MetroWest

Member Handbook

Leon and Toby Cooperman JCC
Pauline B. and Mortimer Salzman Building
Eric F. and Lore Ross Family Campus

760 Northfield Avenue | West Orange, NJ 07052

973-530-3400
jccmetrowest.org

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Welcome to the JCC MetroWest Fitness and Aquatics Center!

On behalf of the Fitness and Aquatics Team, we are excited to have you join our community! This guide is intended to help you get started, help you make the most of your membership and help you achieve your wellness goals. We hope that you will take advantage of all your membership offers.

We are here to help, support and to guide you. If you have any questions, please never hesitate to reach out directly to Pamella Bitner or any Fitness and Aquatics Center Team Member. If they cannot immediately assist you, they will be sure someone follows up!

Your Fitness and Aquatics Management Team

Contact	Title	Phone	Email
Pamella Bitner	General Manager	973-530-3994	pbitner@jccmetrowest.org
Angie Edwards	Member Concierge	973-530-3436	aedwards@jccmetrowest.org
Biola Akoh	Group Exercise/Personal Training Manager	973-530-3407	bakoh@jccmetrowest.org
Megan McInerney	Aquatics Director	973-530-3522	mmcinerney@jccmetrowest.org
Ellen Robertson	Wellness Director	973-530-3415	erobertson@jccmetrowest.org

Feedback

We value your input! Share your feedback by completing a kvell and kvetch form (QR codes located throughout the Center), by emailing memberservices@jccmetrowest.org or calling 973-530-3460 to speak with a team member directly.

Hours and Facility Access

Fitness and Aquatics Center Hours

Monday – Thursday: 5:30am – 8:30pm

Friday: 5:30am – 6pm

Saturday/Sunday: 8am – 4pm

NOTE: Pools close 15 min prior to Center closing and between 2pm –3:30pm Monday through Thursday.

Holiday Closings

NOTE: Unless otherwise stated, the Fitness and Aquatics Center is open regular hours

April 12, Erev Passover, 1st Seder: 8:00am - 1:00 pm
April 13, Passover, Day 1, 2nd Seder: CLOSED
May 26th, Memorial Day: 8:00am - 4:00pm
July 4, Independence Day: 8:00am - 4:00pm

Membership Card

All members will be provided with a Membership Scan Card. This card can be scanned into the JCC App but the electronic or physical card must be swiped at the Reception Desk upon entering the building.

Brivo Mobile Pass

The J uses a system called Brivo to ensure secure access to our premises, allowing us to manage and monitor entry points efficiently and ensuring that only authorized individuals can access specific areas. All members are required to use Brivo either on their phone or with a physical badge to access the building, the Fitness Center and the Aquatics Center.

Membership

Enrollment Fee

The Enrollment Fee is a one-time fee that is paid at the start of your membership and is your investment in the J and helps with facility maintenance. The Enrollment Fee will not be recharged as long as your membership is active. If your membership is cancelled, the Enrollment Fee will be charged upon re-joining.

Monthly Dues

Your membership at the JCC MetroWest does not require an annual commitment. Your monthly dues are an automatic, electronic, continuous debit from your checking account or credit card (Discover not accepted) on the 1st of each month. The Board of Directors may elect to change the annual dues. Members will be informed of any rate change at least 2 months in advance.

Membership Freeze Privileges

Members may pause their memberships for personal or medical reasons for up to 6 months (whole month increments) in a calendar year. A personal freeze is subject to a $10/month fee; a medical freeze is subject to a one-time $25 fee (no monthly fee) with a doctor's note. Requests must be received prior to the first of the initial freeze month. Dues will automatically resume at the membership restart date requested. Freeze forms are available on our website under Membership/Member Services.

Cancellation

Memberships are continuous. Members are required to give thirty days written notice when cancelling membership. The cancellation form is available on our website under Membership/Member Services.

Membership (continued)

Social Membership

All fitness members are offered a complimentary Margulies Center for Adult Enrichment Social Membership which offers social, cultural, and recreational opportunities that are offered at a discounted rate for members.

Programs include:

- Day and overnight trips
- Lectures, entertainment, movies, and monthly birthday parties
- Holiday celebrations
- Hot Kosher lunch– advance registration required 973-530-3504 or sochsscher@jccmetrowest.org.
- Life Long Learning program, Theater events, and many other classes and programs.

Terms and Conditions

The JCC MetroWest reserves the right to cancel membership or terminate a member's participation in a program without refund for any reason including:

- Failure to pay membership fees
- Damage or destruction of the JCC property or theft
- Failure to follow proper safety precautions and practices
- Fighting, physical or verbal abuse, or use of profanity
- Harassment of other participants, members, or staff
- Use of phone to video members, participants, or staff
- Failure to follow policies set by the JCC
- Using the JCC to conduct private business
- Wearing proper attire including shirts and shoes, except in the aquatics center

New Member Services

As a token of our appreciation for joining our community, we offer all new members a few complimentary services to help get you on your wellness journey! You will receive an email with a link to a form to request those services of interest to you! A description of these new member services is provided below:

- ❑ **55 Minute Personal Training Session:**
  Meet with one of our Personal Trainers to discuss your health and fitness goals. Session includes a fitness assessment, how to use the fitness floor equipment, exercise advice and assistance with personal training needs. Ask your trainer about a Body Composition Analysis using our InBody machine which measures muscle/fat/weight/height and more.

- ❑ **30 Minute Health & Wellness Coaching Session:**
  A health and wellness coach partners with clients looking to enhance their well-being. We support our members in creating and sustaining change for improved health and well-being. We support clients in activating internal strengths and external resources to make sustainable and healthy lifestyle behavior changes.

- ❑ **30 Minute Private Swim Consultation:**
  A 30-minute private swim lesson offers one-on-one instruction tailored to the swimmer's needs. The session begins with a brief warm-up, followed by personalized coaching to improve technique, build confidence, or learn new strokes. The instructor provides focused attention, offering feedback and demonstrations to ensure proper form. Whether for beginners, intermediate or advanced swimmers, the lesson is adapted to the individual's pace and goals, ensuring steady progress within the time frame. The session ends with a cool-down or review of key points, promoting safety and skill retention.

- ❑ **30 Minute Pickleball Lesson:**
  Learn about the game of pickleball with one of our instructors. Get instructions on your serve, learn the basics and rules, or practice your return. Whether you are a beginner or an advanced player, there will be something to take away from the experience. From there, connect with our pickleball player community and play ball! Lessons are limited to Monday, Tuesday, Thursday, and Saturday mornings at 8AM.

Guest Privileges/Referral Program

Members receive four complimentary guest passes per family every calendar year. An email is sent out early January reminding members to request their passes. Additionally, member birthdays are recognized by the gift of unlimited guest passes during their birthday month. Guest Policy:

- Guests living within 50 miles of the J may visit up to 3 times in any calendar year.
- Guests must complete a Guest Waiver and provide a valid current photo ID upon each visit. A parent or guardian must complete a Minor Waiver for guests under 18.
- Daily Fees: $15/visit if 18 years or older, $10/visit if 13-17 years old.

Explore the JCC MetroWest Facilities

Fitness Floor

The Fitness Center offers over 95 top-of-the-line strength training and cardio machines, and a functional training area featuring a Queenax Functional Training Rig. Members must be 13 yrs or older to be on the Fitness Floor.

Indoor Running Track

Our indoor running track is perfect all year round for running and walking, but particularly during inclement weather! Take a few laps! 16 laps are a mile! You must be 13 yrs or older to use the track. No standing or loitering on the track please so our runners and walkers can enjoy themselves, and we can keep everyone safe!

Basketball/Racquetball/Pickleball Court

Enjoy a game of basketball, pickleball or racquetball on our courts! Parents –when the courts are not being used for a scheduled activity, you are welcome to bring your children under 13yrs of age to play basketball with you!

Explore the JCC MetroWest Facilities (continued)

Locker Rooms

In both our women's and men's locker rooms, we have sauna and steam rooms which are the perfect way to relax after a workout. You must be 18yrs or older to use the sauna and steam rooms. Please no drying of clothes in the sauna, use swimsuit spinners.

Children under the age of 13 years of age, must be accompanied by a parent or guardian and only same sex children are allowed in the locker rooms. Located next to the pool hallway entrance is our Inclusive Family Locker room that is available for parents with children of opposite sex. If you are only changing clothes, next to the Family Locker Room is the Children's Changing Room with private changing areas.

Aquatics Center

Our two 25' heated indoor pools feature Clear Comfort water sanitation system which means they are extremely clean. There are two pools. Heyman pool (Lap Pool) is only 4-4.5' deep, kept at about 81 degrees and used primarily for lap swimming. The Messing pool (Deep Pool) has a graduated depth from 3.5' to 9', kept at 85 degrees and is used primarily for children's programming.

Swim caps are required for anyone over 2 yrs of age. If you don't have a swim cap, you can purchase one at our reception desk for $8.00.

Classes and Services

Group Exercise

We offer over 75 complimentary group exercise classes each week for our fitness members and four (4) group exercise studios. Classes are offered throughout the day and 7 days a week. No reservations are required except for our aqua classes. Need help navigating the schedule? Reach out to Biola Akoh, Group Exercise Manager, and she can assist you as well as set you up with a Buddy! Our Buddies are fitness member volunteers who are here to share their experiences at the J and help inspire you to take advantage of all the resources available to you.

Classes and Services

Personal Training

Reach your wellness goals with personalized guidance from our certified and talented Personal Trainers! To learn more about our Personal Training packages and our Personal Training Loyalty Program, reach out to Biola Akoh, bakoh@jccmetrowest.org or call 973-539-3407 and get started today!

Aquatics

Dive into fitness with aquatics classes for all ages and skill levels, including swim lessons and water aerobics. We also offer adaptive swim programs, a youth swim team, and a Masters training program. Want to enjoy the pool as a family? We have family swim times every day! Contact: aquaticsdept@jccmetrowest.org or call Megan McInerney, Aquatics Director, 973-530-3522.

Pickleball

Join in the fun of playing pickleball on our 3 courts! Not only is pickleball fun, but it is also social, friendly, has simple rules and is easy for beginners to learn! Just note the pickleball hours on our gymnasium schedule and join in on the fun! For lessons or general questions, contact Biola Akoh, bakoh@jccmetrowest.org or call 973-539-3407!

Wellness Programming

Please be sure to check out the lifestyle change, healthy aging, and chronic disease prevention programs that the J offers to promote wellness. These programs are led by caring staff who provide participants with the knowledge, skills, and support to live a happy and healthy life. To learn more, contact Ellen Robertson, Wellness Director, erobertson@jccmetrowest.org or call 973-530-3415.

Stay Connected

JCC MetroWest App

We encourage you to download the JCC MetroWest App to track your workouts, earn rewards, join challenges and to get important facility announcements about unplanned closures or program changes. Search for the JCC MetroWest app on your phone or visit our website to find the link to download the app for either iOS or Android smartphones. Create an account and be sure to allow notifications!

Social Media

Follow us on Facebook and Instagram (@JCCMetrowest) for real-time news, exciting updates, and a closer look at all the happenings at JCC MetroWest. Stay engaged and be the first to know about upcoming events and special offers!

Newsletters

Stay up to date with the latest news, stories and promotions from JCC MetroWest. Go to the bottom of the JCC website's main page to sign up for the newsletters of interest to you! The Fitness and Aquatics department sends out three (3) newsletters to its members – monthly fitness newsletter, monthly wellness newsletter and a quarterly aquatics newsletter so we can keep you informed of the new programs and services and other important information.

Support and Assistance

Membership Services

If you have any questions, our Member Services team is here to help! Visit the reception desk, call 973-530-3460 or email memberservices@jccmetrowest.org. Additionally, if you are simply looking to make a change to your membership, our forms to request those changes (i.e. freeze, add/remove members from your membership, cancellation) are located on the website under membership/member services.