

## Cancer Wellness

The time immediately following a cancer diagnosis can be lonely and overwhelming. There are ways to change that. Cancer Wellness is a program created in collaboration with the Susan G. Komen foundation. It is a comprehensive program that includes 3, eight-week sessions of exercise, water therapy, yoga, massage therapy and nutrition, catered to each patient's needs. The fee is \$90 per eight-week session of up to 24 classes per session. Call Cara Sherman at 346-6595, extension 117, for more information or to register.

## Aquacise

The Scranton JCC is currently offering Aquacise. This fitness class is designed to stretch and tone muscles, promote cardiovascular fitness, reduce stress and improve physical appearance. The fee is \$20 for JCC members and \$24 for non-members. Please call 346-6595, extension 117, for more information or to register.

## Day Camp

Applications are now being accepted for the very popular JCC Summer Day Camp in Daleville, PA. The beautiful 100-acre campsite, located just fifteen minutes from Scranton, offers the perfect camp atmosphere. The Day Camp offers programs for campers pre-school age through seventh grade and an exciting Counselor In Training (CIT) program. All programs offer trips and overnights. Both four and eight week sessions are available beginning June 25. Contact Vince Kalinoski at 346-6595, extension 115, for more information or to register.

## Swim Lessons

Although it is still winter, summer is quickly approaching. Are your children ready for swimming in a pool or lake? Are you? Lessons are available for swimmers of all ages. Children and adults are taught water safety, stroke development, and acquire aquatic independence. Classes are taught by Red Cross certified instructors. Please contact Cara Sherman at 346-6595, extension 117, for more information or to register.

## Day Care

Are you in need of day care or soon will be? We invite you to visit The Caring Place Day Care Center located at the JCC of Scranton, just minutes from the Commonwealth Medical College, Mercy Hospital, and the University of Scranton. Experienced day care teachers provide age-appropriate programs and activities, including outdoor playground time, swimming, and gym, for children from 6 weeks old to kindergarten. Please contact Rika Schaffer at 346-6595, extension 120, for more information.

## Pre-School

What are you looking for in a pre-school? If the answer is a developmentally based curriculum that supports and encourages a young child's natural way of learning, while fostering an understanding of basic concepts on which future learning depends, then look no further than the JCC pre-school. The pre-school class schedule is mornings (9:15 am to 11:45 am), afternoons (1:00 pm to 3:30 pm), and an optional lunch plus program (11:45 am to 1:00 pm) which includes Music and Movement, Tumbling, Cooking, and Basketball programs. For more information or a tour, please contact Rika Schaffer at 346-6595, extension 120.