



Marion and Norman Tanzman Center for *LifeLong Living*

Health and Wellness, Aquatics, Physical Education & Special Needs

The Health & Wellness and Physical Education departments offer personal training, group fitness classes, badminton, basketball, pickleball, volleyball plus a Youth Basketball league with clinics. Our Aquatics Department offers swim lessons, water aerobics, lifeguard training, and a Championship Swim team, our Blue Dolphins, of which we are very proud.

The expansion of the JCC and the creation of the Marion and Norman Tanzman Center for *LifeLong Living* will:

- Provide dedicated space for group fitness classes (e.g. Zumba/Yoga, Tai Chi) that would not necessitate moving the basketball, pickleball and badminton players from the gym
- Create extra rooms to handle large instructional classes which are currently limited by the size & availability of our largest room
- Host senior events as well as preschool gym and preschool, multi-generational and multi-cultural programs at the same time, on the same day
- Afford us the ability to offer classes/lectures/games for more than 90 minutes as there would be no room turnover
- Allow for dedicated space for our special needs programming to coordinate with our gym and aquatics components, and offer sensory and safe, appropriate space for special needs programs



**The Jewish Community Center
of Middlesex County**