

# WICKED LOCAL SWAMPSCOTT

WITH NEWS FROM THE SWAMPSCOTT REPORTER

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## News from the JCC

Photos



courtesy photo

Families love the JCC's free Family Festival, with a hula-hoop and dance contest.

**By Charlene Peters/Wicked Local Marblehead Marblehead Reporter**  
Posted Nov 12, 2011 @ 12:53 PM

Recommend Sign Up to see what your friends recommend.

Swampscott — **Girls Night Out** Local women authors will share their secrets to writing on Thursday, Nov. 17, 6 p.m., at Kernwood Country Club in Salem, as part of the JCC's Jewish Book Month series. Ellen Frankel of Marblehead and Dale Stanten and Wendy Polins of Swampscott will talk about the trials and tribulations of writing, along with moderator Phyllis Karas, a best-selling author living in Marblehead. You'll enjoy the shopping boutiques, cocktails and delicious dinner, as well. Tickets still available at [jccns.org](http://jccns.org) or 781-631-8330.

Murder and secret lives are the topics of the upcoming JBM events with authors Joseph Braude and **David Schmahmann**. Check out the full line-up at [jccns.org](http://jccns.org).

**Holiday shopping at the J** The JCC is offering special gift packages for the holidays. Here's a sneak peek at just a few:

- **Perfect Health:** A one-month membership with a fitness assessment and two Personal Training sessions.
- **New Year, New Me:** Three Personal Training sessions and a massage.
- **Starfish:** Three private swim lessons and one Personal Training session.
- **Happy Zumbatomic Holidays:** One-hour Zumba class for you and four friends, snacks and one hour in a JCC party room.

Look for more details soon!

**KnockOut those holiday calories** Ready for Thanksgiving and beyond? Burn off your holiday feasts this season in KnockOut, the JCC's kickboxing with bags class run by fifth-degree black belt Dennis Goldsmith. You'll tone muscles, improve strength, increase flexibility and relieve all that holiday stress on Mondays, 8:30 a.m. Sign up today at 781-631-8330. Questions?

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Contact Maria at [mcalla@jccns.com](mailto:mcalla@jccns.com) or ext. 134.

**Tennis for kids** Serve up fun for your kids with JCC tennis coach Sharen Solomon! Children will play indoors with smaller nets and tennis balls with less bounce, to improve hand-eye coordination. Classes run Mondays. Grades K-2: 3:15-4 p.m.

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