–5:40 PM)

- **Ananda Martial Arts: Spirit of the Samurai; 5-6 PM @ JCC South Hall**
\$200 class fee (10 total weeks)
 - Students will train in the "Spirit of the Samurai" by learning martial arts by practicing with a bokken (wooden sword) and dueling with lightsabers regularly. Training includes meditation, poetry, and artwork. Participants learn AMAFA's 8 Traits of a Modern Samurai and how to use them in life. Master John W. Ellis is a martial artist with 35 years of experience helping people strengthen the connections between the body, mind and spirit.
"The sword has to be more than a simple weapon; it has to be an answer to life's questions." —Miyamoto Musashi, 16th Century Samurai
"(A lightsaber is) an elegant weapon for a more civilized time." Obi-wan Kenobi
 - **Additional \$25 must be paid directly to AMAFA for a wooden sword that will be individualized and painted in class.**
- Roleplaying Adventure with Jake Gelender (separate session, not double-block class) Max 8 students
Vendor Option
\$170 class fee (10 total weeks)
 - Roleplaying Adventure offers kids the chance to explore a strange and dangerous world through classic paper-and-dice roleplaying games like Dungeons and Dragons. The children get to build their own characters and get a customized character sheet they can take home. Then they go on an adventure together solving puzzles, fighting monsters, and completing quests in a world of magic, dragons, elves, and knights. Roleplaying Adventure is also a fun way to develop reading and math skills, and encourages teamwork, creative problem solving, imaginative thinking, and good listening.

Fridays

Block #2 (4:30–5:30 PM)

- Dodgeball: Master Class
 - As the legendary Patches O’Houlihan once said, ‘If you can dodge a wrench, you can dodge a ball’. Practice your cat-like reflexes and your pitcher’s throw with this Friday classic. Queen, David Bowie, and friends will provide the tunes and help make this chug even more epic. *Note: no wrenches are allowed in this chug.*

- Creative Writing
 - **\$5 class fee (9 total weeks)**
 - Bring your stories to life as we learn how to write short stories, prose, poetry, and beyond. Everyone has experiences to share and stories to tell. Club J will create a CW book at the end of the chug with samples of the great work the students accomplish during the chug.