

JOURNAL

Harry & Rose Samson Family Jewish Community Center

Stories & Classes • Winter 2019

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jccmilwaukee.org

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Patron priority registration
begins Monday, December 3

Member priority registration
begins Monday, December 10

Community registration
begins Monday, December 17

Winter session classes begin
the week of January 6-12

Register online jccmilwaukee.org

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The JCC Journal is published four times a year:
August, November, March and May.



Harry & Rose Samson Family
Jewish Community Center
6255 N. Santa Monica Blvd. Whitefish Bay, WI 53217

To Our Family of Members,

We've just finished our Thanksgiving leftovers, and many members are on the fitness floor working off that extra piece of pumpkin pie. Thanksgiving is a holiday that is shared throughout our secular community and our nation. It's our communal time to count our blessings and give thanks—for the love of family and friends, for the warmth and security of home, for the hearty meal we share.

But as we express our gratitude, it's important we remember that we do not all experience these same comforts. Within our community, there are families facing challenges—some temporary, and some long-term. It is for these families that we practice the Jewish value of *Tzedakah*, acts of charity.

We give thanks, and then we give back.

As we near the end of the 2018 calendar year and you begin to plan your year-end contributions to one or more charitable organizations, please consider including the Harry & Rose Samson Family Jewish Community Center in your plans. Your support makes a real difference for hundreds of people. Our JCC scholarship campaign, for example, makes membership financially possible for 200-plus families each year, and last year supported 52 children in our Gan Ami early childhood program and sent 152 children to our camps.

Speaking of camps, Early Bird Registration for JCC Day Camps will launch at the end of January. There are a variety of camps to satisfy many interests—whether it's sports, science or arts—so mark your calendars and visit jccmilwaukee.org/daycamp to learn more.

The JCC also has a variety of cultural programs to satisfy grown-ups, and on February 6, we have a special one that will offer many of us a nostalgic look back at our own childhood. Hedda Sharapan, formerly the associate producer of "Mister Rogers' Neighborhood," will take us back to the early days of the incomparable Fred Rogers and his Neighborhood of Make-Believe. Sharapan worked closely with Rogers for 52 years and has many stories to share!

From culture to camping, fitness to our food pantry, there is sure to be a place at the JCC where you will feel passionate about making a contribution. I welcome the opportunity to talk to you about supporting the JCC; call or stop by and we can chat!

With gratitude to you,

Elyse Cohn
Chief Development Officer

@JCCMilwaukee





Find Your Center

OUR COMMUNITY

The JCC is for everyone! Most all of the classes and programs found on these pages are open for community registration. There are classes for toddlers and teens, artists and athletes. Adults can explore everything from Pilates to political science. Try us out, take a class, and find your center at the J.

OUR MEMBERS

In addition to having access to all of the state-of-the-art facilities listed below, JCC members receive discounted Member Value class pricing, a week of priority class registration, and the knowledge that they are supporting an organization that makes a difference in our community.

Class Pricing Guide: **COMM** = Community Rate | **MEM** = Member Value | **PTRN** = Patron Value
See page 61 to learn more about JCC membership and patron membership options.

JCC MEMBERSHIP VALUE

HABUSH FITNESS CENTER

State-of-the-Art Fitness floor

WIRED Heart Rate Training

Private Personal Training studio

Isawall functional training space

Two group exercise studios

Dedicated cycling studio

Pilates studio

Yoga Studio

Cardio & strength machines

Free weight area

Stretch space

Renovated locker rooms

Family locker rooms

Over 75 free group exercise classes per week incl. cycling & yoga (see page 40-41)

MEMBER PERKS

Member Value Class Pricing

Priority Class Registration

Hourly Childcare (add'l fee)

PECK AQUATIC CENTER

Ozone-filtered (minimal chlorine)

25-yard lap pool with diving board

Family pool

Co-ed whirlpool

American Red Cross Learn to Swim Program (add'l fee)

Complimentary water fitness classes

Lap swim

American Red Cross certified lifeguards

MARCUS GYM

Regulation-size gym

6 basketball hoops

2 full-size courts

Cushioned jogging track

Smaller Family Gym with lowered hoops

Small climbing wall

Adult & Youth Basketball leagues

Available for open play

HY & RICHARD SMITH JCC WATER PARK

JUNE - AUGUST

Zero-entry splash pad

Activity island with water cannons & slides

Lily pad jumping activity

Aqua Climbing wall

Diving board

Water basketball hoops

Sand playground

Dry play area with

Basketball, Volleyball, Gaga pit

Full-service snack shop

YOUR MEMBERSHIP SUPPORTS

Jewish Community Pantry serving the near west side

Inclusion Services for Youth & Adults with Special Needs

Senior Adult Programs

Scholarships for individuals & families

Inclusive Community Events

Holidays and Special Events

DECEMBER

December 2 – 10
Monday, December 3
Monday, December 24
Tuesday, December 25

Monday, December 31

JANUARY

Tuesday, January 1

Monday, January 21
Saturday, January 12
Monday, January 28

FEBRUARY

Wednesday, February 6
Saturday, February 9

MARCH

Saturday, March 2
Thursday, March 21

APRIL

Friday, April 19
Saturday, April 20
Thursday, April 25
Friday, April 26

Hanukkah, open as usual
Community-wide Hanukkah Celebration, 4:00-6:30 PM
Christmas Eve, Building closes at 6:00 PM
Christmas, Building open 8:00 AM-3:00 PM
(Gan Ami, Kids Center Closed)
Member Appreciation Pancake Breakfast
New Year's Eve, Building closes at 6:00 PM

New Year's Day, Building open 8:00 AM-3:00 PM
(Gan Ami, Kids Center Closed)
Tu Bishvat- Birthday of the Trees - Open as usual
Laugh It Up Milwaukee at the Pabst Theater
Summer 2019 Day Camp Registration Opens

Behind the Scenes with Mister Rogers' Neighborhood
Family Fun Night

Father-Daughter Dance
Purim - Open as usual

Erev* Passover-Building Closes at 4:00 PM
Passover-JCC Closed
Erev* Passover-Building Closes at 6:00 PM
Passover-JCC Closed

Building Hours:

Monday-Thursday 5:00 AM - 10:00 PM
Friday 5:00 AM - 5:30 PM
Saturday 8:00 AM - 7:00 PM
Sunday 8:00 AM - 8:00 PM

The Fitness Center and Gym will close 5 minutes prior to closing time. The Pool will close 1/2 hour prior to closing time.



** Erev, Hebrew for Eve. As in "evening of".*

Membership Appreciation

Pancake Breakfast December 25

9:00-11:00 AM

Daniel M. Soref Community Hall

**Pancakes • Pastries •
Fruit • Fun
FREE for JCC Members**



Laugh It Up Milwaukee with Seth Meyers



The traditional seven year anniversary gift is often wool or copper. For Laugh It Up Milwaukee – the JCC’s collaborative comedy fundraiser that celebrates the power of partnership – the gift is a return engagement.

The JCC recently announced that Seth Meyers – the featured act for the first ever Laugh It Up Milwaukee in 2012 - will return as the headline performer for the annual fundraiser. Meyers, an internationally known comedian, Emmy® Award-winning screenwriter and current host of NBC’s Late Night with Seth Meyers, will take the Pabst Theater stage at 8:30 p.m. on Saturday, January 12, with proceeds to benefit programs at the JCC and partner beneficiary, Running Rebels.

The evening will mark the seventh annual presentation of Laugh It Up Milwaukee, a social and cultural event designed to demonstrate the power of organizations coming together to meet the needs of the community and build a healthier Milwaukee.

Partnership plays a significant role in the event, according to Mark Shapiro, JCC President and Chief Executive Officer. “We believe in the power of partnership coming together to build a healthier Milwaukee. This year, together with Running Rebels, we’re focused on ensuring that our community’s youth can grow up and thrive – mentally and physically - in healthy, safe neighborhoods.”

Past beneficiaries and partner agencies of Laugh It Up Milwaukee include Gilda’s Club of Southeastern Wisconsin (2012), Children’s Hospital of Wisconsin (2013), MACC Fund (2014), Hunger Task Fund (2015), Special Olympics (2016) and

Safe & Sound (2018), and featured performances from Meyers in 2012, Susie Essman & Richard Lewis, Martin Short, Howie Mandel, Patton Oswalt, and Wayne Brady. Since its inception – and through the generosity of sponsors and donors – over half a million dollars has been raised for programs that combat cancer, bullying, hunger and intolerance.

The Running Rebels Community Organization engages the community, youth, and their families, prevents involvement in gangs, drugs, violence, and the juvenile justice system, intervenes and guides youth by assisting them with making positive choices, and coaches youth through their transition into adulthood.

Seth Meyers began his TV career with Saturday Night Live in 2001, where he was a cast member for 13 seasons. He served as head writer for nine seasons and Weekend Update anchor for eight. In 2011, Meyers won the Emmy for Outstanding Original Music and Lyrics for host Justin Timberlake’s musical monologue. In all, Meyers has garnered 20 Emmy nominations for his work in television.

Meyers currently executive produces the NBC comedy A.P. Bio and also executive produced and lent his voice to Hulu’s animated superhero show The Awesomes, which ran for three seasons. In addition, he has joined forces with SNL alums Fred Armisen and Bill Hader to create IFC’s Emmy-nominated docu-parody series Documentary Now!

Tickets and sponsor information for Laugh It Up Milwaukee 2019 are available at jccmilwaukee.org/laughitup

More Stars At Gan Ami

Jewish Community Center's Gan Ami Early Childhood Education program earns prestigious accreditation

Following an eighteen month process of measurement and preparation, Gan Ami Early Childhood Education, the JCC's early childhood program, earned accreditation from the Association for Early Learning Leaders' National Accreditation Commission (NAC). Upon receiving the national accreditation, Gan Ami Early Childhood Education – in both Whitefish Bay and at the Linda and Fred Wein Center for Gan Ami Early Childhood Education in Mequon – will be recognized as a 'five star' center within the state of Wisconsin's child care quality rating and improvement system, Youngstar.



Synold, Director of JCC Early Childhood Education. "This is an accreditation that reflects our values and holds us accountable to the high standards we set for ourselves; to be a home for exceptional education and a learning destination for students, caregivers, and faculty."

Wisconsin's Youngstar program, created in 2010 to improve the quality of child care in the state, reserves its five star ratings for early childhood centers that demonstrate excellence in provider's education

and training, learning environment and curriculum, business practices, and children's health and well-being.

"This accreditation is recognition of what our families tell us – that this early childhood education program provides quality, inclusion, and value every single day," said JCC President & Chief Executive Officer Mark Shapiro. "We know that the single most important factor in a parent's choosing a school for their youngest learner is staff quality, and the NAC's accreditation is a testament to the quality of the educators we have at the JCC."

As part of the accreditation process, Gan Ami was rated on three administrative components (Administration, Family Engagement and Health and Safety) and three classroom components (curriculum, interactions with teachers and children and health and safety) for a total of 91 standards. Program leadership had to complete a comprehensive report on each classroom in advance of on-site visits.

"We pursued the NAC accreditation because of its commitment to quality, particularly with how they emphasize teachers, families, and growing relationships," added Stacy

"In Jewish early childhood, we're seeking connections, in relationship with families and educators, all with the child at the center, learning and changing, never forgetting the deep responsibility we all share in nurturing the child as they grow older," Synold said. "The NAC accreditation is a sign that we have all the resources in place to deliver on that responsibility."

According to the Wisconsin Department of Children and Families, which administers the state-wide Youngstar program, "The care children receive at home and away from home couldn't be more important. Studies show that children who experience engaging, one-on-one activities and safe, healthy and nurturing learning environments have a better chance at lifelong success. They're more likely to graduate from high school and they often earn higher wages throughout their lifetime."

"At Gan Ami, we serve families in a safe, inclusive, and learning-rich Jewish environment," Synold concluded. "Our year round program offers deep relationships with learning in a child-focused, creative and loving community, full of Jewish values and experiences."





Gan Ami Early Childhood Education

גן אמי



Gan Ami partners with families to provide children from 6-weeks old to 4-year-old Kindergarten with:

- A progressive early childhood program led by passionate and caring professional educators
- A values-based curriculum that explores and discovers a child's full of potential
- Modern, bright classrooms and beautiful outdoor play spaces
- Professional faculty which includes Music, Art and Hebrew Specialists
- Family Shabbat Sing on Friday mornings and holiday programming throughout the year
- Opportunities for the entire family to access JCC programs and classes

Call Today to Schedule a Tour

WHITEFISH BAY CAMPUS

6255 N. Santa Monica Blvd.

414-967-8241

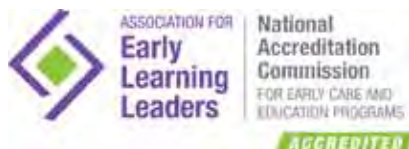
MEQUON CAMPUS

Linda & Fred Wein Family Center

10813 N. Port Washington Road

262-242-9871

jccmilwaukee.org/GanAmi



FAMILY PROGRAMS

OPEN FOR COMMUNITY REGISTRATION



MEET THE AUTHOR



Rabbi Jamie Korngold
Tuesday, Jan 8
5:30-6:15 PM
 Daniel M. Soref Community Hall
FREE for families with kids 3 and older

Join Rabbi Jamie Korngold "The Adventure Rabbi," for fun family activities as she introduces her new book "Sadie's Snowy Tu B'Shevat". Book signing following the activity.



FAMILY PARTY



PJ PARTY

Sunday, January 20
3:30-5:00 PM

Daniel M. Soref Community Hall
 For families with kids 6 mos-8 yrs

Get ready to Party - PJ Library style! A chance to be with friends and get your winter energy out.

CELEBRATE PURIM



Wednesday, March 13
5:15 PM

Daniel M. Soref Community Hall
 For families with kids 6 mos-8 yrs

Purim is a chance to give to others. Get ready to make your own hamantaschen, and partner with Tikkun Ha'Ir to do a mitzvah project (good deed!).

Father Daughter Dance

an annual tradition

Saturday, March 2
7:00-8:30 PM

Daniel M. Soref Community Hall

Dancing • Dessert • Activities

A special evening for girls ages 7-12 and their dads, grandfathers or special friends

\$40/family • Member Value \$36/family
 RSVPs required. Contact Rabbi Shari Shamah
 sshamah@jccmilwaukee.org • 414-967-8229

Family Fun Nights

Open to the Community

Saturday, January 5
5:30-7:30 PM

Glow in the Dark Dance
 Party & Bounce Houses

Saturday, February 9
5:30-7:30 PM

Scavenger Hunt & Swim

Family Fun Nights are a great chance to bring your kiddos to the JCC for different adventures.

Holidays in a New Light

As this issue of the Journal arrives in homes, we will be celebrating Hanukkah in Milwaukee. Each year it seems that Hanukkah becomes more and more visible in our community. Last year, the JCC worked with Merchants of Whitefish Bay to begin a menorah lighting tradition on Silver Spring Drive which will be continuing this year. Large menorahs can be found outside businesses throughout our community, and even Target is constantly expanding upon the fun Hanukkah products they put out on shelves.

But have you ever wondered what Hanukkah looks like in Israel? The mitzvah of Hanukkah is to publicize the miracle to the outside world which is why a Hanukkah menorah, also called hanukkiyah, is meant to be placed in the window of the home. Here in America not everyone lights their hanukkiyah where it can be seen by the outside world, so it may be hard to imagine a place where Hanukkah is the most visible December holiday in town.

The Shamah Family spent Hanukkah in Israel two years ago which was not new to Rabbi Shari Shamah, but it was to her 3 children. "Walking through the Jewish Quarter in Jerusalem you see glass boxes that are Hannukiyot displayed outside the homes. They're often oil lamps that illumine the whole Jewish Quarter. The Kotel (Western Wall) is lit up in colorful lights and huge Hannukiyot are on many street corners. It's all about sharing the light."

Each year, the Hanukkah Torch Relay sees people lining the road from the city of Modi'in, located between Jerusalem and Tel Aviv to Jerusalem's Old City, to pass a burning torch hand to hand. That torch then lights the giant hanukkiyah at the Kotel.

Even though Hanukkah is all about publicizing the miracle to the outside world, it is not the only holiday that is noticeably



different in Israel.

Another celebration coming up on our winter calendar is the holiday of Purim. The primary mitzvah of Purim is to hear the Book of Esther which recounts the saving of the Jews from a threatened massacre during the Persian period. This joyous community holiday is celebrated by holding carnivals, wearing costumes, and performing farce.

Last February, a delegation of 17 JCC staff members spent two weeks in Israel in the time leading up to Purim. Many in the group were surprised to see large store displays of costumes and groggers (noise makers) not only in the Carmel Market in Tel Aviv, but also in the small villages surrounding our Sovev Kinneret partnership region. "It was like Halloween displays back home," noted Jess Lanke, Director of Recreation and Aquatics.

Another item that was visible (and tasted) all throughout Israel was hamantaschen, the yummy triangular pastries that are a staple of any Purim celebration. "At home, the hamantaschen are usually filled with fruit or poppy seed fillings, but when we popped into a bakery in Tel Aviv one day, they had dozens of unique and tempting hamantaschen fillings - dulce de leche, pistachio cream, salted caramel chocolate - it was almost impossible to decide which to try," remembers Sarah Siegel, Engagement Director.



While often we think of the holidays as a time to stick close to home and carry out family traditions, it can be enlightening to travel and see how holidays are celebrated elsewhere. And when it comes to the Jewish holidays, there is no place like Israel to find a new perspective on the traditions and customs that make up these special celebrations. Chag sameach (happy holiday)!

Tu Bishvat Celebration

Community
Wide Event

Sunday, January 27 · 2:30-4:30 PM

Schlitz Audubon Center, Bayside
Families with children of all ages!

This brand new initiative is a collaborative effort from Jewish National Fund, Milwaukee Jewish Day School and the JCC. A fun way to celebrate trees, nature, and Tu Bishvat. Free and open to the community.

This program is supported by the Milwaukee Jewish Federation's Jewish Education Innovation Grant.



	Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
PARENT - CHILD	Family Open Gym 11:00 AM-Noon Family Swim 2:30-4:30 PM	Baby Ballet 1 9:30-10:15 AM Baby Ballet 2 10:20-11:05 AM	Movers and Shakers 9:30-10:15 AM Gymnastics 10:30-11:15 AM	Art for Lil' Ones 9:30-10:15 AM Family Open Gym 4:00-5:00 PM	Toddlin' Tykes Jr. 9:45-10:25 AM Toddlin' Tykes Sr. 10:30-11:10 AM	Gym with Lenny "T'nuah" 9:15-9:55 AM Advanced Gym with Lenny "T'nuah" 10:00-10:40 AM	Family Swim 12:30-3:30 PM
PRESCHOOL ENRICHMENT		Yoga Yeladim 1:00-1:45 PM Yoga / Art Combo 1:00-2:30 PM Make Your Mark 1:45-2:30 PM	Sports Fun 1:00-1:45 PM Sports Fun / Floor Hockey 1:00-2:30 PM Floor Hockey 1:45-2:30 PM	Ballet 1:00-1:45 PM Ballet / Art Combo 1:00-2:30 PM Cut, Glue and Stick 1:45-2:30 PM	Gym Tumbling Fun 1:00-1:45 PM Gym / LEGO Combo 1:00-2:30 PM LEGO Builders 1:45-2:30 PM	JCC Mighty Ninjas 1:00-1:45 PM Mighty Ninjas / Art Combo 1:00-2:30 PM Painting 1:45-2:30 PM	
YOUTH SWIM LESSONS	For Aquatics At-A-Glance See Page 31						
YOUTH ARTS		Clay Creations 4:00-5:30 PM	3-D Art 4:00-5:30 PM Tap & Creative Dance 4:30-5:15 PM Tap & Pre-Ballet 5:15-6:15 PM			Tiny Dancer 11:00-11:45 AM Tap & Creative Dance 12:00-12:45 PM	
YOUTH ENRICHMENT		Tutoring Center 10:00 AM-6:00 PM	Tutoring Center 10:00 AM-6:00 PM	Tutoring Center 10:00 AM-6:00 PM	Tutoring Center 10:00 AM-6:00 PM		
YOUTH SPORTS & LEAGUES	Winter Madness - Temkin Youth Basketball League 12:30/1:30/2:30 PM	Martial Arts 4:15-5:00 PM Baseball Basics 4:15-5:00 PM Sports Variety 5:15-6:00 PM Vertical Adventures 5:15-6:00 PM	Volleyball Basics 4:15-5:00 PM Intro to Floor Hockey 5:15-6:00 PM Sports Variety 5:15-6:00 PM	Home School Physical Education and Swim 1:00-3:00 PM Football Basics 4:15-5:00 PM JCC Mini Ninjas 4:15-5:00 PM JCC Mini Ninjas 5:15-6:00 PM	Intro to Kickball 4:15-5:00 PM Soccer Basics 5:15-6:00 PM		

JEWISH



HEART



STANDARDS



FLEXIBILITY



	Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
FAMILY TIME	Family Open Gym 11:00 AM-Noon Family Swim 2:30-4:30 PM			Family Open Gym 4:00-5:00 PM			Family Swim 12:30-3:30 PM
PRESCHOOL ENRICHMENT		Yoga Yeladim 1:00-1:45 PM Yoga / Art Combo 1:00-2:30 PM Make Your Mark 1:45-2:30 PM	Sports Fun 1:00-1:45 PM Sports Fun / Floor Hockey 1:00-2:30 PM Floor Hockey 1:45-2:30 PM	Ballet 1:00-1:45 PM Ballet / Art Combo 1:00-2:30 PM Cut, Glue and Stick 1:45-2:30 PM	Gym Tumbling Fun 1:00-1:45 PM Gym / LEGO Combo 1:00-2:30 PM LEGO Builders 1:45-2:30 PM	JCC Mighty Ninjas 1:00-1:45 PM Mighty Ninjas / Art Combo 1:00-2:30 PM Painting 1:45-2:30 PM	
YOUTH SWIM LESSONS	For Aquatics At-A-Glance See Page 31						
YOUTH ARTS	Sunday STARS-Upstream Arts Combo 10:00-11:30 AM Sunday STARS-Upstream Arts Combo 1:00-2:45 PM	Clay Creations 4:00-5:30 PM Intro to Hip Hop 4:15-5:00 PM Teen Hip Hop 5:00-6:00 PM	3-D Art 4:00-5:30 PM STARS Paint Outside the Lines 5:00-5:45 PM Boys Making Noise 6:00-7:00 PM	Open Art Studio 4:00-5:30 PM Tap & Pre-Ballet 4:00-5:00 PM Music, Rhythm and Groove 4:30-5:15 PM STARS Music Therapy 4:30-5:15 PM Sunday STARS-Upstream Arts Combo 4:30-6:00 PM Tap & Pre-Ballet 5:00-6:00 PM	Pre-Ballet 4:15-5:00 PM STARS Paint Outside the Lines 5:00-5:45 PM Tap & Ballet I 5:00-6:00 PM Contemporary I/II 6:00-7:00 PM		
YOUTH ENRICHMENT		Tutoring Center 10:00 AM-6:00 PM STARS Yoga 5:00-5:45 PM	Tutoring Center 10:00 AM-6:00 PM	Tutoring Center 10:00 AM-6:00 PM Beginning Secrets of Magic 4:00-4:30 PM More Secrets of Magic 4:30-5:15 PM	Tutoring Center 10:00 AM-6:00 PM STARS Move to the Beat! 5:00-5:45 PM		
YOUTH SPORTS & LEAGUES	Winter Madness - Temkin Youth Basketball League 12:30/1:30/2:30 PM	Basketball Basics 4:15-5:00 PM Martial Arts 4:15-5:00 PM Basketball Clinic 5:15-6:00 PM Sports Variety 5:15-6:00 PM Vertical Adventures 5:15-6:00 PM	Floor Hockey Clinic 4:15-5:00 PM Volleyball Basics 4:15-5:00 PM Bootcamp 5:15-6:00 PM Intro to Floor Hockey 5:15-6:00 PM Sports Variety 5:15-6:00 PM Volleyball Clinic 5:15-6:00 PM	Home School Physical Education and Swim 1:00-3:00 PM Football Basics 4:15-5:00 PM JCC Mini Ninjas 4:15-5:00 PM Martial Arts 4:15-5:00 PM Bootcamp 5:15-6:00 PM Football Clinic 5:15-6:00 PM JCC Master Ninjas 5:15-6:00 PM JCC Mini Ninjas 5:15-6:00 PM	Intro to Kickball 4:15-5:00 PM Gym Games 4:15-5:00 PM Soccer Clinic 4:15-5:00 PM Indoor Track Running 4:15-5:00 PM Indoor Track Running 5:15-6:00 PM Soccer Basics 5:15-6:00 PM		



PARENT-CHILD CLASSES

Morning parent child classes are inclusive for children of all abilities (S.T.A.R.S. friendly).



*Free Books and Music
to Nurture Jewish Families*

Reading stories and listening to music with your child are among the most powerful and nurturing early childhood learning experiences. Milwaukee area families raising Jewish children ages 6 months through 8 years old receive free books and CDs for each child on a monthly basis. Over 580 children in Milwaukee are enrolled. The PJ Library is a gift that will nourish a Jewish life from the start.

Visit pjlibrary.org
to register a child in your life.



Shabbat Among Friends

NEW!

Get involved with Shabbat Among Friends, a series of home-based Shabbat programs for families raising Jewish children in Milwaukee. Connect with other families and create lasting friendships. Contact Andrea Kitsis at akitsis@jccmilwaukee.org.

This program made possible through a grant from PJ Library, a program of the Harold Grinspoon Foundation.

PJ Library is partially funded through a generous grant from the Harold Grinspoon Foundation. If you are interested in helping this vital literacy and family engagement program, please contact Elyse Cohn at ecohn@jccmilwaukee.org, 414-967-8188. Your financial support will ensure the continuation of this program for each eligible child in Milwaukee.

Challah and Community

Ages 3 mos-5 yrs

Challah Time! A chance to brain challah, meet new friends and enjoy stories and songs from area cantors, rabbis and educators. This program is free and open to the community.

Instructor: Rabbi Shari Shamah

Location: JCC Café

4 Fridays, Jan 11, Feb 8, Mar 8, Apr 12

10:00 AM

FREE

Movers and Shakers

Adults and children ages 3 Mos-1 1/2 yrs

Young children learn through music, movement and repetition. In this class for our youngest children, parents/caregivers and grandparents use movement, props, songs and counting to model activities for the tots. Come to class ready to move and have some fun!

Instructor: Hannah Marquardt

Location: 1M50-Yeladim Playroom

SESSION I

7 Tuesdays, Jan 8-Feb 19

9:30-10:15 AM

MEM \$77 / COMM \$112

SESSION II

7 Tuesdays, Feb 26-Apr 9

9:30-10:15 AM

MEM \$77 / COMM \$112

Gymnastics

Adults and children ages 1 1/2-3 1/2 yrs

This parent/tot class is interactive and facilitated by an experienced gymnastics coach. Each week your child will be led through stations of the fundamental building blocks of gymnastics. It's a chance for fun while building coordination, balance and self-confidence.

In Partnership with Flips 4 All.

Instructor: Sarah Banck / Flips 4 All

Location: Yoga Studio

SESSION I

7 Tuesdays, Jan 8-Feb 19

10:30-11:15 AM

MEM \$91 / PTRN \$60 / COMM \$119

SESSION II

7 Tuesdays, Feb 26-Apr 9

10:30-11:15 AM

MEM \$91 / PTRN \$60 / COMM \$119

Toddlin Tykes Jr.

Adults and children ages 10 mos to 2 yrs

This well-loved movement class is an excellent opportunity for your child to use their natural energy to develop large muscle and gross motor skills through the use of imaginative play, musical games, and more.

Instructor: Lenny Kass

Location: 2W45- Family Gym

SESSION I

7 Thursdays, Jan 10- Feb 21

9:45-10:25 AM

MEM \$77 / COMM \$112

SESSION II

7 Thursdays, Feb 28- Apr 11

9:45-10:25 AM

MEM \$77 / COMM \$112

Toddlin Tykes Sr.

Adults and children ages 2-4 yrs

Growing bodies acquire new skills in this continuation of our well-loved movement classes featuring imaginative play, musical games, and more.

Instructor: Lenny Kass

Location: 2W45 - Family Gym

SESSION I

7 Thursdays, Jan 10- Feb 21

10:30-11:10 AM

MEM \$77 / COMM \$112

SESSION II

7 Thursdays, Feb 28- Apr 11

10:30-11:10 AM

MEM \$77 / COMM \$112

Art for Lil' Ones

Adults and children 18 mos-4 yrs

What can you create together? This parent/child art class facilitates creativity and play. In this art class you'll have the chance to explore different kinds of art, projects and styles.

Instructor: Mary Yanny

Location: 1J16 Art Studio

SESSION I

7 Wednesdays, Jan 9-Feb 20

9:30-10:15 AM

MEM \$77 / PTRN \$38 / COMM \$112

SESSION II

9 Wednesdays, Feb 27-Apr 10

9:30-10:15 AM

MEM \$77 / PTRN \$38 / COMM \$112

**Baby Ballet 1***Adults and children ages 2 1/2-3 1/2 yrs*

Your little dancer's first step in our popular series of pre-ballet and movement classes. The curriculum is based on the use of props which encourage the children to learn music and dance concepts in a warm and playful environment.

Open House Apr 8 at 5:00 PM

Instructor: Hannah Marquardt

Location: 1M50-Yeladim Playroom

SESSION I**7 Mondays, Jan 7-Feb 18****9:30-10:15 AM**

MEM \$77 / COMM \$112

SESSION II**7 Mondays, Feb 25-Apr 8****9:30-10:15 AM**

MEM \$77 / COMM \$112

Baby Ballet 2*Adults and children ages 3-4 yrs**(recommended that dancers have taken Baby Ballet 1)*

Dancers will continue to work on skills from Baby Ballet 1. Build an early dance foundation with more gross motor skills like hopping, jumping and leaping. Increase ballet vocabulary with stories, songs, imagery and props.

Open House Apr 8 at 5:00 PM

Instructor: Hannah Marquardt

Location: 1M50-Yeladim Playroom

SESSION I**7 Mondays, Jan 7-Feb 18****10:20-11:05 AM**

MEM \$77 / COMM \$112

SESSION II**7 Mondays, Feb 25-Apr 8**

MEM \$77 / COMM \$112

Gym with Lenny "T'nuah"*Adults and children 18 mos-2 1/2 yrs*

T'nuah is Hebrew for movement and that's what this class is all about. Children will have an opportunity to jump, climb, play games and more while developing gross motor and large muscle skills.

Instructor: Lenny Kass

Location: 2W45 - Family Gym

SESSION I**7 Fridays, Jan 11- Feb 22****9:15-9:55 AM**

MEM \$77 / COMM \$112

SESSION II**7 Fridays, Mar 1- Apr 12****9:15-9:55 AM**

MEM \$77 / COMM \$112

Advanced Gym with Lenny "T'nuah"*Adults and children 2 1/2-4 yrs*

T'nuah is Hebrew for movement and that's what this class is all about. This advanced class offers more independent activities which require less assistance.

Instructor: Lenny Kass

Location: 2W45 - Family Gym

SESSION I**7 Fridays, Jan 11- Feb 22****10:00-10:40 AM**

MEM \$77 / COMM \$112

SESSION II**7 Fridays, Mar 1- Apr 12****10:00-10:40 AM**

MEM \$77 / COMM \$112

Hourly Childcare

A Member-Value Program

Ages 6 weeks-9 years

Providing you the flexibility you need to enjoy the JCC – whether it's a class, personal training, or just have some 'me' time – Hourly Childcare is an affordable and convenient option available for children from 6 weeks to 9 years old.

HOURS OF OPERATION

Mon-Fri: 7:45 AM-1:00 PM

Sat-Sun: 8:00 AM-Noon

Hourly Childcare is available for up to 2 hours per day

USAGE AND RESERVATIONS

Two hour maximum, per child, per day. Reservations are required for infants ages 6 weeks-18 months, and must be scheduled at least 24 hours in advance. No reservation is necessary for any child over 18 months old. Reservations can be made at 414-967-8171 or hchildcare@jccmilwaukee.org.

RATES PER CHILD: \$3.00 / hour**Monthly Supersaver Card**

For the high frequency user who pays a single monthly flat fee.

\$74.00 per month for the first child;
10% discount for each additional sibling.



PRESCHOOL ENRICHMENT

Children enrolled in Kids Only classes must be fully potty trained.



Yoga Yeladim

Ages 3-5 yrs

The first part of the Yoga/Art combo stands alone in this class that incorporates yoga games, songs and activities, in an engaging, Jewish-infused environment. Children learn yoga poses, breathing practices, moral behavior, how to meditate, and so much more through this unique high energy class.

Instructor: Katie Reitman

Location: Yoga Studio

14 Mondays, Jan 7-Apr 8

1:00-1:45 PM

MEM \$140 / PTRN \$70 / COMM \$210

Make Your Mark

Ages 3-5 yrs

In this drawing class, children will work with craypas, colored pencils, charcoal and other tools to see what kind of an imprint they can make. They'll draw comparisons between the mediums to learn about color depth and density.

Instructor: Mary Yanny

Location: 1J16 Art Studio

14 Mondays, Jan 7-Apr 8

1:45-2:30 PM

MEM \$140 / PTRN \$70 / COMM \$210

Yoga Yeladim / Art Combo

Ages 3-5 yrs

Children learn yoga poses, breathing practices, moral behavior, how to meditate and so much more with this unique high energy class. Then, they'll transfer their energy with open art studio time.

Instructors: Katie Reitman and Mary Yanny

Location: Yoga Studio / 1J16 Art Studio

14 Mondays, Jan 7-Apr 8

1:00-2:30 PM

MEM \$210 / PTRN \$105 / COMM \$280

Sports Fun

***STARS Friendly**

Ages 4-5 yrs

This class offers many of the basics. Throwing, catching, running, jumping all appear in a variety of fun games.

Instructor: Lenny Kass

Location: 2W45 Family Gym

14 Tuesdays, Jan 8-Apr 9

1:00-1:45 PM

MEM \$140 / COMM \$210

Floor Hockey

***STARS Friendly**

Ages 3-5 yrs

Game On! Join this beginning hockey class to learn some basic hockey moves and skills.

Instructor: Lenny Kass

Location: 2W45 Family Gym

14 Tuesdays, Jan 8-Apr 9

1:45-2:30 PM

MEM \$140 / COMM \$210

Floor Hockey / Sports Fun

***STARS Friendly**

Ages 3-5 yrs

An afternoon with Lenny! Start with Sports fun for basic sports skills and then head right into floor hockey!

Instructor: Lenny Kass

Location: 2W45 Family Gym

14 Tuesdays, Jan 8-Apr 9

1:00-2:30 PM

MEM \$210 / COMM \$280

Ballet

Ages 3-5 yrs

A class of pre-ballet and movement especially designed for new dancers. This class will teach the beginning fundamentals needed for ballet. A chance to leap, spin, and plie during the afternoon.

Open House Apr 10 at 5:00 PM

Instructor: Kate Zimmermann

Location: 1M50-Yeladim Playroom

14 Wednesdays, Jan 9-Apr 10

1:00-1:45 PM

MEM \$140 / COMM \$210

Cut, Glue and Stick

Ages 3-5 yrs

Children love scissors. They love stickers and most importantly, they love connecting things together. This developmental art class will allow them to play with cutting, gluing, sticking and more. From sticky tape, washi tape, stickers and more this class is a child's creative dream come true.

Instructor: Mary Yanny

Location: 1J16 Art Studio

14 Wednesdays, Jan 9-Apr 10

1:45-2:30 PM

MEM \$140 / PTRN \$70 / COMM \$210

Ballet / Art Combo

Ages 3-5 yrs

Spend your afternoons being creative. Start with an art class with Mary and then grab your ballet slippers for ballet with Kate.

Instructor: Mary Yanny / Kate Zimmermann

Location: Art Studio / Art Studio

14 Wednesdays, Jan 9-Apr 10

1:00-2:30 PM

MEM \$210 / PTRN \$105 / COMM \$280



Gym Tumbling Fun

Ages 3-5 yrs

This class has it all. Mat play, tumbling, games, fun and a weekly curriculum that emphasizes learning through movement and play. This class is taught by a certified gymnastics instructor.

In Partnership with Flips 4 All.

Instructor: Sarah Banck / Flips 4 All

Location: 2W45-Family Gym

14 Thursdays, Jan 10- Apr 11

1:00-1:45 PM

MEM \$140 / PTRN \$91 / COMM \$210

LEGO Builders

Ages 3-5 yrs

Children will build with Legos to learn concepts such as numbers, sorting, and colors.

Instructor: Tami Kent

Location: 1M50-Yeladim Playroom

14 Thursdays, Jan 10- Apr 11

1:45-2:30 PM

MEM \$140 / PTRN \$70 / COMM \$210

Gym Tumbling Fun / LEGO Combo

Ages 3-5 yrs

This afternoon combo combines gross motor and fine motor skills in an afternoon of fun.

First, tumble, climb and play then head on over to a Lego spectacular to learn concepts such as numbers, sorting and colors.

Instructors: Sarah Banck, Flips 4 All / Tami Kent

Locations: Family Gym and Yeladim Playroom

14 Thursdays, Jan 10- Apr 11

1:00-2:30 PM

MEM \$210 / \$137 / COMM \$280

JCC Mighty Ninjas

Ages 3-5 yrs

In our JCC Mini Ninja program, kids will compete in all kinds of fun, physical challenges. There will be non-stop action from obstacle courses to progressive relays and team-based competitions.

Instructors: Youth Sports Staff

Location: Family Gym

14 Fridays, Jan 11- Apr 12

1:00-1:45 PM

MEM \$126 / COMM \$182

Painting

Ages 3-5 yrs

Are you the next Matisse? Picasso? This art class will be focused on painting across a number of different mediums.

Instructor: Mary Yanny

Location: 1J16 Art Studio

14 Fridays, Jan 11- Apr 12

1:45-2:30 PM

MEM \$140 / PTRN \$70 / COMM \$210

Ninja / Art Combo

Ages 3-5 yrs

Kids will have non-stop action from obstacle courses to progressive relays, then head to the art studio to learn to paint with Mary.

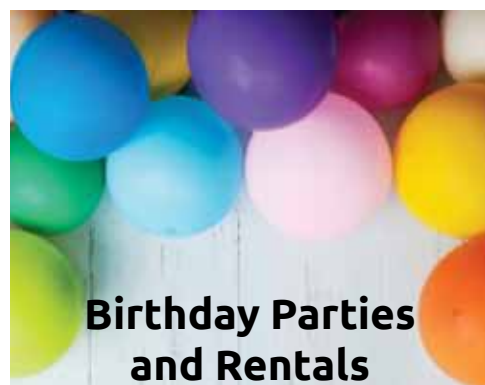
Instructor: Youth Sports Staff / Mary Yanny

Location: Family Gym / Art Studio

14 Fridays, Jan 11- Apr 12

1:00-2:30 PM

MEM \$210 / PTRN \$105 / COMM \$280



Birthday Parties and Rentals

When it comes to your child's birthday party, you can be the cool parent – and we mean that literally! Just sit back and relax while the party pros at the JCC take over. Here at the JCC, we know how to party. We have tons of experience with children and we know what kids like. But nobody knows your child better than you do and that's why we offer a range of party styles and options where we help you every step of the way!

For more information about birthday parties and rentals contact Alli Lardner at alardner@jccmilwaukee.org or 414-967-8283.

AFTER SCHOOL & WEEKENDS



YOUTH SPORTS & LEAGUES

Youth Sports programming is made possible through a generous grant from the JCC Sherwood Temkin Youth Sports Endowment Fund.



Home School Physical Education and Swim

Ages 4-15 yrs

Every child needs more physical education and every child should learn how to swim. Join our Home School Physical Education program and you will receive both! Swim portion will be a combination of lessons and open swim.

Instructors: Youth Sports Staff

Location: Marcus Gym & Peck Aquatic Center

11 Wednesdays, Jan 9-Mar 20

1:00-3:00 PM

1st Child: MEM \$121 / COMM \$143

2nd and 3rd Child: MEM \$88 / COMM \$99

4th Child or More: MEM \$44 / COMM \$77

Winter Madness - Temkin Youth Basketball League

Join us for a Winter full of basketball fun!

Our Temkin Youth Basketball League is focused on skill development, game play, and teamwork. The League is set up with the first 2 weeks running as practices and following 8 weeks of full game play. Participants receive on-court instruction from our officials in a game setting as well as a team t-shirt. Teams are assigned at random and volunteer coaches are assigned to each team.

All games and practices are 50 minutes in length and be held at the JCC Marcus Gym or the MJDS Field House. Contact Jess Lanke jlanke@jccmilwaukee.org if you are interested in being a volunteer coach!

Instructors: Youth Sports Staff

Location: Marcus Gym

K4/K5 GRD

10 Sundays, Jan 6-Mar 17

No class: 2/10

12:30 / 1:30 / 2:30 PM

MEM \$90 / COMM \$130

Basketball Basics

Ages 4-6 yrs

A skill based class for kids looking to learn the game, develop the fundamentals, and discover the love for the game! Teamwork and sportsmanship will be taught during this fun format which includes plenty of game like play!

Instructors: Youth Sports Staff

Location: Marcus Gym

SESSION I

7 Mondays, Jan 7-Feb 18

4:15-5:00 PM

MEM \$63 / COMM \$84

SESSION II

7 Mondays, Feb 25-Apr 8

4:15-5:00 PM

MEM \$63 / COMM \$84

Vertical Adventures**Ages 4-6 yrs**

Get great exercise while trying to conquer our climbing wall! Climbing builds strength, cardiovascular fitness, flexibility and coordination. Conquer your fear heights while building your confidence! *Must wear tennis shoes to climb.*

Instructor: Youth Sports Staff

Location: Family Gym

7 Mondays, Feb 25-Apr 7

5:15-6:00 PM

MEM \$63 / COMM \$84

Sports Variety**Ages 4-6 yrs**

Not sure what sport to play? How about a different sport or game each class? Sports of all Sorts will introduce a new sport to the class each week. Team sports and other recreational games are included in this exciting program. Be ready for something new and challenging each week! Classes may use either the gym or sports fields depending on the weather.

Instructor: Youth Sports Staff

Location: Marcus Gym

MONDAYS

7 Mondays, Jan 7-Feb 18

5:15-6:00 PM

MEM \$63 / COMM \$84

TUESDAYS

7 Tuesdays, Feb 26-Apr 9

5:15-6:00 PM

MEM \$63 / COMM \$84

Volleyball Basics**Ages 4-6 yrs**

Its all about learning the basics. Participants will be introduced to the basic rules and strategy fo volleyball. They will work on bumping, setting, and serving through drills and game play!

Instructors: Youth Sports Staff

Location: Marcus Gym & TBD

SESSION I

7 Tuesdays, Jan 8-Feb 19

4:15-5:00 PM

MEM \$63 / COMM \$84

SESSION II

7 Tuesdays, Feb 26-Apr 9

4:15-5:00 PM

MEM \$63 / COMM \$84

Intro to Floor Hockey**Ages 4-6 yrs**

Get introduced to Hockey wihtout ice! This class will introduce particpnats to coordination, balance, and endurance while playing this popular indoor game. Participants will build skill through drills and game play and focus on teamwork!

Instructor: Youth Sports Staff

Location: Marcus Gym

7 Tuesdays, Jan 8-Feb 19

5:15-6:00 PM

MEM \$63 / COMM \$84

Football Basics**Ages 4-6 yrs**

Introduce yourself to the sport of football! Participants will learn offensive and defensive skills and positions; as well as, teamwork, cooperation and sportsmanship through a combination of direct instructor and game play. Indoor games will be included.

Instructors: Youth Sports Staff

Location: Marcus Gym

7 Wednesdays, Jan 9-Feb 20

4:15-5:00 PM

MEM \$63 / COMM \$84

Intro to Kickball**Ages 4-6 yrs**

Its all about learning the basics. Participants will be introduced to the basic rules and strategy of kickball through skill pratice and game play!

Instructors: Youth Sports Staff

Location: Marcus Gym

7 Thursdays, Jan 10-Feb 21

4:15-5:00 PM

MEM \$63 / COMM \$84

Soccer Basics**Ages 4-6 yrs**

Join your friends and learn to play the worlds game! All classes will have detailed, age-appropriate instruction in both offensive and defensive skills. Teamwork and sportsmanship will be taught during this fun format which includes plenty of games! Arrive ready to listen and learn a great game!

Instructors: Youth Sports Staff

Location: Marcus Gym

SESSION I

7 Thursdays, Jan 10-Feb 21

5:15-6:00 PM

MEM \$63 / COMM \$84

SESSION II

7 Thursdays, Feb 28-Apr 11

5:15-6:00 PM

MEM \$63 / COMM \$84

JCC Mini Ninjas**Ages 4-6 yrs**

In our JCC Mini Ninja program, kids will compete in all kinds of fun, physical challenges. There will be non-stop action from obstacle courses to progressive relays and team-based competitions.

Instructors: Youth Sports Staff

Location: Family Gym

SESSION I

7 Wednesdays, Jan 9-Feb 20

5:15-6:00 PM

MEM \$63 / COMM \$84

SESSION II

7 Wednesdays, Feb 27-Apr 10

4:15-5:00 PM

MEM \$63 / COMM \$84

YOUTH ARTS**Clay Creations****Ages 4-8 yrs**

This popular clay class is a treat for all! Your artist will use a variety of materials; Crayola Magic, oil based clay, and earthen clay to sculpt their creations.

Instructor: Mary Yanny

Location: 1J16 Art Studio

SESSION I

7 Mondays, Jan 7-Feb 18

4:00-5:30 PM

MEM \$112 / PTRN \$56 / COMM \$147

SESSION II

7 Mondays, Feb 25-Apr 8

4:00-5:30 PM

MEM \$112 / PTRN \$56 / COMM \$147

3-D Art**Ages 4-8 yrs**

How many dimensions can you use? Create your own sculptures out of wood, paper, clay and other materials. The sky is the limit!

Instructor: Mary Yanny

Location: 1J16 Art Studio

SESSION I

7 Tuesdays, Jan 8-Feb 19

4:00-5:30 PM

MEM \$112 / PTRN \$56 / COMM \$147

SESSION II

7 Tuesdays, Feb 26-Apr 9

4:00-5:30 PM

MEM \$112 / PTRN \$56 / COMM \$147

KIDSCENTER



Before School, After School, No School... We've Got You Covered!

Discover the Kids Center Difference for kids in K4 – 6th grade

We make your mornings easier

Before School Care 7:00 – 9:00 AM

- Before school, kids enjoy a relaxed environment with plenty of options for free play.
- Breakfast is served before heading off to school on our busses.

We are your after school concierge

After School Care 3:00 – 6:00 PM (5:30 PM Fridays)

- FREE After School Classes - Kids have the whole JCC at their disposal and take everything from swim lessons to sports, art, and STEM classes because enrollment in Kids Center includes free classes based on the number of days each child attends.
- Dedicated, supervised homework room keeps kids on track for school success and allows your family to enjoy a more peaceful evening at home.
- Plenty of opportunities to just be a kid and play with friends in a smaller age-group setting.
- Adjacent courtyard provides lots of space to explore outside year-round.
- Inclusive and engaging Shabbat and holiday experiences are created throughout the year.

We provide transportation

The JCC private minibus fleet provides transportation to and from local elementary and middle schools. Find a full list of current schools at jccmilwaukee.org/kidscenter. Not serving your school yet? Talk to us about adding it!

Our staff are the heart of our program

- We partner with parents to help their children build confidence, resilience, responsibility, and competence.
- Our vibrant combination of retired teachers, college students, and youth professionals always have the children's safety and well-being as a top priority.
- Staff are CPR and first-aid certified with the added support of JCC first responders on site.

When school is out, we are in

- JCC Vacation Days plan field trips and activities for Winter Break, Spring Break, and other full and half days off at the schools we serve.
- JCC Day Camps run every week of summer break. Early bird day camp registration will open Winter 2019.

Contact Aaron Stern, Director of Youth Programs • 414-967-8218 • astern@jccmilwaukee.org
Learn more at jccmilwaukee.org/kidscenter

REGISTER TODAY!

GROWING UP AT THE JCC

For more information contact the Director of Youth Programs

Aaron Stern • astern@jccmilwaukee.org • 414-967-8218

The Big Chill

kids K4-8th grade.

Fun programs during Winter Break

9:00 AM-3:00 PM

Early Care - 7:00-9:00 AM

Late Care - 3:00-6:00 PM (5:30 PM

Fridays)

During your child's Winter Break

Closed December 25 and January

Hebrew School

2nd-7th graders

The JCC's Van Service to Hebrew Schools

3:00-4:15 PM

Is getting your child to Hebrew school a

daily dilemma? Unable to find a carpool?

Let us solve your problem! The JCC offers

daily van service from most public and

private schools to your Hebrew school.

School's Out Vacation Days

K4-6th grades

Our famous School's Out program

is perfect for teacher's workshops/

conference days, winter and spring breaks

and other days. Specific information will

be available for each School's Out Vacation

Day.

9:00 AM-3:00 PM • Call for rates.

Early Care and Late Care are

available for an additional fee.

Early care: 7-9 AM

Late care: 3-6 PM*

Combo: 7-9 AM & 3-6 PM*

*5:30 on Fridays



The JCC Pre-Teen Lounge

JCC MEMBERS ONLY!

The Pre-Teen Lounge is a great space for

4th-8th graders to do homework, hang out

and have fun! Stop by our spot on the second

floor and enjoy!

Monday-Thursday,

3:00-6:00 PM

Friday, 3:00-5:30 PM

PJ Our Way

9-11 yrs

PJ Our Way Student Board is hard at work

planning exciting programs for PJ Our Way

members. Check your email for more

details. Not receiving PJ Our Way emails?

Not signed up?

Sign up at pjourway.org or contact

Rabbi Shari Shamah, 414-967-8229 or

sshamah@jccmilwaukee.org



The Big Chill

Winter Staycation for kids K4-6th grade.

December 22, December 26-29, January 2

Enjoy swimming and games at the JCC, as well as field trips to some of the most fun places in Milwaukee. Whether it be roller blading, rock climbing, or outdoor winter activities, the Big Chill is the best way for kids and their friends to get the most out of their winter vacation days.

9:00 AM-3:00 PM

Early Care - 7:00-9:00 AM

Late Care - 3:00-6:00 PM (5:30 PM Fridays)

Registration form online at jccmilwaukee.org/kidscenterforms

For more information, contact Aaron Stern at 414-967-8218.



S*T*A*R*S

Students That Are Really Special

Sunday STARS-Upstream Arts Combo

We will be combining two very successful programs into one amazing 3 week session. Sign up individually or for the session. Upstream Arts will be here for 2 consecutive Sundays (and a bonus Wednesday class) focusing on the Art of Social Skills. Participants will gain hands-on experience using the arts as a tool for positive self expression in everyday life. Each session will also include a component of Sunday STARS with either a Movement, Art, or Music class.
Instructor: Jody Margolis
Location: TBD

3 Sessions

AGES 12 YRS AND OLDER

Wednesday, Feb 6 4:30-6:00 PM

Wednesday, Apr 3 4:30-6:00 PM

AGES 5-24 YRS

Sunday, Feb 10 1:00-2:45 PM

Sunday, Apr 7 1:00-2:45 PM

MEM \$30 / COMM \$35

STARS Yoga

Agnes 6-21 yrs

Calming, energizing, strengthening, balancing, grounding yoga postures are taught along with breathing and relaxation techniques. Yoga helps to build a strong, flexible body, calm balanced mind and a kind, loving heart. Modifications will be made based upon individual child's ability. All levels welcome.

Instructor: Minda Devorkin

Location: Teva Yoga Studio

8 Mondays, Jan 21-Mar 11

5:00-5:45 PM

MEM \$112 / COMM \$128

STARS Move to the Beat

Agnes 8-21 yrs

Your super STAR will build coordination and gross motor skills while moving to upbeat, contemporary music. The class promotes social interaction and personal expression in an active, fun-filled environment.

Instructor: Molly Ellner / Sarah Lasanske

Location: TBD

8 Thursdays, Jan 24-Mar 14

5:00-5:45 PM

MEM \$112 / COMM \$128

Adaptive Swim Lessons

1st-12th Grades

See page 29

Music, Rhythm and Groove

Agnes 6-21 yrs

Classes will include a multisensory framework that includes singing, rapping, instrument playing, and movement as its primary elements.

Instructor: Lauren Schell

Location: TBD

8 Wednesdays, Jan 16-Mar 13

No class: 2/6

4:30-5:15 PM

MEM \$112 / COMM \$128

STARS Paint Outside the Lines

Agnes 6-21 yrs

Your super STAR will build coordination and gross motor skills while moving to upbeat, contemporary music. The class promotes social interaction and personal expression in an active, fun-filled environment.

Instructor: Sarah McCutcheon

Location: Art Studio

8 Tuesdays, Jan 22-Mar 12

5:00-5:45 PM

MEM \$112 / COMM \$128

STARS Personal Training for Kids

Agnes 5-12 yrs

Develop and increase gross motor skills. Kids will have fun while learning fundamental core skills.

Instructor: TBD

Location: Gym and Track

Jan 7-Apr 11

Per Hour: MEM \$35 / COMM \$45

To schedule an appointment contact Jody Margolis, jmargolis@jccmilwaukee.org or 414-967-8206.

STARS Personal Training for Young Adults

Agnes 13-40 yrs

Teens will learn how to use the fitness equipment, develop a training plan and work with a qualified instructor to build a tailor-made program.

Instructor: TBD

Location: Fitness Center

Jan 7-Apr 11

Per Hour: MEM \$35 / COMM \$45

To schedule an appointment contact Jody Margolis, jmargolis@jccmilwaukee.org or 414-967-8206.

STARS Family Resource Center

Provides academic guidance and support to parents who are seeking help with their child. The goal is to enable parents to advocate for their child by having a thorough understanding of their child's individual situation and the resources available in the community. To schedule an appointment contact Jody Margolis jmargolis@jccmilwaukee.org or 414-967-8206.

Tutoring Center

Agnes 3-21 Yrs

Tutoring Center is for kids K3-8 grade who need academic assistance in one or more subject areas. We specialize in organizational skills which is often the foundation to academic success. Staffed by qualified, experienced special educators and assistants.
Instructor: Jody Margolis

Location: TBD

Monday-Thursday, Jan 14-Apr 11

10:00 AM-6:00 PM

MEM \$35 / COMM \$45

To schedule a session contact Jody Margolis, 414-967-8206 or jmargolis@jccmilwaukee.org

An Inclusive Community for All

SPECIAL NEEDS CHAVERIM

The Special Needs Chaverim Club offers social, recreational, educational and Judaic programs for adults with developmental disabilities throughout the year. Programs are designed to provide members an opportunity to make friends and develop both physically and socially in a warm, caring environment. For more information, contact Sarah Lasanske, 414-967-8198, slasanske@jccmilwaukee.org.

SPECIAL NEEDS MEMBERSHIP

JCC fitness membership may be purchased by special needs individuals. The member must be accompanied by a caregiver when participating in JCC activities. Caregiver admission will be included at no additional fee. For more information, please contact our Membership Team at 414-964-4444.

STARS FAMILY RESOURCE CENTER

The STARS Family Resource Center provides academic guidance and support to parents who are seeking help with their child in public and private schools. The goal for this center is to enable parents to advocate for their child by having a thorough understanding of their child's individual situation and the resources that are available in the community.

JCC offers an inclusive environment for children with special needs.

We welcome the opportunity for children with special needs to participate in the variety of children's classes listed throughout this program guide.

For more information, and to sign up for Sunday STARS, STARS friendly classes and the Tutoring Center, contact JCC Special Needs Director, Jody Margolis jmargolis@jccmilwaukee.org or 414-967-8206



YOUTH SPORTS

Youth Sports programs are made possible through a generous grant from the JCC Sherwood Temkin Youth Sports Endowment Fund.

התנועה הנוערית



Make the Team! Private Sport Lessons

Private Sport lessons are a great way for a child to enhance their sport skills to make their team. We offer lessons for Basketball, Volleyball, Football, Baseball, Soccer, and Dance. In addition, we offer semiprivate lessons with 2 – 3 children (please note that we do not match children up for semi-private lessons). All lessons are ½ hr sessions.

Instructor: Specified Sports Coach

Location: Marcus Gym / Athletic Fields

Lesson package options:

Private Lessons	MEM	COMM
1 lesson	\$25	\$35
Buy in Bulk & receive a discount!		
3 lessons	\$73	\$101
6 lessons	\$143	\$200
12 lessons	\$270	\$378
Semi-Private Lessons (per participant)		
	MEM	COMM
1 lesson	\$12.50	\$17.50
3 lessons	\$36	\$50.50
6 lessons	\$71	\$100
12 lessons	\$135	\$189

To Schedule a private lesson, please contact Jess Lanke, Director of Recreation & Aquatics at 414-967-8194 or jlanke@jccmilwaukee.org.

Private Lesson Packages can be purchased through the Recreation Department Office or at either of our customer service desks.

Lesson packages MUST be purchased prior to first lesson.

Winter Madness - Temkin Youth Basketball League

Join us for a Winter full of basketball fun! Our Temkin Youth Basketball League is focused on skill development, game play, and teamwork. The League is set up with the first 2 weeks running as practices and following 8 weeks of full game play. Participants receive on-court instruction from our officials in a game setting as well as a team t-shirt. Teams are assigned at random and volunteer coaches are assigned to each team. All games and practices are 50 minutes in length and be held at the JCC Marcus Gym or the MJDS Field House. Contact Jess Lanke jlanke@jccmilwaukee.org if you are interested in being a volunteer coach!

Instructors: Youth Sports Staff

Location: Marcus Gym

K4/K5 GRD

10 Sundays, Jan 6-Mar 17

No class: 2/10

12:30/1:30/2:30 PM

MEM \$90 / COMM \$130

1ST/2ND GRD

10 Sundays, Jan 6-Mar 17

No class: 2/10

12:30/1:30/2:30 PM

MEM \$90 / COMM \$130

3RD/4TH/5TH GRD

10 Sundays, Jan 6-Mar 17

No class: 2/10

12:30/1:30/2:30 PM

MEM \$90 / COMM \$130

Sports Variety

Ages 4-6 yrs

Not sure what sport to play? How about a different sport or game each class? Sports of all Sorts will introduce a new sport to the class each week. Team sports and other recreational games are included in this exciting program. Be ready for something new and challenging each week! Classes may use either the gym or sports fields depending on the weather.

Instructor: Youth Sports Staff

Location: Marcus Gym

MONDAYS

7 Mondays, Jan 7-Feb 18

5:15-6:00 PM

MEM \$63 / COMM \$84

TUESDAYS

7 Tuesdays, Feb 26-Apr 9

5:15-6:00 PM

MEM \$63 / COMM \$84

Basketball Basics

Ages 4-6 yrs

A skill based class for kids looking to learn the game, develop the fundamentals, and discover the love for the game! Teamwork and sportsmanship will be taught during this fun format which includes plenty of game like play!

Instructors: Youth Sports Staff

Location: Marcus Gym

SESSION I

7 Mondays, Jan 7-Feb 18

4:15-5:00 PM

MEM \$63 / COMM \$84

SESSION II

7 Mondays, Feb 25-Apr 8

4:15-5:00 PM

MEM \$63 / COMM \$84

Vertical Adventures

Ages 4-6 yrs

Get great exercise while trying to conquer our climbing wall! Climbing builds strength, cardiovascular fitness, flexibility and coordination. Conquer your fear heights while building your confidence! *Must wear tennis shoes to climb.*

Instructor: Youth Sports Staff

Location: Family Gym

7 Mondays, Feb 25-Apr 7

5:15-6:00 PM

MEM \$63 / COMM \$84

Volleyball Basics

Ages 4-6 yrs

Its all about learning the basics. Participants will be introduced to the basic rules and strategy fo volleyball. They will work on bumping, setting, and serving through drills and game play!

Instructors: Youth Sports Staff

Location: Marcus Gym & TBD

SESSION I

7 Tuesdays, Jan 8-Feb 19

4:15-5:00 PM

MEM \$63 / COMM \$84

SESSION II

7 Tuesdays, Feb 26-Apr 9

4:15-5:00 PM

MEM \$63 / COMM \$84

Intro to Floor Hockey*Ages 4-6 yrs*

Get introduced to Hockey without ice! This class will introduce participants to coordination, balance, and endurance while playing this popular indoor game. Participants will build skill through drills and game play and focus on teamwork!

Instructors: Youth Sports Staff

Location: Marcus Gym

7 Tuesdays, Jan 8-Feb 19**5:15-6:00 PM**

MEM \$63 / COMM \$84

JCC Mini Ninjas*Ages 4-6 yrs*

In our JCC Mini Ninja program, kids will compete in all kinds of fun, physical challenges. There will be non-stop action from obstacle courses to progressive relays and team-based competitions.

Instructors: Youth Sports Staff

Location: Family Gym

SESSION I**7 Wednesdays, Jan 9-Feb 20****5:15-6:00 PM**

MEM \$63 / COMM \$84

SESSION II**7 Wednesdays, Feb 27-Apr 10****4:15-5:00 PM**

MEM \$63 / COMM \$84

Football Basics*Ages 4-6 yrs*

Introduce yourself to the sport of football! Participants will learn offensive and defensive skills and positions; as well as, teamwork, cooperation and sportsmanship through a combination of direct instructor and game play. Indoor games will be included.

Instructors: Youth Sports Staff

Location: Marcus Gym

7 Wednesdays, Jan 9-Feb 20**4:15-5:00 PM**

MEM \$63 / COMM \$84

Soccer Basics*Ages 4-6 yrs*

Join your friends and learn to play the world's game! All classes will have detailed, age-appropriate instruction in both offensive and defensive skills. Teamwork and sportsmanship will be taught during this fun format which includes plenty of games! Arrive ready to listen and learn a great game!

Instructors: Youth Sports Staff

Location: Marcus Gym

SESSION I**7 Thursdays, Jan 10-Feb 21****5:15-6:00 PM**

MEM \$63 / COMM \$84

SESSION II**7 Thursdays, Feb 28-Apr 11****5:15-6:00 PM**

MEM \$63 / COMM \$84

Intro to Dodgeball*Ages 4-6 yrs*

Get introduced to the 5 D's of Dodgeball: dodge, dip, drive, duck, and dodge. Participants will receive direct instruction and then focus on strategy through game play!

Instructors: Youth Sports Staff

Location: Family Gym

7 Thursdays, Feb 28-Apr 11**4:15-5:00 PM**

MEM \$63 / COMM \$84

Intro to Kickball*Ages 4-6 yrs*

It's all about learning the basics. Participants will be introduced to the basic rules and strategy of kickball through skill practice and game play!

Instructors: Youth Sports Staff

Location: Marcus Gym

7 Thursdays, Jan 10-Feb 21**4:15-5:00 PM**

MEM \$63 / COMM \$84

Basketball Clinic*Ages 7-10 yrs*

Looking to harness your true basketball potential? This class will help you focus on the fundamentals: dribbling, passing, shooting, and overall game strategy.

Instructors: Youth Sports Staff

Location: Marcus Gym

SESSION I**7 Mondays, Jan 7-Feb 18****5:15-6:00 PM**

MEM \$63 / COMM \$84

SESSION II**7 Mondays, Feb 25-Apr 8****5:15-6:00 PM**

MEM \$63 / COMM \$84

Floor Hockey Clinic*Ages 7-10 yrs*

Hockey without ice! Practice your coordination, balance and endurance while playing this popular indoor game. Pads and mask available for goalies! Gym attire required.

Instructors: Youth Sports Staff

Location: Marcus Gym

7 Tuesdays, Jan 8-Feb 19**4:15-5:00 PM**

MEM \$63 / COMM \$84

Family Recreation Time

Open swim and gym times allow your family to enjoy recreational time together. Swim time is offered in the large pool with toys, basketball and fun activities. Gym time is open playtime in half of our gym.

Family Swim Times: Saturdays, 12:30-3:30 PM

Sundays, 2:30-4:30 PM

Open Gym Times: Sundays, 11:00 AM-Noon

Wednesdays, 4:00-5:00 PM

Location: Family Gym

Volleyball Clinic*Ages 7-10 yrs*

Develop your love of volleyball through drill practice and game play. Participants will work on passing, setting, spiking, digging, and serving. Set, Spike, Dig and Serve your way to Victory!

Instructors: Youth Sports Staff

Location: Marcus Gym

SESSION I**7 Tuesdays, Jan 8-Feb 19****5:15-6:00 PM**

MEM \$63 / COMM \$84

SESSION II**7 Tuesdays, Feb 26-Apr 9****5:15-6:00 PM**

MEM \$63 / COMM \$84

Bootcamp*Ages 7-10 yrs*

Train with a Sports Coach to improve as an overall athlete. This class will work on endurance training in an exciting, fun and fast paced format!

Instructors: Youth Sports Staff

Location: Marcus Gym

TUESDAYS**7 Tuesdays, Feb 26-Apr 9****4:15-5:00 PM**

MEM \$63 / COMM \$84

WEDNESDAYS**7 Wednesdays, Feb 27-Apr 10****5:15-6:00 PM**

MEM \$63 / COMM \$84

Football Clinic*Ages 7-10 yrs*

Practice time includes offensive and defensive skills and positions; as well as, teamwork, cooperation and sportsmanship. Indoor games will be included.

Instructors: Youth Sports Staff

Location: Marcus Gym

7 Wednesdays, Jan 9-Feb 20**5:15-6:00 PM**

MEM \$63 / COMM \$84

Soccer Clinic*Ages 7-10 yrs*

Join your friends and learn to play the world's game! All classes will have detailed, age-appropriate instruction in both offensive and defensive skills. Teamwork and sportsmanship will be taught during this fun format which includes plenty of games! Arrive ready to listen and learn a great game!

Instructors: Youth Sports Staff

Location: Marcus Gym

SESSION I**7 Thursdays, Jan 10-Feb 21****4:15-5:00 PM**

MEM \$63 / COMM \$84

SESSION II**7 Thursdays, Feb 28-Apr 11****4:15-5:00 PM**

MEM \$63 / COMM \$84

Indoor Track Running**Ages 7-10 yrs**

Love to run? Looking to utilize the track? This class is designed to introduce your child to indoor track running. Participants will work on a combination of running skills such as sprints, distance running, and relays as well as learn how to correctly stretch, warm up, and cool down! *Upon completion of this class, participants will become part of our youth track stars and will be allowed access to the track access at all times!

Instructors: Youth Sport Coaches

Location: Marcus Track

SESSION I**7 Thursdays, Jan 10-Feb 21****5:15-6:00 PM**

MEM \$63 / COMM \$84

SESSION II**7 Thursdays, Feb 28-Apr 11****4:15-5:00 PM**

MEM \$63 / COMM \$84

Martial Arts**Ages 7-18 yrs**

A full-time martial arts program!

The program will introduce students to Ryu Te, an authentic and effective Okinawan martial arts system, where students will have a chance to study effective self-defense techniques, Kata, and traditional Okinawan weapons, among other things, in a challenging and rewarding environment.

Instructor: Marwan Khayat

Location: Studio B

40 Mondays and Wednesdays**Jan 6-Jun 5**

No class: 4/15, 4/17, 4/22, 4/24

4:15-5:15 PM

MEM \$600 / COMM \$720

\$85.00 one-time start fee that includes registration with the league, uniform, and first belt.

JCC Master Ninjas**Ages 7-10 yrs**

The JCC Master Ninja program is created to give kids a fun approach to fitness as they work on strength, conditioning, flexibility, problem solving, team work, and coordination as they overcome obstacles designed for their skill levels.

Instructors: Youth Sports Staff

Location: Marcus Gym / Outdoors

7 Wednesdays, Feb 27-Apr 10**5:15-6:00 PM**

MEM \$63 / COMM \$84

Home School Physical Education and Swim**Ages 4-15 yrs**

Every child needs more physical education and every child should learn how to swim. Join our Home School Physical Education program and you will receive both! Swim portion will be a combination of lessons and open swim.

Instructors: Youth Sports Staff

Location: Marcus Gym & Peck Aquatic Center

11 Wednesdays, Jan 9-Mar 20**1:00-3:00 PM****1st Child:** MEM \$121 / COMM \$143**2nd and 3rd Child:** MEM \$88 / COMM \$99**4th Child or More:** MEM \$44 / COMM \$77

YOUTH ENRICHMENT

י"ל ת"ת ב"ה ספר

NEW! Learn To Code**K5-2nd grd**

A joint venture between the JCC and the Milwaukee Jewish Day School (MJDS). Transportation from Kids Center to MJDS is included.

For more details, contact Jori Brody, MJDS Dean of Students at 414-967-8315.

Instructor: TBD

Location: MJDS

8 Thursdays, Jan 17-Mar 7**4:00-5:00 PM****Beginning Secrets of Magic****Ages 5-7 yrs**

This introductory magic class is a great way to learn some of the basics of magic. Lenny introduces magic wands, card tricks and more.

Instructor: Lenny Kass

Location: Yeladim Playroom

SESSION I**7 Wednesdays, Jan 9-Feb 20****4:00-4:30 PM**

MEM \$49 / COMM \$77

SESSION II**7 Wednesdays, Feb 27-Apr 10****4:00-4:30 PM**

MEM \$49 / COMM \$77

More Secrets of Magic**Ages 7-10 yrs**

This class is designed for our older magicians who may have already taken a Magic class. The tricks are a bit more challenging and it's a chance to build on skills already attained.

Instructor: Lenny Kass

Location: Yeladim Playroom

SESSION I**7 Wednesdays, Jan 9-Feb 20****4:30-5:15 PM**

MEM \$77 / COMM \$112

SESSION II**7 Wednesdays, Feb 27-Apr 10****4:30-5:15 PM**

MEM \$77 / COMM \$112

OUR PARTNERS IN SERVING THE COMMUNITY



BBYO Connect
for 6th-8th Grades

AZA & BBG
for 8th-12th Grades

For program details contact Rachael Badt, BBYO Director @ rbadt@bbyo.org or call 414-326-2808.

Girl Scouts of Wisconsin

Sign your girl up for JCC's Girl Scout troop, part of the Girl Scouts of Wisconsin Southeast council. It's Milwaukee's only Girl Scout troop with a Jewish component. With Girl Scouts, she'll have tons of fun, make new friends, and go on fantastic new adventures. For girls in grades K-12. Contact Darlene Nash at 414-443-3917 or dnash@gswise.org.



YOUTH ARTS

Clay Creations

Ages 4-8 yrs

This popular clay class is a treat for all! Your artist will use a variety of materials; Crayola Magic, oil based clay, and earthen clay to sculpt their creations.

Instructor: Mary Yanny

Location: 1J16 Art Studio

SESSION I

7 Mondays, Jan 7-Feb 18

4:00-5:30 PM

MEM \$112 / PTRN \$56 / COMM \$147

SESSION II

7 Mondays, Feb 25-Apr 8

4:00-5:30 PM

MEM \$112 / PTRN \$56 / COMM \$147

3-D Art

Ages 4-8 yrs

How many dimensions can you use? Create your own sculptures out of wood, paper, clay and other materials. The sky is the limit!

Instructor: Mary Yanny

Location: 1J16 Art Studio

SESSION I

7 Tuesdays, Jan 8-Feb 19

4:00-5:30 PM

MEM \$112 / PTRN \$56 / COMM \$147

SESSION II

7 Tuesdays, Feb 26-Apr 9

4:00-5:30 PM

MEM \$112 / PTRN \$56 / COMM \$147

Open Art Studio

Ages 8-13 yrs

Love Art? Want to explore more? This class is designed for the art enthusiast... A chance to further explore their personal areas of interest including clay, drawing, jewelry making, cartooning, and more.

Instructor: Mary Yanny

Locations: 1J16 Art Studio

SESSION I

7 Wednesdays, Jan 9-Feb 20

4:00-5:30 PM

MEM \$112 / PTRN \$56 / COMM \$147

SESSION II

7 Wednesdays, Feb 27-Apr 10

4:00-5:30 PM

MEM \$112 / PTRN \$56 / COMM \$147

KIDSCENTER

Saturday Night Live at the J

for kids in 1st – 6th grade

Saturday, January 5

6:00-9:00 PM

MEM \$20 / PTRN \$20 / COMM \$25

Send your parents out for the night while you enjoy bounce houses and a glow in the dark dance party with your friends!

Contact Aaron Stern at
astern@jccmilwaukee.org to register.

Stay tuned for another SNL in February!



danceworks INC

Welcome to Danceworks at the JCC. Our philosophy is to nurture and develop the spirit and the body through creative movement, physical discipline and self-expression. Our instructors are experienced professional dancers who have the knowledge necessary to teach varying ages and ability levels. Enjoyment, encouragement, enrichment and excitement are the tools we use to carefully instruct all of our students—no matter their level.

Dress Code:

Creative Dance, Tap & Pre-Ballet & Combination Classes

Girls – Black leotard, pink tights, ballet and/or tap shoes. Ballet skirts are optional with instructor's permission.

Boys – White t-shirt, black dance pants or sweat pants and ballet and/or tap shoes.

Tap, Jazz and Theater Dance (and combination classes including these styles)

Girls – Black jazz pants or leggings with leotard with jazz and/or tap shoes.

Boys – Solid colored t-shirt, black dance pants or sweat pants, jazz and/or tap shoes.

Tap shoes must have sub-sunk screws or attachments to prevent damage to the wood floor.

Hip Hop

Comfortable non-restricting clothing and dance sneakers or street sneakers can be worn for all hip hop classes. All sneakers must be carried in and cannot be worn directly from the street. Wearing oversized clothing can be dangerous while dancing and should not be worn in any class.

Dance Apparel and Shoes Are Sold at Danceworks (1661 N. Water Street, Milwaukee, WI, 53202).

Student leotards, tights, demi-skirts and tap, ballet and jazz shoes are available at Danceworks! You can stop by to get fitted for shoes or dance attire anytime during our regular office hours, M-F 9am-8pm and Sat 9am-3pm.

To register for Danceworks' classes at the JCC, please visit Danceworks website at www.danceworksmke.org.

Questions?

Call (414) 277-8480 ext. 6007 or email abrinkman@danceworksmke.org



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Danceworks at the JCC

Winter Class Dates:

January 7- June 3, 2019

(No classes April 15-27 or Monday, May 27)

Intro to Hip Hop

Ages 8+ yrs

This class will focus on coordination and rhythm, and will teach hip hop dance basics in an energetic and fun-filled class environment. Each class is sure to get you on your feet and keep you on the beat!

Location: Studio B

19 Mondays, Jan 7-Jun 3

No class: 4/15, 4/22, 5/27

4:15-5:00 PM

MEM \$230 / PTRN \$228 / COMM \$252

Hip Hop

Ages 11-13 yrs

This high-energy dance class will use the latest music mixed with movements that are influenced by some of today's top video choreographers. Hip Hop is a broad collection of urban street dance styles including breaking, popping and locking and often incorporates elements of freestyling. Classes will provide a structured method of learning various styles of movement in a fun and vibrant environment. Each class will incorporate dance combinations and routines and will encourage individual expression and personal style.

Location: Studio B

19 Mondays, Jan 7-Jun 3

No class: 4/15, 4/22, 5/27

5:00-6:00 PM

MEM \$230 / PTRN \$228 / COMM \$252

Tap & Creative Dance

Age 3 yrs

This class will focus on coordination, rhythm and creativity. It will combine basic tap along with fun and games that explore creativity and self-expression and develop dance skills that prepare students to move into other movement disciplines. It's a perfect first dance class for any young dancer.

Location: Studio B

20 Tuesdays, Jan 8-May 28

No class: 4/16, 4/23

4:15-5:00 PM

MEM \$242 / PTRN \$240 / COMM \$264

Tap & Pre-Ballet

Age 4 yrs

This combination class will cover the basics of ballet and tap, with an emphasis on correct technique and terminology.

Location: Studio B

20 Tuesdays, Jan 8-May 28

No class: 4/16, 4/23

5:00-6:00 PM

MEM \$242 / PTRN \$240 / COMM \$264

Jazz

Ages 7-8 yrs

Jazz dance draws from many movement styles. This high-energy class is a great introductory class for new dancers. The class will introduce the basics of jazz dance, proper terminology and technique. Each class will include fun, upbeat choreography.

Location: Studio B

20 Tuesdays, Jan 8-May 28

No class: 4/16, 4/23

6:00-6:45 PM

MEM \$242 / PTRN \$240 / COMM \$264

Tap & Pre-Ballet

Age 5 yrs

This combination class will cover the basics of ballet and tap, with an emphasis on correct technique and terminology.

Location: Studio B

20 Wednesdays, Jan 9-May 29

No class: 4/17, 4/24

4:00-5:00 PM

MEM \$242 / PTRN \$240 / COMM \$264

Tap & Pre-Ballet

Age 6 yrs

This combination class will cover the basics of ballet and tap, with an emphasis on correct technique and terminology.

Location: Studio B

20 Wednesdays, Jan 9-May 29

No class: 4/17, 4/24

5:00-6:00 PM

MEM \$242 / PTRN \$240 / COMM \$264

Pre-Ballet

Age 5 yrs

This class is designed to build coordination, strength and body awareness through a range of creative techniques. Students will be introduced to basic ballet terminology and movements, and will learn ballet class discipline.

Location: Studio B

20 Thursdays, Jan 10-May 30

No class: 4/18, 4/25

4:15-5:00 PM

MEM \$242 / PTRN \$240 / COMM \$264

Tap & Ballet I

Ages 7-8 yrs

This class will focus on the fundamentals of classical ballet and tap with an emphasis on terminology and technique. Students will work toward developing an aesthetic awareness in both styles.

Location: Studio B

20 Thursdays, Jan 10-May 30

No class: 4/18, 4/25

5:00-6:00 PM

MEM \$242 / PTRN \$240 / COMM \$264

Contemporary I/II

Ages 9+ yrs

Characterized by its versatility, contemporary dance can be performed to any style of music and is often blended with other dance forms to create a unique style of movement. This class will emphasize proper technique, body alignment and self-expression.

Location: Studio B

20 Thursdays, Jan 10-May 30

No class: 4/18, 4/25

6:00-7:00 PM

MEM \$242 / PTRN \$240 / COMM \$264

Tiny Dancer

Ages 2.5-3.5 yrs

This class focuses on creativity in motion, imagination and motor skill development. Our faculty will guide students in a way that makes exploring movement and learning fun! Tiny Dancer is a great introduction to an independent dance class.

Location: Studio B

20 Fridays, Jan 11-May 31

No class: 4/19, 4/26

11:00-11:45 AM

MEM \$242 / PTRN \$240 / COMM \$264

Tap & Creative Dance

Ages 3-4 yrs

This class focuses on coordination, rhythm and creativity, all while having fun and cultivating a love for dance in a nurturing and fun-filled environment. Combined with basic tap to instill rhythm, this is a great first dance class for any young dancer.

Location: Studio B

20 Fridays, Jan 11-May 31

No class: 4/19, 4/26

12:00-12:45 PM

MEM \$242 / PTRN \$240 / COMM \$264



Keeping It All in the Family

The Roberta and Rick London family moved to the Milwaukee area in 1984 when their two children were in 4th and 5th grades. Their youngest child, Zach, was their first connection to Camp Interlaken, the JCC's overnight camp in Eagle River, WI. He took a short trip to camp with Rainbow Day Camp to try it out and liked it so much he ended up spending 3 years as a camper, one as an Ozo (staff-in-training), and 4 as a counselor. Rick, a family physician, was also recruited to be the camp doctor for three summers while Zach attended camp. Sari, who was never an official camper at Interlaken, was able to experience camp with her parents as a part of the doctor's family during that time.

The London Family's time at camp carried over as their family grew. Looking to create a close-knit extended family as Sari and Zach both married and started families of their own, Roberta and Rick invited them all to gather at their home near Lake Michigan for a week in August for "Camp London". This tradition began when their first grandchildren, Sari's son, Avi, and Zach's daughter, Scarlett, were just infants.

The summer Avi and Scarlett were 8 years old, and their parents were starting to consider overnight camp options, the whole extended family decided to try Camp Interlaken Family Camp as a part of their Camp London experience. Zach was excited to share his camp not only with his daughter, but also with his wife, Lauren, and his 5 year old son, Malcolm. Sari's husband, Brian Wolkenberg, had never attended summer camp, and was unsure what to expect as they packed up their family of five which also included 6 year old twins, Micah and Shaina. It was clear by the end of the week that Avi and Scarlett would be campers the following summer.

Fast forward to today and all 5 grandchildren are now devoted Interlaken campers and the family just completed their 6th year at Family Camp. Roberta loves how Family Camp has given their whole family not only the opportunity to connect with camp each summer, but more importantly, the opportunity

to connect with each other. "As a grandparent, there is something so heartwarming about sharing similar experiences generation to generation. There are few places you can go, or vacations you can take with 11 people who vary in age by 60 years, where we all can have our own good time, individually as we challenge ourselves with new activities, and together, as we share experiences that create a common bond for years to come."

For Sari the most special aspect of Family Camp is getting a taste of what the Interlaken experience is like for her kids. "I get the chance to meet some of their counselors each year and hear stories from the camp session that wouldn't get told were we not 'back at camp.' It makes me feel that I am a part of the Interlaken family, despite having never been an Interlaken camper in my youth."

Having children who love camp as much as he did allows Zach the opportunity to reflect on why the camp has so many second generation campers. "One of the most powerful ways that Interlaken connects campers to Judaism is by instilling a genuine love and respect for tradition. Camp probably has thousands of traditions, some of which are rooted in Judaism, and some of which are unique to Interlaken. The flexibility to react to the present and make new traditions is what makes camp so vibrant. Camp creates a community that lasts a lifetime."

Roberta and Rick could not be more pleased with their Family Camp experience at Camp Interlaken. "Because our grandchildren live in two different states, the month they spend as campers together at Interlaken, and the week we share at Family Camp, has given them a shared bond that will be with them their entire life."

To learn how your family can spend a week at Camp Interlaken, contact Camping Services Coordinator Beth Alling at balling@jccmilwaukee.org or 414-967-8240.



Tell All Your Friends!



Day Camp 2019

Register early and save!

Early Bird Pricing January 28-February 28

JCC Member priority registration Jan 28-Feb 3

Community Registration opens on February 4

jccmilwaukee.org

day camp



Traditional & Specialty Day Camps for kids K5 - 9th grade

CAMP INTERLAKEN JCC

A Jewish Overnight Camp for 3rd-12th Graders



Visit campinterlaken.org

Contact Beth | 414-967-8240 | interlaken@jccmilwaukee.org

TEENS

Starting at age 14, JCC member teens may enjoy the Habush Fitness Floor and participate in many adult fitness, aquatics, and recreation classes. Classes are identified as *Adults 14 and up* or *Adults 18 and up* throughout the Journal.

Starting at age 12, JCC member teens who complete the Youth Strength Training program highlighted below will receive a wristband that allows them access to the Habush Fitness Floor.

Many teens also enjoy part time and seasonal job opportunities available at the JCC. Visit jccmilwaukee.org/employment for more details

Youth Strength Training-Level 1

Ages 12-14 yrs

Three 45-minute personal training sessions focused on coaching youths to use the fitness floor in a safe and effective way. Teens receive early access to the fitness floor after completing the program.

MEM \$99

Youth Strength Training-Level 2

Ages 12-17 yrs

Four 45-minute personal training sessions focused on enhancing the base knowledge of your workout routine. Participants will begin to incorporate free weights into their exercise program. A standard routine will be given to each teen with individualized modifications.

MEM \$160

Youth Strength Training-Level 3

Ages 12-17 yrs

Four 45-minute personal training sessions focused on sport/interest specific training. Teens can now take their abilities to the next level and get a specific training routine designed to meet personal goals and cater to specific sports.

MEM \$160

Contact Jack Chevremont to get started at jchevremont@jccmilwaukee.org.

SPORTS & LEAGUES

Sports and Conditioning Camp

Ages 12-17 yrs

designed to offer youths the opportunity to train like an Olympian. This camp emphasizes speed, agility, flexibility, power and balance. Campers should bring a water bottle, healthy snack and weather appropriate clothing.

Instructor: Mannie Frazier

Location: Fitness Floor

MONDAYS

SESSION I

6 Mondays, Jan 21-Feb 25

5:00-6:00 PM

MEM \$144 / PTRN \$144 / COMM \$216

SESSION II

6 Mondays, Mar 4-Apr 8

5:00-6:00 PM

MEM \$144 / PTRN \$144 / COMM \$216

SATURDAYS

SESSION I

6 Saturdays, Jan 26-Mar 2

12:00-1:00 PM

MEM \$144 / PTRN \$144 / COMM \$216

SESSION II

6 Saturdays, Mar 9-Apr 13

12:00-1:00 PM

MEM \$144 / PTRN \$144 / COMM \$216

Open Volleyball

Ages 15 & up

Stop by Monday nights in the Marcus gym for this FREE to members program. Open to any and all ability levels.

Instructors: JCC Staff

Location: JCC Marcus Gym

ONGOING:

Mondays, 7:30-9:30 PM

MEM FREE / COMM \$5 Per Night

Volleyball COED Adult League

Ages 15 & up

Brand New - Coed Volleyball League! G273 Once a week on Tuesday nights - 1 Match (3 games to 21). Game times will change each week. Teams will play a designated number of regular season matches and then will be seeded into an exciting season-ending tournament. Register as a Team today! Registration Due: Tuesday, January 9th.

Instructors: JCC Staff

Location: JCC Marcus Gym

Tuesdays, Jan 15-TBD

6:00-9:30 PM

Team Fee: 145

LIFEGUARD TRAINING

American Red Cross Lifeguard Training

Ages 15 and up

Interested in a great summer job or challenging career as a professional lifeguard? Through videos, group discussion and hands-on practice, you'll learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. Successful completion results in a 2-year certification in Lifeguarding that includes first aid, professional-level CPR and AED in one certificate. Digital certificate available upon successful completion of course. Prerequisites: Must be at least 15 years old and pass certain swimming requirements including a continuous 300 yard swim, retrieval of a 10lb object from 10ft of water, and treading water without the use of your hands for 2 min.

**students who can not pass the prerequisite swimming skills will be refunded the course fee minus a \$25.00 swim test fee.*

Location: Peck Aquatic Center

Class Dates: TBD

MEM \$225 / PTRN \$150 / COMM \$300

Contact Jess Lanke at 414-967-8194 or jlanke@jccmilwaukee.org.



PECK AQUATIC CENTER

Many of the JCC's swimming and recreational activities take place in the Peck Aquatics Center which was provided through a generous grant from the Milton & Lillian Peck Foundation.

AQUATICS

Pool Schedules are available at jccmilwaukee.org

**Private Swim Lessons**

For JCC Members ages 3 and up

Private lessons offer quality one-on-one time with an instructor, flexibility in scheduling, and ongoing admissions. Semi-private lessons with 2 – 3 children also available. Please note that we do not match children up for semi-private lessons. Lessons are ½ hour sessions scheduled once a week. Due to pool space, private lessons are not available during group lesson times Monday through Thursday 4:00-6:00 PM. Lesson packages MUST be purchased through the Aquatics Office or at either of our customer service desks prior to first lesson. Packages expire after one calendar year.

Packages for JCC members & patrons

	Private Lessons	Semi-Private Lessons per participant
1 lesson	\$25	\$12.50
Buy in Bulk & receive a discount!		
3 lessons	\$73	\$36
6 lessons	\$143	\$71
12 lessons	\$270	\$135

Adaptive Private Swim Lessons are also available at the same rates and are open to all individuals with special needs regardless of membership status.

To schedule a private lesson, email jlanke@jccmilwaukee.org or call 414-967-8194.

Jess Lanke, Director of Recreations & Aquatics
414-967-8194 • jlanke@jccmilwaukee.org

Taylor Ladd, Assistant Aquatics Director & Water Park Director
414-967-8191 • tladd@jccmilwaukee.org

The JCC is the Place for Swim Lessons

- Ozone filtered pools that use less chlorine than typical public pools make it much easier on your child's eyes, skin, and swimsuit.
- Small teaching pool with depths of 2'6" - 3'6" so your younger child can stand in the water without flotation devices which builds confidence.
- Large, 6-lane, 25-yard pool allows your child to build endurance and stroke refinement.
- End-of-session report cards give parents each child's progress, successes, and recommended next level.
- Contact a member of the Aquatics Team and schedule your child's free swim check to ensure proper level placement.

Swim Test for Independent Swimmers

All swimmers under the age of 14 wishing to swim in either pool independently MUST complete a swim test. Swimmers will be given a wrist band to indicate which areas of the pool they are able to use. Swim Tests will be kept in a binder on the pool deck and will be updated weekly. Swimmers without a wrist band must be accompanied by an adult in the water at all times unless they are participating in a program.



AMERICAN RED CROSS - LEARN TO SWIM PROGRAM

The JCC's aquatics programs are based on the principals and methods established by the American Red Cross. The American Red Cross program is progressive; each skill builds on the skills mastered in the previous level, therefore it is important and necessary to successfully complete each level in progression.

Essential swim and safety skills are taught at each level; skipping or omitting levels may result in your child missing vital skills that will help them advance to the next level. Swimmers are separated by age; Parent-tot for infants/toddlers 6 months – 36 months with their parents, Pre-School Levels for children ages 3 – 5 years old and Youth Levels for children ages 6 & up. This separation allows children to learn in a relaxed, non-competitive environment with children of their own age and ability.

Progress reports are handed out at the end of every session informing parents which skills were accomplished and which need continued progress as well as the recommendation of the next level to enroll in.

Make-up/Refund Policy: We realize that there are schedule changes and situations arise that may cause you or your child to miss a class, but to ensure a quality experience for both your child and the other children in classes, the **JCC does not allow make up lessons or provide refunds for missed classes.**

PARENT-CHILD SWIM

Parent-Tot

Ages 6 mos-3 yrs

This program is specially designed for infants and toddlers 6 months – 36 months. Parent participation allows you to share this experience with your child. We explore water adjustment, body awareness, coordination and safety through use of games, songs and repetition. All infants and toddlers must wear swim diapers or secure plastic pants over a cloth diaper. No disposable diapers are allowed. There is a maximum of one child per parent.

Parent-Child Swim Skills

Ages 18 mos-3 yrs

Is your child too old or advanced for the Parent-Tot class but not quite ready to start Pre-school Level 1? This class is the perfect balance! The class is designed to work on all of the skills that are introduced and taught in our Pre-school Level 1 class. The difference is that parents join their participant in the water and help ease that transition into independent lessons for the future. The instructor will teach the participants, and parents will assist their child in practicing the given skills. See our program grid for more information!

YOUTH SWIM LESSONS AGES 3 – 5 YEARS OLD

Our pre-school age aquatic classes are structured for the 3 – 5 year old with each lesson 30 minutes in length combining skill instruction with fun. To ensure a quality and safe lesson, there is a ratio of one instructor to a maximum of five students and the classes are taught in our teaching pool.

Pre-School Level 1

First independent swim lesson experience. Participants will learn to put their face in the water and become more comfortable in the water on their own. Activities include submerging mouth, nose & eyes, blowing bubbles, floating on front & back with help and exploring arm movements/swimming on front & back with help.

Pre-School Level 2

Participants enrolled in this class must be able to put their head in the water independently and have a high comfort level of being in the water and participating in some skills on their own. Activities will include learning to float on front & back and front & back glides with minimal assistance with & without kicking, beginning arm movement of front & backstroke and jumping into shallow water.

Pre-School Level 3

Participants enrolled in this class must be able to submerge their head, jump independently into shallow water. They will master independent front & back floats. Activities will include front & back floating/gliding without assistance, front & backstroke (arm & leg action coordinated) and introduction to the big pool.

YOUTH SWIM LESSONS AGES 6 & UP

Our youth aquatic classes are structured for children 6 years old and up with each lesson 30 minutes in length combining skill instruction with fun. To ensure a quality and safe lesson, there is a ratio of one instructor to a maximum of 6-8 students depending on the level and the classes are taught in our

big pool with the exception of part of our Youth Level 1 classes will be held in both the teaching and big pool.

Youth Level 1

Beginners for children ages 6 & up

Participants enrolled in this class will become familiar with the skills in the Pre-School Lesson Program. This level is designed for the older child to begin in an age appropriate lesson. This lesson will be taught in both the teaching and big pool.

Youth Level 2

The next step after Pre-School Level 3

Participants enrolled in this class must be able to front & backstroke for ¼ length of the large pool (coordinated arm & leg action). Activities will include refining coordinated arm & leg action with an introduction to rotary breathing (breathing to the side while swimming on front), swimming on side and treading water.

Youth Level 3

Participants in this class must be able to complete the front crawl with rotary breathing & back crawl for ½ the pool and tread water/float for 30 seconds and get back to safety. Activities will include introduction to several new strokes: the butterfly stroke (kick & body motion), the back crawl, elementary backstroke, the breast stroke arm movement, jumping into deep water and an introduction to diving.

Youth Level 4

Participants in this class must be able to complete the front & back crawl for 25 yards, breaststroke for ½ the pool and tread/float water for 1 minute. Activities include introduction to underwater swimming, standing dives, front & back turns and refinement of all strokes.

Youth Level 5

Participants in this class must be able to do the following activity (minimally) A) Dive into deep water, swim the front crawl for 50 yards and then swim backstroke for 50 yards. B) swim 25 yards breaststroke of butterfly. Activities will include refinement and endurance of all strokes, flip turns while swimming on front & back, shallow start dive and development of setting up a swimming fitness program.

Youth Level 6

Participants in this class must be able to do the following activity (minimally) A) Dive into deep water, swim the front crawl for 100 yards and then swim backstroke for 100 yards. B) Swim 25 yards breaststroke and butterfly and demonstrate feet first and head first surface dives. Participants must also demonstrate proper turns including flip turns. Activities will include swim race etiquette, such as proper starts, breakouts, turns, finishes, and use of the pace clock. Swimmers will also learn basic lifeguarding techniques and prerequisites.



SWIM LESSON SCHEDULE & FEES

	Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
SESSION I	1/6-2/17 7 lessons MEM \$63, COMM \$91	1/7-2/18 7 lessons MEM \$63, COMM \$91	1/8-2/19 7 lessons MEM \$63, COMM \$91	1/9-2/20 7 lessons MEM \$63, COMM \$91	1/10-2/21 7 lessons MEM \$63, COMM \$91	1/11-2/22 7 lessons MEM \$63, COMM \$91	1/12-2/23 7 lessons MEM \$63, COMM \$91
SESSION II	2/24-4/7 7 lessons MEM \$63, COMM \$91	2/25-4/8 7 lessons MEM \$63, COMM \$91	2/26-4/9 7 lessons MEM \$63, COMM \$91	2/27-4/10 7 lessons MEM \$63, COMM \$91	2/28-4/11 7 lessons MEM \$63, COMM \$91	3/1-4/12 7 lessons MEM \$63, COMM \$91	3/2-4/13 7 lessons MEM \$63, COMM \$91
Parent-Tot	01 - 9:45-10:15 AM					02 - 10:45-11:15 AM	03 - 9:00-9:30 AM
Parent-Child Swim Skills	01 - 9:00-9:30 AM 02 - 10:30-11:00 AM			03 - 10:45-11:15 AM		04 - 10:00-10:30 AM	
Pre-School Level 1	01 - 9:00-9:30 AM 02 - 10:30-11:00 AM	03 - 4:00-4:30 PM 04 - 4:45-5:15 PM	05 - Gan Ami 3:25-3:55 PM 06 - 4:00-4:30 PM 07 - 4:45-5:15 PM	08 - 10:00-10:30 AM 09 - Gan Ami 3:25-3:55 PM 10 - 4:00-4:30 PM 11 - 4:45-5:15 PM	12 - Gan Ami 3:25-3:55 PM 13 - 4:45-5:15 PM 14 - 5:30-6:00 PM	15 - 11:30 AM-12:00 PM	16 - 9:45-10:15 AM 17 - 11:15-11:45 AM
Pre-School Level 2	01 - 9:45-10:15 AM 02 - 11:15-11:45 AM	03 - Gan Ami 3:25-3:55 PM 04 - 4:00-4:30 PM 05 - 4:45-5:15 PM	06 - 4:00-4:30 PM 07 - 4:45-5:15 PM 08 - 5:30-6:00 PM	09 - 11:30 AM-12:00 PM 10 - Gan Ami 3:25-3:55 PM 11 - 4:00-4:30 PM 12 - 4:45-5:15 PM	13 - 4:00-4:30 PM 14 - 5:30-6:00 PM		15 - 9:45-10:15 AM 16 - 10:30-11:00 AM
Pre-School Level 3	01 - 9:45-10:15 AM 02 - 12:00-12:30 PM	03 - 4:00-4:30 PM 04 - 5:30-6:00 PM	05 - Gan Ami 3:25-3:55 PM 06 - 5:30-6:00 PAM	07 - 4:00-4:30 PM 08 - 5:30-6:00 PM	09 - Gan Ami 3:25-3:55 PM 10 - 4:00-4:30 PM 11 - 4:45-5:15 PM		12 - 9:00-9:30 AM 13 - 10:30-11:00 AM
Youth Level 1	01 - 10:30-11:00 AM			02 - 4:00-4:30 PM			03 - 9:00-9:30 AM
Youth Level 2	01 - 9:00-9:30 AM 02 - 12:00-12:30 PM	03 - 4:00-4:30 PM 04 - 5:30-6:00 PM	05 - 4:00-4:30 PM	06 - 4:45-5:15 PM 07 - 5:30-6:00 PM	08 - 4:00-4:30 PM		09 - 9:45-10:15 AM 10 - 11:15-11:45 AM
Youth Level 3	01 - 11:15-11:45 AM	02 - 4:45-5:15 PM 03 - 5:30-6:00 PM		04 - 4:45-5:15 PM			05 - 10:30-11:00 AM
Youth Level 4	01 - 11:15-11:45 AM	02 - 4:45-5:15 PM		03 - 5:30-6:00 PM			
Youth Level 5	01 - 12:00-12:30 PM			02 - 5:30-6:00 PM			
Youth Level 6		01 - 5:30-6:00 PM					02 - 11:15-11:45 AM
JCC Triggerfish Swim Team			01 - 5:00-6:00 PM**		01 - 5:00-6:00 PM**		

***Kids Center participants ONLY are walked to lessons scheduled at 4:45 PM and 5:30 PM. **See fee structure for Triggerfish on page 32.**
A minimum of 3 students per class is required in order for lesson to be offered.



LIFEGUARD TRAINING

American Red Cross Lifeguard Training

Ages 15 and up

Interested in a great summer job or challenging career as a professional lifeguard? Through videos, group discussion and hands-on practice, you'll learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. Successful completion results in a 2-year certification in Lifeguarding that includes first aid, professional-level CPR and AED in one certificate. Digital certificate available upon successful completion of course. Prerequisites: Must be at least 15 years old and pass certain swimming requirements including a continuous 300 yard swim, retrieval of a 10lb object from 10ft of water, and treading water without the use of your hands for 2 min.

**students who can not pass the prerequisite swimming skills will be refunded the course fee minus a \$25.00 swim test fee.*

Location: Peck Aquatic Center

Class Dates: TBD

MEM \$225 / PTRN \$150 / COMM \$300

JCC Members enjoy Aquafit Deep Aquafit Shallow • Splash!

Find free Aqua Fitness classes on Group Exercise pages 40-41 or visit jccmilwaukee.org/schedules

SWIM TEAM

JCC Triggerfish Swim Team

Ages 6-14 yrs

Participants in this program must have passed all requirements of Youth Level 3 to be successful. The program is designed to introduce your child to the concept of a swim team and using swimming as a form of exercise. Workouts are held twice a week learning a proper warm-up and refinement of strokes through drills to understand a balanced workout/practice. All swimmers will review the basic components of competitive swimming strokes, starts, turns and training tactics. Please contact Assistant Aquatics Director/Head Coach, Taylor Ladd with any questions at tladd@jccmilwaukee.org or 414-967-8191.

**28 Tuesdays and Thursdays, Jan 8-Feb 21
5:00-6:00 PM**

MEM \$280 / COMM \$364

Swim Skills Clinic

Ages 6-14 yrs

Need help perfecting your strokes? Thinking about joining our Triggerfish Swim Team? Just love to swim? Sign up for the JCC swim skills clinic! This clinic is three hours long and will focus on all four competitive swim strokes as well as key areas of racing such as starts, flips/turns and finishes. Kids will have the opportunity to work with our current swim coaches and instructors who specialize in teaching their competitive stroke. Contact Assistant Aquatics Director/Head Coach, Taylor Ladd with any questions or for more information at tladd@jccmilwaukee.org or 414-967-8191.

Location: Peck Pool

Wednesday, Jan 2

1:00-4:00 PM

MEM \$50 / COMM \$75

ADULT SWIM

Arthritis Aquatics

Ages 14 and up

Alleviate pain from arthritis with a gentle exercise routine conducted in our heated small pool by a nationally certified arthritis instructor.

Location: Peck Aquatic Center

MONDAYS:

Instructor: Sandra Ingram

14 Mondays, Jan 7-Apr 8

10:15-11:00 AM

MEM \$56 / PTRN \$56 / COMM \$84

WEDNESDAYS

Instructor: Sandra Ingram

14 Wednesdays, Jan 9-Apr 10

10:15-11:00 AM

MEM \$56 / PTRN \$56 / COMM \$84

THURSDAYS

Instructor: Jo Ann Jackson

14 Thursdays, Jan 10-Apr 11

9:30-10:15 AM

MEM \$56 / PTRN \$56 / COMM \$84

Adult Lap Swim

Age 18 & up

We make every effort to make sure there are 2 lap lanes available at all times for lap swimmers, however there are special times where we designate **Adult Only Lap Swim**. You can view our currently swim schedule on-line at jccmilwaukee.org or contact the Aquatic Office at (414) 967-8194.

Female Only & Male Only Swim Times

We respect the fact that there is a need to allow females & males swim in our pools at separate times either due to privacy or religion reasons.

Female Only Swim - Sundays, 6:30-7:30 PM

Male Only Swim - Thursdays, 8:30-9:30 PM

RECREATION

ADULT SPORTS & LEAGUES

Adult Pick-Up Basketball MEMBERS ONLY

Ages 18 & up

Competitive, pick-up basketball. Please sign-in upon arrival into the gym. Ages 18 and older..

Instructor: Gym Supervisor
Location: JCC Marcus Gym

ONGOING:

TUESDAYS & THURSDAYS

11:00 AM-1:00 PM

MEM FREE

Adult Pick-Up Basketball 30+ MEMBERS ONLY

Ages 30 & up

Competitive, pick-up basketball. Please sign-in upon arrival into the gym. Ages 30+.

Instructor: Gym Supervisor
Location: JCC Marcus Gym

ONGOING:

Wednesdays

6:30-8:30 PM

MEM FREE

Volleyball COED Adult League

Ages 15 & up

Brand New - Coed Volleyball League! G273 Cnce a week on Tuesday nights - 1 Match (3 games to 21). Game times will change each week. Teams will play a designated number of regular season matches and then will be seeded into an exciting season-ending tournament. Register as a Team today! Registration Due: Tuesday, January 9th.

Instructors: JCC Staff

Location: JCC Marcus Gym

Tuesdays, Jan 15-TBD

6:00-9:30 PM

Team Fee: 145

Open Volleyball

Ages 15 & up

Stop by Monday nights in the Marcus gym for this FREE to members program. Open to any and all ability levels.

Instructors: JCC Staff

Location: JCC Marcus Gym

ONGOING:

Mondays, 7:30-9:30 PM

MEM FREE / COMM \$5 Per Night

ADULT DANCE

Open Israeli Dance

Adults 12 yrs and up

This FREE dance class is open to our members and to the public. Israeli folk dancing is excellent exercise for both the mind and the body, and it is great fun!

Beginners are welcome and will receive direct instruction for the first 30 minutes of the class, from 7:30-8:00 PM.

The remainder of the class consists of open dancing and teaching of intermediate to advanced dances. Learning this style of dance takes some time and perseverance. **If you are a beginner, please send an email to let us know you are coming.** Please contact MilwaukeeFD@yahoo.com for questions regarding Israeli Dance.

Instructor: Deborah Schermer / Team Taught
Location: Studio B

ONGOING:

Mondays, 7:30-9:30 PM

Free

The Parkinson's Dance Class

Specifically designed for people in the Parkinson's community, this program is open to anyone seeking lifelong comfort and ease in their body movements. Feel the beat of varied music as you improve coordination, balance, posture, and confidence in your body. All abilities and fitness levels are welcome. Options include dancing in a chair, standing, and moving across the floor.

Instructors: Suzanne Carter, Jane Brooks Reilly, Kate Mann, Tom Thoreson, Barb Wesson

Location: Studio A

14 Fridays, Jan 10-Apr 12

2:15-3:30 PM

MEM \$140 / PTRN \$140 / COMM \$140

Drop in Fee: \$15

Spouse or caregiver pricing: \$40

Free trial class January 4, 2:15-3:30 PM



PERSONAL TRAINING

A BENEFIT OF JCC MEMBERSHIP



TAKE YOUR WORKOUT TO THE NEXT LEVEL

Our professional trainers have the knowledge and expertise to:

- Assess your current level of fitness and create an individualized workout plan based on what you want to achieve
- Teach you the proper way to perform each exercise movement
- Enhance your motivation to continue with a workout plan
- Keep you accountable, making it more likely that you'll continue with your training program
- Teach you a variety of exercise methods, which can keep you from getting bored
- Make the most of your workout time, which increases your efficiency

To learn more about Personal Training contact

Katie Nickel, Fitness Director

knickel@jccmilwaukee.org or 414-967-8269

jccmilwaukee.org/personaltraining

What's NEW in Personal Training? Restorative Stretch

Sessions are designed to assist range of motion, reduce risk of injury, relieve post-exercise aches and pains, improve posture and functional performance utilizing new Hyperice products (high intensity vibration therapy), foam rollers, and stretch bands. Individual, partner, and small group sessions available in 30-60 min. packages.

Foundations Program

New JCC members receive three complimentary sessions with a trainer to get you started on your fitness journey.

FREE • \$180 Value

Try Pack 3 for \$99

For current members new to Personal Training only. When you are ready to turn intention into action, try three sessions for only \$99 and learn how working with a trainer can help you work more efficiently to reach your goals.

Session Packages

Session pricing based on qualifications of trainer and number of sessions 1 / 4 / 8 / 12

Private One-to-One (1 hour)

A traditional full hour of individualized personal training.

Personal Trainer \$55 / \$210 / \$396 / \$561

Senior Trainer \$60 / \$230 / \$436 / \$621

Master Trainer \$65 / \$250 / \$476 / \$681

Express One-on-One (1/2 hour)

For those looking for a more intense, shorter workout.

Personal Trainer \$30 / \$114 / \$220 / \$306

Senior Trainer \$33 / \$126 / \$244 / \$342

Master Trainer \$36 / \$138 / \$268 / \$378

Partner Training (1 hour – 2 people)

Partner training increases commitment to a regimen.

Personal Trainer \$30 / \$114 / \$220 / \$306

Senior Trainer \$33 / \$126 / \$244 / \$342

Master Trainer \$36 / \$138 / \$268 / \$378

Small Group Training (1 hour – 3+ people)

Small group training builds camaraderie in a group dynamic.

Personal Trainer \$16 / \$64 / \$128 / \$192

Senior Trainer \$18 / \$72 / \$144 / \$216

Master Trainer \$20 / \$80 / \$160 / \$240

Personal Training Subscription

Inquire about our monthly rate for clients with a consistent training schedule.

Pricing available online.

Commit To Take Care of YOU

Our lives are filled with commitments. Family, work, volunteering, friends – some days it seems that the to-do list never ends. But when is the last time you put yourself on that list? This winter is the time to make a spot on your checklist for your own health and well-being, and the JCC can help!

The JCC's *Commit To Be Fit* is a 12 week program that combines in-person small group training with tips and support to help you take control over your own nutrition and fitness routine. Some may remember a JCC program called *The Big Meltdown* which mimicked NBC's *The Biggest Loser* weight loss challenge. *Commit To Be Fit* is the new and improved version of that program and has been running successfully for the past year. While the focus of *The Big Meltdown* was mostly weight loss, *Commit To Be Fit* expands upon that and offers participants a path to improving their health well past the end of the 12 weeks. The goals of the program are to implement a healthy lifestyle and improve biometric numbers like weight, cholesterol level, and blood pressure.

Even though the focus has changed, there is still an element of competition among the participants. At the end of the program, there are opportunities to win prizes like an iPad, personal training packages, WIRED heart rate tracking devices, and more. In addition, during the 12 week program, participants can purchase discounted personal training sessions and earn points to be used on JCC fitness products and programs.

When you join the program you also get your own personal cheerleaders. Fitness Director Katie Nickel's motivational style combines her experiences as a former collegiate cheerleader with her work as a personal trainer to inspire her clients to reach their goals. She sends out weekly emails to all *Commit To Be Fit* participants, no matter which trainer is leading their small group work. Katie encourages the group to celebrate

even the smallest of successes and offers positive energy to carry them through each week.

This excerpt from one of Katie's emails is just one example of how she asks participants to rethink the value of their own health through weekly homework assignments:

This week I want you to write out your top 5 priorities and why they are important to you. Don't just ask yourself why once - ask it 5 times for each priority.

Ex: Priority – Fitness

- *Why? Because I want to stay healthy*
- *Why? Because I don't want to be sick*
- *Why? Because I want to be there for my family*
- *Why? Because I want to be a good role model for my kids*
- *Why? Because I want to be independent and moving at 100!*

This exercise will take 5-15 minutes, but will lay the foundation for your activity next week.

Side note: Once you've listed your top five priorities, did you list yourself? We hear it on every flight; attach your mask first, before helping others. What good are you to others if you are not at your best? The world needs the best version of you to succeed!

The emails also come with meal planning tips and pocket guides that provide nutritional guidance. A certified nutritionist is connected to the program and offers support throughout the challenge. Also on the team are JCC personal trainers who lead the weekly small group training sessions.

Many previous participants have found that they started by working towards a weight loss goal and were able to turn it into a new way of life - many forging new friendships with fellow participants that came as an added benefit. The feedback from a recent group raved about their experiences.



"Commit to be Fit combined great nutrition information with fast-paced group training classes in a supportive environment. The program works! I have lost 15 pounds, and I feel great!"

"This has been a life changing program that has seen me lose weight, reshape my body, make new friends and have fun!!"

Even if you never thought you would be a "gym person," *Commit To Be Fit* could be just the push you have been hoping to find. For more details on how you can join the next co-hort, flip the page and check out the class listing with dates and times. Still not sure if this is for you? Contact Katie at 414-967-8269 or knickel@jccmilwaukee.org to ask questions and learn more.

GROUP TRAINING

OPEN FOR COMMUNITY REGISTRATION

COMMIT TO BE FIT - *weight loss and exercise challenge*

Join us on a 12 week journey to a healthier you! Learn how to create healthy habits that assist you in weight loss, lower stress levels, better sleep, and increased energy with the support of a trainer and a small group community. Program includes one small group personal training session plus additional workouts from your trainer for you to complete on your own each week. You'll also receive an entire program guide filled with wellness and nutrition tips and homework which your trainer will review with you each week.

Adults 18 yrs and up

Location: Personal Training Studio

12 Sessions:

MEM \$264 / PTRN \$264 / COMM \$384

Pick your day for small group training:

Mondays, Jan 14-Apr 2
7:30 PM with Mannie

Tuesdays, Jan 15-Apr 3
9:30 AM with Mannie

Tuesdays, Jan 15-Apr 3
5:30 PM with Andy

Tuesdays, Jan 15-Apr 3
7:00 PM with Cesia

Wednesdays, Jan 16-Apr 4
9:30 AM with Katie

Wednesdays, Jan 16-Apr 4
5:30 PM with Jack

Thursdays, Jan 17-Apr 5
5:00 PM with Neila

Fridays, Jan 18-Apr 6
6:30 AM with Ally



Military Spouses' Day

Saturday, January 26

Show your military ID and receive a free 30 minute personal or Pilates personal training session on your account.

Pie and Lattes - Pilates Open House

Celebrate Pie day with Pie, Lattes, and Pilates Demos for our yearly Open House. For more details contact Erin Stern 414-967-8209.

Location: J Pilates Studio

Thursday, March 14 • 9:30-11:30 AM • FREE Program



Men's & Women's HEALTH CENTER

Adult-Only, Upgraded Locker Suites

REVIVE in Infinity Deluxe Massage Chairs

REFRESH in private sauna, steam room and whirlpool

RELAX in private lounge with snacks, gourmet coffees & Rishi tea service

All the necessary spa amenities provided in a calm and soothing atmosphere.

Personalized kit lockers with towel and laundry service. Dry clean and shoe shine upon request.

Monthly Rate

Individual \$51 • Couple \$89 • Corporate Rates Available

To learn more about the added value of a **Health Center Membership**

contact Member Experience Manager

Mardi Smirl at 414-967-8203

HARRY & ROSE SAMSON FAMILY JCC

HEALTH CENTER



GROUP TRAINING

OPEN FOR COMMUNITY REGISTRATION

AFTERBURNER

Group Training – Afterburner, Extreme and Performance

Are you ready to challenge your body by combining wearable technology and high intensity workouts?

Group Training is 60 minutes of total body workouts using a variety of circuit based exercises linked with our wearable heart rate technology. By focusing on staying within 60-80% of your maximum heartrate for a majority of the class ensures that more calories are burned after the workout for increased results! You could burn up to 500 additional calories after the workout!

FREE Afterburner Winter Kickoff

Saturday, Jan 5 • 9:15-10:30 AM • Marcus Gym
Sunday, Jan 6 • 8:05-9:10 AM • Studio B

Join the Afterburner Trainers for a FREE kickoff party! This is the perfect time to try Afterburner and get entered into drawings for JCC fitness packages and special pricing! Saturday is drop in, no RSVP.

Space is limited for Sunday, so participants must sign-up in advance at the Peck Desk or call 414-964-4444.

Three styles of group training:

- **Afterburner** – Total body workouts using a variety of circuit based exercises.
- **Extreme** – Hard, harder, hardest! Tabata intervals combined with minimal rest time. Expect to give this class your all!
- **Performance** – monthly focus on increasing your performance. Speed, strength, distance are a few examples.

Small group setting – classes limited to 12 participants. The program is for anyone looking to challenge their workout and fitness level in a safe and effective way.

Rates:

Drop in rate MEM \$15 / COMM \$25

Packages: Save more by buying in bulk!

- 4 pack \$48
- 8 pack \$80
- 12 pack \$96

*packages expire 2 months after purchase date
Month Unlimited - \$75

*package expires 31 days after purchase date

Evening & weekend times available.
Check jccmilwaukee.org/schedules for most up-to-date schedule

SCHEDULE	5:30 AM	8:15 AM	8:30 AM	9:30 AM
Monday	Performance		Afterburner	
Tuesday				Extreme
Wednesday	Afterburner		Extreme	
Thursday				Afterburner
Friday	Extreme		Extreme	

Women On Weights

Ages 18 and up

Building strength is the foundation to increasing your fitness level. Learn to properly lift using barbells, dumbbells and the cable machines under the supervision of a certified personal trainer specializing in strength training.

Instructor: Denise Beckman

Location: Personal Training Studio

SESSION I

7 Thursdays, Jan 10-Feb 21

9:00-10:00 AM

MEM \$84 / PTRN \$84 / COMM \$154

Drop In Fee \$15

SESSION II

7 Thursdays, Feb 28-Apr 11

9:00-10:00 AM

MEM \$84 / PTRN \$84 / COMM \$154

Drop In Fee \$15



Get WIRED

Wearable technology is one of the hottest and most effective fitness tools on the market. Push yourself past your limits to achieve maximum results on site and by using the app.

Chest Strap \$50

Mio Slice Watch \$114

Get points for working out! It's simple, workout at the JCC while using your wired product and automatically be entered to win JCC Wellness Bucks!

See a fitness floor attend for more information or contact Katie Nickel at knickel@jccmilwaukee.org

READING YOUR TILE

① CHUCK B. ② INTENSITY: 49



1. Name
2. Intensity Score (effort over time)
3. Current Heart Rate
4. Total Calories Burned
5. Current Percentage of Max Heart Rate
6. Length of Time in Current Heart Rate Zone
7. Heart Rate Monitor Battery Level



PILATES

OPEN FOR COMMUNITY REGISTRATION

Pilates is a comprehensive exercise and rehabilitation program that works to lengthen, strengthen, and balance the body and is for EVERY BODY.

Benefits can include:

- Increased core strength
- Longer, leaner body
- Improved flexibility
- Increased muscular endurance
- Better posture
- Reduced lower back pain
- Improved joint mobility
- Enhanced sports performance

Pilates at the J offers a variety of mat classes, apparatus classes, and personal training with one of our certified, experienced instructors.

Classes are for adults 18 years and up

Free Intro To Reformer Pilates

A 30-min. demo to introduce you to the equipment and guide you down your best Pilates path. Available to anyone new to Pilates reformer. This is a free, one-time, demo and is open to the community.

Location: Pilates Studio

ONGOING- must register prior to class

Sundays

10:30-11:00 AM with Erin Stern

Wednesdays

11:30 AM-12:00 PM with Erin Stern

Thursdays

4:30-5:00 PM with Sarah Cohen



Group Reformer Pilates

This mixed equipment class with emphasis on the reformer is designed for all levels of current students.

*** Prerequisite: Must complete 3 private sessions (introductory rate 3 for \$99) before registering for group reformer classes . ***

Location: Pilates Studio

SUNDAYS - SESSION I

7 Sundays, Jan 6-Feb 17

9:30-10:20 AM

MEM \$126 / PTRN \$126 / COMM \$168

SUNDAYS - SESSION II

7 Sundays, Feb 24-Apr 7

9:30-10:20 AM

MEM \$126 / PTRN \$126 / COMM \$168

MONDAYS - SESSION I

7 Mondays, Jan 7-Feb 18

9:00- 9:50 AM

MEM \$126 / PTRN \$126 / COMM \$168

MONDAYS - SESSION II

7 Mondays, Feb 25-Apr 8

9:00- 9:50 AM

MEM \$126 / PTRN \$126 / COMM \$168

TUESDAYS - SESSION I

7 Tuesdays, Jan 8-Feb 19

8:00- 8:50 AM

MEM \$126 / PTRN \$126 / COMM \$168

TUESDAYS - SESSION II

7 Tuesdays, Feb 26-Apr 9

8:00- 8:50 AM

MEM \$126 / PTRN \$126 / COMM \$168

WEDNESDAYS - SESSION I

7 Wednesdays, Jan 9-Feb 20

9:00-9:50 AM

MEM \$126 / PTRN \$126 / COMM \$168

WEDNESDAYS - SESSION II

7 Wednesdays, Feb 27-Apr 10

9:00-9:50 AM

MEM \$126 / PTRN \$126 / COMM \$168

THURSDAYS

7 Thursdays, Jan 10-Feb 21

8:00-8:50 AM

MEM \$126 / PTRN \$126 / COMM \$168

THURSDAYS

7 Thursdays, Feb 28-Apr 11

8:00-8:50 AM

MEM \$126 / PTRN \$126 / COMM \$168

FRIDAYS - SESSION I

7 Fridays, Jan 11-Feb 22

9:00-9:50 AM

MEM \$126 / PTRN \$126 / COMM \$168

FRIDAYS - SESSION II

7 Fridays, Mar 1-Apr 12

9:00-9:50 AM

MEM \$126 / PTRN \$126 / COMM \$168

Group Tower Fusion

TUESDAYS - SESSION I

7 Tuesdays, Jan 8-Feb 19

9:15-10:05 AM

MEM \$126 / PTRN \$126 / COMM \$168

TUESDAYS - SESSION II

7 Tuesdays, Feb 26-Apr 9

9:15-10:05 AM

MEM \$126 / PTRN \$126 / COMM \$168

Advanced Reformer Pilates

TUESDAYS - SESSION I

7 Tuesdays, Jan 8-Feb 19

2:30- 3:20 PM

MEM \$126 / PTRN \$126 / COMM \$168

TUESDAYS - SESSION II

7 Tuesdays, Feb 26-Apr 9

2:30- 3:20 PM

MEM \$126 / PTRN \$126 / COMM \$168

National Pilates Day

Thursday, April 4

Throughout the day

Special package deals, buy one / get one Toesox, and drawings.

For more details contact Erin Stern 414-967-8209

YOGA

Group Classical Reformer Pilates

Classical Reformer sequence designed by Joseph Pilates. designed for all levels.

**New students must have completed an introduction class or private session*.*

Instructor: Sarah Cohen

Location: Pilates Studio

SESSION I

7 Thursdays, Jan 10-Feb 21

6:15-7:05 PM

MEM \$126 / PTRN \$126 / COMM \$168

SESSION II

7 Thursdays, Feb 28-Apr 11

6:15-7:05 PM

MEM \$126 / PTRN \$126 / COMM \$168

Group Reformer Jump Board

This mixed equipment class with emphasis on the Reformer Jump Board is designed for all levels of current students.

*** Prerequisite: Must complete 3 private sessions (introductory rate 3 for \$99) before registering for group reformer classes . ***

Instructor: Erin Stern

Location: Pilates Studio

MONDAYS 11:00-11:50 AM

SESSION I - 7 Mondays, Jan 7-Feb 18

MEM \$126 / PTRN \$126 / COMM \$168

SESSION II - 7 Mondays, Feb 25-Apr 8

MEM \$126 / PTRN \$126 / COMM \$168

WEDNESDAYS 12:00-12:50 PM

SESSION I - 7 Wednesdays, Jan 9-Feb 20

MEM \$126 / PTRN \$126 / COMM \$168

SESSION II - 7 Wednesdays, Feb 27-Apr 10

MEM \$126 / PTRN \$126 / COMM \$168

PILATES - MAT & BARRE**Mixed Level Mat Pilates**

Designed for beginners through intermediate levels. Modifications for beginners and variations for intermediate clients will be given for safety and challenge.

Instructor: Terri Stevens

Location: Yoga Studio

WEDNESDAYS

Instructor: Terri Stevens

14 Wednesdays, Jan 9-Apr 10

10:30-11:25 AM

MEM \$168 / PTRN \$84 / COMM \$252

FRIDAYS

14 Fridays, Jan 11-Apr 12

10:30-11:25 AM

MEM \$168 / PTRN \$84 / COMM \$252

Hey Mama! Yoga Series

Adults 18 yrs and up

Join Jill for an hour of "you" time! Stretch and strengthen your body, learn to link breath to movement, and connect with other mamas. During this program we will perfect our foundational asanas as well as transition into more advanced poses. *all levels welcome.

Instructor: Jill Harris

Location: Yoga Studio

SESSION I

7 Wednesdays, Jan 9-Feb 20

11:15 AM-12:15 PM

MEM \$84 / PTRN \$84 / COMM \$126

SESSION II

7 Wednesdays, Feb 27-Apr 10

11:15 AM-12:15 PM

MEM \$84 / PTRN \$84 / COMM \$126

Men's Only Yoga

Adults 14 yrs and up

If you're a man who's hesitated to try yoga—here is your chance to practice in a safe, comfortable setting to improve flexibility and overall health.

Instructor: Kurt Braun

Location: Yoga Studio

14 Mondays, Jan 7-Apr 8

6:00-7:00 PM

MEM \$168 / PTRN \$168 / COMM \$252

Classical Mix Level Mat Pilates

Mixed level class based off of the original classical sequence designed by Joseph Pilates.

Instructor: Sarah Cohen

Location: Studio A

14 Tuesdays, Jan 8-Apr 11

5:00-5:55 PM

MEM \$168 / PTRN \$84 / COMM \$252

Barre Fusion

Barre and Mat Pilates Fusion.

Instructor: Terri Stevens

Location: Studio B

14 Sundays, Jan 6-Apr 7

10:30-11:25 AM

MEM \$168 / PTRN \$84 / COMM \$252

Mindfulness and Well-Being

Adults 18 yrs and up

This 6-week Wholly Mindful™ class will help students to develop mindfulness, self-compassion, emotional intelligence, and positive neuroplasticity skills. Through the integration of knowledge, metaphor, story, and experiential practice, students will learn how to skillfully deal with difficult experiences and intentionally create positive internal resources, leading to long-term resilience and well-being.

Instructor: Jamie Lynn Tatera

Location: Yoga Studio

FREE PREVIEW Monday, Jan 7 at 9:30 AM

6 Mondays, Jan 14-Feb 18

9:30-10:30 AM

MEM \$120 / PTRN \$120 / COMM \$130

Mindful Self Compassion

Adults 18 yrs and up

This empirically-supported 8-week course is designed to cultivate the skill of self-compassion, which serves as a foundation for growing and sustaining compassion for others. In this course you will learn how to handle difficult emotions with greater ease, how to motivate yourself with kindness rather than criticism, and how to treat yourself as you would a good friend.

Instructor: Jamie Lynn Tatera

Location: Yoga Studio

FREE PREVIEW Monday, March 4 9:00 AM

8 Mondays, Mar 11-May 13

No class: 3/25, 4/22

9:00-11:40 AM

MEM \$325 / PTRN \$325 / COMM \$335

Pilates Personal Training

Private and semi-private lessons with our Pilates instructors give you the personal attention you deserve. See Personal Training pricing structure on page 34.

Contact Erin Stern at
estern@jccmilwaukee.org or
414-967-8209 to learn more.

GROUP EXERCISE

COMPLIMENTARY FOR JCC MEMBERS

Find current Group Exercise schedules online jccmilwaukee.org/schedules

Adults 14 and up

Classes are usually 55min unless otherwise noted. If you would like to receive emails regarding updated group fitness schedules and class changes please email Ally Koller, Akoller@jccmilwaukee.org.



MONDAY

5:30 AM	Turbo Circuit
5:30	Indoor Cycling
8:00	Fitness Intervals
8:30	AquaFit-Shallow
8:55*	Butts n Guts
9:15	Indoor Cycling
9:30	Insanity
9:30	Zumba
9:30*	AquaFit-Deep
9:45	Fit 'n' Fun
10:45	Nia
5:00 PM	Indoor Cycling
6:00	Zumba
6:00	Boot Camp
6:30	AquaFit-Deep
7:15	Yoga-Level 1

Location

Jackie	A
Margaret	C
Patty	A
Janae	P
Patty	A
Terri	C
Marcela	G
Shara	B
Janae	P
Patty	A
Dori	A
Jack	C
Marcela	B
Andy	A
Mannie	P
Kurt	A

THURSDAY

5:30 AM	Indoor Cycling
6:00	Boot Camp
8:00	Zen Fit
8:30*	Yoga-Level 2
8:30	AquaFit-Shallow
8:30	Insanity
9:00	Fit 'n' Fun
9:15*	Core Fit + Stretch
10:00	Yoga Flex
10:00	Chair Yoga
10:15*	Splash
6:00 PM	Kickboxing
6:30	Yoga Level 1

Location

Margaret	C
Ally	A
Kurt	A
Sue	Y
Jo Ann	P
Marcela	G
Katie	B
Terri	A
Kurt	Y
Sue	B
Jo Ann	P
Ben	A
Sue	Y

FRIDAY

5:30 AM	Kickboxing
6:00	Indoor Cycling
8:00	Fitness Intervals
8:30	AquaFit-Shallow
8:55*	Butts n Guts
9:00	Slow Flow Yoga
9:15	Indoor Cycling
9:30	AquaFit-Deep
9:30	Revolve
9:30	Zumba
10:45	Nia

Location

Mannie	A
Frazer	C
Katie	A
Janae	P
Kirsten	B
Howard	Y
Lisa	C
Janae	P
Kirsten	B
Kaye	A
Dori	A

SATURDAY

8:10 AM	Step Plus!
8:30	Indoor Cycling
8:30	Yoga Level 1
9:15	Body Blast

Location

Jane	A
Jack	C
Susie	B
Ally	A

SUNDAY

8:10 AM	Step Plus!
8:15	Indoor Cycling
9:30	Indoor Cycling
9:15*	T.B.C. (Women Only)
9:30	Zumba
10:00	Mixed Level Yoga

Location

Rotation	A
Angela	C
Joanne	C
Terri	B
TBD	A
Vlada	Y

TUESDAY

6:00 AM	Indoor Cycling
6:00	HIYP
8:00	Core Fit
8:15	Indoor Cycling/Yoga
8:30*	Yoga-Level 2
8:30	AquaFit-Shallow
9:00	Fit 'n' Fun
9:15*	T.B.C.
10:00	Tai Chi
6:00 PM	Step Plus!

Location

Joanne	C
Kurt	A
Terri	A
Kurt	C
Steve	Y
Carolyn	P
Sandy	B
Terri	A
Sandy	B
Jane	A

WEDNESDAY

5:30 AM	Yoga-Level 1
7:15	Indoor Cycling
8:00	Fitness Fusion
8:30	AquaFit-Shallow
8:55*	Butts n Guts
9:15	Indoor Cycling
9:30	Mindful Yoga
9:30	Body Blast
9:30	Zumba
9:30	AquaFit-Deep
9:45	Fit 'n' Fun
6:00 PM	Indoor Cycling
6:00	Zumba
6:00	Revolve

Location

Stan	Y
Kevin	C
Patty	A
Sandy	P
Patty	A
Terri	C
Jamie Lynn	Y
Marcela	A
Shara	B
Mannie	P
Kirsten	G
Angela	C
Jane	B
Michelle	A

LOCATION KEY

A Studio A	P Peck Pool
B Studio B	WP Water Park
C Indoor Cycling Studio	Y Yoga Studio
G Marcus Gym	

Hourly Childcare

A Member-Value Program

Ages 6 weeks–9 years

Providing you the flexibility you need to enjoy the JCC – whether it's a class, personal training, or just have some 'me' time – Hourly Childcare is an affordable and convenient option available for children from 6 weeks to 9 years old.

HOURS OF OPERATION

Mon-Fri: 7:45 AM-1:00 PM

Sat-Sun: 8:00 AM-Noon

Hourly Childcare is available for up to 2 hours per day

USAGE AND RESERVATIONS

Two hour maximum, per child, per day. Reservations are required for infants ages 6 weeks-18 months, and must be scheduled at least 24 hours in advance. No reservation is necessary for any child over 18 months old. Reservations can be made at 414-967-8171 or hchildcare@jccmilwaukee.org.

RATES PER CHILD: \$3.00 / hour

Monthly Supersaver Card

For the high frequency user who pays a single monthly flat fee.

\$74.00 per month

for the first child;

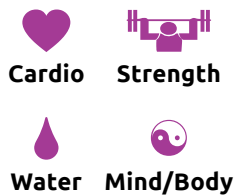
10% discount for

each additional

sibling.



Harry & Rose Samson Family
JEWISH COMMUNITY CENTER
Hourly Childcare



GROUP EXERCISE

COMPLIMENTARY FOR JCC MEMBERS

מבוגרים

YOGA

Chair Yoga (L1) 🧘

A gentle, complete yoga practice including breath, movement and stillness. Stretch, strengthen then relax from head to toe as you revitalize your mind and body. All poses are done with the support of a chair. All abilities are welcome.

Cycle Yoga (L2) 🧘

High intensity Cycle / Yoga Stretch: Work hard for 30 minutes on the cycle and then stretch it out & relax for another 30 minutes. The best of both worlds!

Yoga Level 1 🧘

Appropriate for new and continuing students who enjoy a slower pace. Emphasizes the fundamentals of poses, alignments & sequencing.

Yoga Level 2 🧘

For moderately experienced students, this class may include advanced variations or longer holds of asanas (poses) and may move at a faster pace. Not appropriate for beginners. *75 min.*

Yoga Flex (L1) 🧘

Rejuvenation practice that increases body and mind flexibility and balance to prevent or recover from injury, improve performance and feel better.

HIYP-High Intensity Yoga Practice (L2, L3) 🧘

Unique yoga workout focusing on asana alignment and mini flow transitions in an upbeat station training or group format between a traditional warm up and Savasana.

Mindful Yoga (L1) 🧘

Gentle stretching & strengthening with a focus on being present with body sensations and cultivating mindful awareness.

Mixed Level Yoga 🧘

Instructor is able to modify poses for beginner to advanced participants.

Slow Flow Yoga (L1) 🧘

The class focuses on proper alignment, linking breath to Asanas (postures), and grounding to nurture strength, flexibility, and meditative awareness.

AquaFit-Shallow (L1) 💧 Cardiovascular, strength, and core work done in shallow water.

AquaFit-Deep (L2) 💧 Cardiovascular, strength, and core work done in deep water. *45 min.

Body Blast (L2) 🏋️ Interval style class focused on building muscle and making you sweat.

Boot Camp (L3) 🏋️ High intensity class combining cardiovascular plyometric moves with full body strength circuits.

Butts n' Guts (L2) 🏋️ Strictly dedicated to strengthening the core and lower body muscles. *30 min.

Core Fit (L2) 🏋️ Challenging strength class focusing on alignment and form using the stability ball to improve posture and core strength. + Stretch 15 min. dedicated to stretching *75 min. on Thursday*

Cycle Yoga (L2) 🧘 High intensity Cycle / Yoga Stretch: Work hard for 30 minutes on the cycle and then stretch it out & relax for another 30 minutes. The best of both worlds!

Fit n' Fun (L1) 🏋️ A total body workout that is safe and effective for almost anyone. Perfect for individuals over the age of 55 years young!

Fitness Fusion (L2) 🏋️ Embrace Yoga with a mix of high/low impact exercises to challenge you differently each class.

Fitness Intervals (L2) 🏋️ Alternating aerobics dance moves with strength training and abdominal exercise. *45 min. on Fridays*

Indoor Cycling (L1-L3) 🏋️ Motivational music and innovative instructors take your ride on a calorie burning adventure. *Reservations required.*

Insanity (L3) 🏋️ Cardio workout done in 3-5 min blocks. Work your body to the max.

Kickboxing (L3) 🏋️ Combo of boxing, martial arts and body weight exercises. Kick, jab, cross, hook and uppercut your way to a fitter you!

Nia (L1) 🧘❤️ Holistic fitness incorporating martial arts, dance, and healing arts. All levels and abilities welcome. Free to community members.

Revolve (L3) 🏋️ Class style changes bi-weekly, instructor stays the same, great workout guaranteed!

Splash (L1) 💧 Low impact shallow water exercise class focusing on cardio, balance, and strength. Perfect for those beginning an exercise program. *45 min. Tues., 30 min. Thurs.*

Step Plus! (L2) 🏋️ All the benefits from a cardiovascular workout on the step, along with a strength workout using various types of "power tools" (slides, gliders, bands, weights, and more).

Tai Chi for Energy (L1) 🧘 Sun and Chen styles of Tai Chi modified for almost anyone. Feel refreshed, focused, and energized!

T.B.C. (L2) 🏋️ Total Body Conditioning is a head to toe strength training workout using a variety of equipment. *75 min.*

Turbo Circuit (L3) 🏋️ A fast paced experience that combines strength and cardio moves into one total body circuit.

Zen Fit (L1) 🧘 Focused on developing core strength, balance, and muscle endurance using yoga, Pilates principles, and strength conditioning.

Zumba (L2) 🏋️ n energizing, fat-burning workout using Latin dance moves for a workout that's more fun than it is work. *75 min. on Sundays*

Zumba Toning (L2) 🏋️ Utilizes toning sticks to combine targeted body-sculpting exercises and high-energy cardio work with Zumba moves.

L1 - Level 1, minimum ability: able to walk. Slower pace, multiple modifications.

L2 - Level 2, minimum ability: power walk and rise from the floor easily. Medium pace, modifications presented when available.

L3 - Level 3, minimum ability: run, jump, squat and be able to transition from standing to floor exercises. Fast pace, minimal modifications. Not recommended for participants who are beginning an exercise program.

מבוגרים SOCIAL PROGRAMS



YJAM: Young Jewish Adults of Milwaukee

YJAM is the only social networking group in Milwaukee for young Jewish adults in their 20's and 30's. We plan everything from Happy hours to Purim Parties for those who are dating, single or married. If you're new to the city or just looking to meet fellow Jews in the city come join us!

No membership required!

Find us on facebook

Contact Diana Azimov at

yjam@jccmilwaukee.org

jccmilwaukee.org/yjam

JCC Men's Club

For ages 55 & better

Think of the JCC Men's Club as a talk show without cameras, microphones or commercials. Programs vary each week including political, religious and current events.

First Three Tuesdays of the Month
12:30-2:00 PM

For more information, contact Ken at
kenstein18@gmail.com or 414-510-9068.

LET THE GAMES BEGIN!!!

Mah Jongg Open Games

Come and play Mah Jongg. Open games are friendly and non-competitive. Coaching is available with on-site Mah Jongg maven. No registration is necessary.

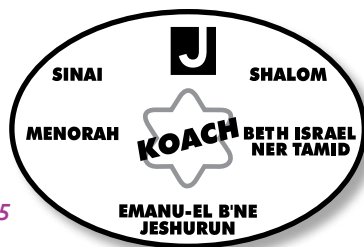
Instructor: Jackie Blumberg

Location: Community Hall

ONGOING:

Mondays, Noon-4:00 PM

MEM \$3 / COMM \$5



KOACH

For ages 55 & better

The word KOACH means strength in Hebrew. This widely popular program brings together adults from throughout the community. KOACH reflects the vigor of the Jewish community and is co-sponsored by the JCC and Milwaukee synagogues. KOACH programs rotate monthly between the JCC and synagogues.

Second Thursday of the month

12:00-2:00 PM

Lunch &/or Program \$8

Lunch is 12 NOON • Reservations Required

For more information, contact Diane Sobel,
KOACH Director, at 414-967-8258
or dsobel@jccmilwaukee.org.

UPCOMING KOACH PROGRAMS

December 6

THE GREAT AMERICAN SONGBOOK

performed by William Hindin
@ Congregation Shalom

January 17

FATHER & SON PERFORMANCE

Yuri Belavsky, violinist, & Daniel
Belavsky, pianist
@ Congregation Sinai



KOACH KARES

Each month community resources and experts come to Koach events. Learn information, skills and resources to help improve quality of life.

Thursdays Monthly

11:30 AM-Noon

Synagogues and JCC

KOACH Birthday Klub

By becoming a KOACH Birthday Klub volunteer, you can help brighten the lives of senior adults throughout the community. This special corps of volunteers visit and bring treats and surprises to the birthday person. For more information, please contact Diane Sobel at dsobel@jccmilwaukee.org or 414-967-8258.

JOIN US – LEARN ABOUT THE JEWISH COMMUNITY PANTRY

The Jewish Community Pantry is our community's response to hunger. We are looking for volunteers on Thursdays and Sundays.

To learn about the pantry and volunteer opportunities, contact Dorene Paley, Director, Jewish Community Pantry at dpaley@jccmilwaukee.org or 414-967-8217.

Supported by:



SHARSHERET

Sharsheret Supports Milwaukee is a partnership between Jewish Family Services and the JCC. Sharsheret, Hebrew for "chain," is a national not-for-profit organization supporting women and their families, of all Jewish backgrounds, facing breast cancer. Their mission is to offer a community of support to women diagnosed with breast cancer or at increased genetic risk, by fostering individualized connections with Networks of peers, health professionals, and related resources. Sharsheret offers a continuum of care for the Jewish community – addressing the needs of those who are concerned about the risk of breast cancer in their family, those who have been diagnosed with the disease and are undergoing treatment, and those who face issues of survivorship or recurrence. At the local level, Sharsheret Supports Milwaukee is your Jewish connection in the Milwaukee community to breast cancer resources and programs that offer information, guidance, education, and family and individual support at every stage of the journey.

To get involved or for more information on Sharsheret, please contact Mona Cohen mcohen@jccmilwaukee.org.

Behind the Scenes with Mister Rogers' Neighborhood

Ronna Bromberg Pachefsky, Tapestry committee member

מבוגרים

Mister Rogers' Neighborhood. Those three words bring to mind an idyllic place where kindness — in addition to King Friday — is King, and goodness and acceptance — in addition to Queen Sara — is queen.

I grew up in Mister Rogers' neighborhood, literally and figuratively. I was raised in Squirrel Hill a mile from the Rogers' house. We met Lady Aberlin at a restaurant. That was a highlight of my childhood. We saw Handyman Joe Negri's combo playing at a classmate's Bar Mitzvah. We saw Mr. Rogers at the airport and on the street.

During college, I had an internship at WQED, the PBS station in Pittsburgh and the home of Family Communications, Inc: otherwise known as the Neighborhood. I was 20 and on the shy side. Needing to find telecom, the hub of all things Xerox, I gathered my nerve to ask which way to turn after I got off the elevator. The kind person told me to go to King Friday's Castle and make a left. I remember saying thank you, but in my head, I remember thinking "omigod, omigod, omigod, KING FRIDAY'S CASTLE!"

After I graduated, I spent four years working on various projects at WQED. Truthfully, I always tried to find an excuse to go the Neighborhood offices. Whether needing information from them, or finding information for the director. Hearing him say, "sure Ronna, you can come in the booth during taping," or running into Fred in the elevator during a particularly challenging day and hearing, "Hello Ronna. How are you today?" I can honestly say it was one of the best parts of my usually wonderful and crazy job. The staff was the embodiment of the culture of the Neighborhood we all know from the show. Kind. Lovely. Interesting. Accepting. And all associated meanings of those words.



I did have the opportunity to edit a project produced by FCI. One morning I found a bunch of daffodils on my console. Every time I see daffodils, I am reminded of the project and the special people involved. Also? The smell of microwaved popcorn. Fred enjoyed his microwaved popcorn.

To this day, every time something goes wrong in this world, I always think of "What would Fred say?" More than ever we as a country need his words and his wisdom to get us through dark times.

There is a concept in Judaism of the 36 Righteous People, or Lamedvavnik in Yiddish, humble righteous ones whose existence sustains the world. I truly believe that Fred Rogers could have been one of those 36. And if not Fred, then someone who saw the goodness in his heart and paid very close attention to his message.

It is that message that has stayed with me long past my time working at WQED and long past my time living in Pittsburgh. We watched the Neighborhood with our kids. I have tuned in or watched a particular piece on YouTube. We have the Neighborhood sweatshirts, mugs, and yes, the red trolley in two sizes. Most of all, I'm grateful that the message and the lessons live on through the staff of Fred Rogers Productions and their new programming. Because kindness never goes out of style.

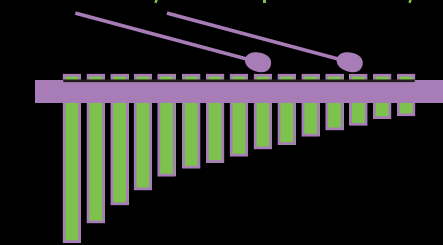
I am proud to be a part of the Tapestry committee at the JCC and excited for us to have an opportunity to bring Hedda Sharapan to Milwaukee in February to share her own behind-the-scenes tales (for dates and details, flip the page). Hedda was involved with Mister Rogers' Neighborhood from the very beginning and has spent 52 years sharing his message of kindness. I encourage you to attend this delightful and heartwarming program as we bring a piece of Mr. Rogers' neighborhood to our very own.

TAPESTRY ARTS & IDEAS

All events held at the Harry & Rose Samson Family Jewish Community Center unless otherwise noted.

Jazz at the J

con **LATKA**
SALSA



Thursday, December 6 • 7:30 pm

Latin Rhythms featuring:
Mitch Shiner, vibes • Rick Aaron, flute
Joey Sanchez, bass • Dave Bayles, drums

General Seating \$15

Prime Seating \$50 Includes
reserved seat & your name in the
playbill

Includes Latka Bar

jccmilwaukee.org/tapestry

Behind the Scenes of **MISTER ROGERS' NEIGHBORHOOD**



February 6 • 7:00 PM

What We Can Learn From Him

Come take a journey through the beloved and iconic Mister Rogers' Neighborhood with Hedda Sharapan, who has been there from the very beginning. Join us for a delightful and heartwarming evening as we explore treasured videos and hear stories from her experiences from over 52 years with Fred Rogers and his company – and learn about the special connection between WMVS and Mister Rogers' Neighborhood.

General Seating \$18

Prime Seating \$50 Includes reserved seat & your name in the playbill

Available at jccmilwaukee.org/tapestry

Contact Mona Cohen, Director of Adult Programs

mcohen@jccmilwaukee.org • 414-967-8249

February 7 • 7:00 PM

Special Program Designed for Educators

Educators in our community are invited to join us as Hedda Sharapan shares with us Fred Rogers' timeless wisdom, filling her talks with stories from early childhood educators, along with treasured video clips. You'll come away with insight into anger that applies to preschoolers and practical ways to help children deal with their angry feelings and work on developing self-control.



RSVP to Stacy Synold, JCC Director of Early Childhood Education
ssynold@jccmilwaukee.org • 414-967-8201

SAVE THE DATE

Shabbat in
Old Tsfat
June 7

at Congregation Sinai



Pre-event Film • January 30 • 7:00 PM

Won't You Be My Neighbor? (2018)

PG-13 | 1h 34min

In *Won't You Be My Neighbor?*, Academy Award-winning filmmaker Morgan Neville looks back on the legacy of Fred Rogers, focusing on his radically kind ideas. While the nation changed around him, Fred Rogers stood firm in his beliefs about the importance of protecting childhood. Neville pays tribute to this legacy with the latest in his series of highly engaging, moving documentary portraits of essential American artists.

FREE and open to the community.

TAPESTRY ARTS & IDEAS

All events held at the Harry & Rose Samson Family Jewish Community Center unless otherwise noted.

IN THE GALLERY



December 9 - January 13

Hipstory Amit Shimoni

Designer Amit Shimoni illustrates a union of modern-day hipster culture with history by pairing painted portraits of famous world leaders with the outfits and hairstyles of today's youth.

Co-sponsored by the Israel Center of the Milwaukee Jewish Federation.



OPENING EVENT WITH THE ARTIST Sunday, December 9 • 4:00 PM

Meet iconic artist Amit Shimoni and learn how and why he transforms international figures into hipsters.



January 17 - March 10

It's Just a Jewish Story

Opening – January 17 • 7:00 PM

Spotlighting local artists: Mark Tasman and Amy & Jonathan Gelfman

Marc Tasman's series "Transformative Commentary" is a mashup of Leonard Cohen's lyrics from his 1988 album, I'm Your Man, paired with portraits of prominent politicians and activists from 2016.

Husband and Wife team, Jonathan and Amy Gelfman, have produced art together and separately here in Milwaukee. In their own unique styles, the Gelfmans strive to capture the essence of human relationships and the Jewish experience.



March 13-May 22

Hanan Harchol: Jewish Food for Thought

Opening – March 13 • 7:00 PM

Hanan Harchol is a New York based artist and animator. His autobiographical series "Jewish Food for Thought" present core Jewish values in a series of humorous, thought provoking, and entertaining videos. This exhibit will present much of his work in "graphic novel" style.

We are grateful to **The Hebrew Union College-Jewish Institute of Religion Museum** who created and distributed this exhibit.

The Times They are a-Changin'

The '60s & '70s Musicians Who Shaped Our Culture

Sunday, March 17 • 4PM

Jody Hirsh takes a look back at Jewish musicians like Bob Dylan, Simon & Garfunkel, Carole King, Billy Joel, Leonard Cohen, and more to explore their lasting contribution to music and pop culture. With live performances from local musicians, this multi-dimensional tribute will educate as well as entertain.

If you loved Jody's take on Broadway and Bernstein, don't miss this event!

**General Seating \$18
Prime Seating \$50**

Includes reserved seat & your name in the playbill
Available at jccmilwaukee.org/tapestry

Contact Mona Cohen, Director of Adult Programs
mcohen@jccmilwaukee.org • 414-967-8249



TAPESTRY ARTS & IDEAS

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TAPESTRY
Arts & Ideas from the Harry & Rose Samson Family JCC

Join the JCC on

SUNDAY, JANUARY 20

FOR

PHOTOGRAPH 51

A PLAY WRITTEN BY Anna Ziegler
DIRECTED BY Suzan Fete

Jewish Scientist Rosalind Franklin played a vital role in discovering the DNA Double Helix, yet often her name is not associated with this scientific break through. **This is her story.**

PERFORMANCE AT 2:00 PM

Followed by a special talkback with Jody Hirsh
Renaissance Theaterworks - 158 N Broadway, MKE

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USE CODE **JCC25** TO RECEIVE 25% OFF TICKETS!

Offer valid online, in person, or over the phone through the Broadway Theatre Center Box Office.
Some restrictions apply.

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158 N Broadway | 414-291-7800 | www.r-t-w.com

Monday - Saturday, Noon - 6:00 PM & 2 hours before shows

**Jewish Community Performance at The Rep,
with a special talkback with the cast**



JUNK

Sunday, January 27 · 2:00 PM

Milwaukee's own Pulitzer Prize-winning playwright, Ayad Akhtar, returns to The Rep with an epic new play, *Junk*. Inspired by the real junk bond kings of the 1980's, it's a battleground of titanic egos where magnates are pitted against workers, lawyers against journalists, and everyone against themselves, and includes controversial Jewish themes.

USE CODE **JCC** TO RECEIVE 25% OFF TICKETS FOR JAN. 27
Order tickets online at milwaukeeerep.com or call 414-224-9490

MEET THE AUTHORS

Meet Pam Jenoff, author of *The Lost Girls of Paris*

Thursday, February 7 at 1:00 PM

Presented in partnership with Boswell Book Company
Meet bestselling author PAM JENOFF, who will be speaking about her newest book of historical fiction, *The Lost Girls of Paris*. Inspired by true events, this novel tells the story of a twelve British female secret agents who mysteriously disappeared after being sent to occupied Europe in the 1940's to aid the resistance. Jenoff is the author of several international bestsellers. She teaches law school in Philadelphia, and has worked at the Pentagon and as a diplomat for the State Department handling Holocaust issues in Poland.

Pre-visit Book Discussion

Wednesday, January 23 at 10:30 AM

Prepare for Pam Jenoff's visit with a discussion of her last international bestseller, *The Orphan's Tale*. Join us to share your ideas about this powerful historical novel which tells of the friendship of two extraordinary women finding refuge with a German traveling circus in Europe during World War II.

Facilitator: Laurie Herman

MORE AUTHOR VISITS

Tuesday, January 8 at 5:30 PM

Rabbi Jamie Korngold

Sadie's Snowy Tu B'Shevat

Children's author presented in partnership with PJ Library

Tuesday, February 19 at 7:00 PM

Susan Angel Miller

Permission to Thrive: My Journey from Grief to Growth. at Boswell Book Company

Thursday, March 14 at 7:00 PM

Omer Bar Tov

Anatomy of a Genocide: The Life and Death of a Town Called Buczacz

Presented in partnership with the Nathan and Esther Pelz Holocaust Education Center

Sunday, March 31 at 2:00 PM

Eva Goldschmidt-Wyman

Escaping Hitler: A Jewish Haven in Chile

in partnership with the Nathan and Esther Pelz Holocaust Education Center

Tuesday, April 9 at 7:00 PM

Father & Son Double-header

Rabbi Evan Moffic

First the Jews: Combating the World's Longest-Running Hate Campaign

Dr. Steven Moffic

Islamophobia and Psychiatry

All author visits are free and open to the public

TAPESTRY ARTS & IDEAS

All events held at the Harry & Rose Samson Family Jewish Community Center unless otherwise noted.

JEWISH EDUCATION

Back to the Sources : The Jewish Hostesses of 18th & 19th Century Europe

Perhaps one of the most powerful cultural institutions of 18th & 19th Century Europe was that of the "Salonières," upper class Jewish women who hosted widely attended Salons in their homes. These salons were sought after gatherings of musicians, artists, and intellectuals in Berlin, Vienna, Paris, and other European capitals. Women such as the Itzik sisters, Sara Itzik Levy (1761 – 1854) and Fanny Von Arnstein (1758 – 1818) broke barriers of class and prejudice, and were responsible for refining the culture of the mind in Enlightenment Europe. We will read journal entries, correspondence, and other primary materials to understand the vitality and influence of these groundbreaking women.

Instructor: Jody Hirsh

Location: Glazer Board Room

SEMESTER I

15 Thursdays, Oct 4-Feb 14

9:30-11:15 AM

No class: 12/20, 2/27, 1/3, 1/10

MEM \$100 per semester, \$175 for the full year

PTRN \$100 per semester, \$175 for the full year

COMM \$120 per semester, \$210 for the full year

SEMESTER II

15 Thursdays, Feb 21-Jun 13

9:30-11:15 AM

MEM \$100 per semester, \$175 for the full year

PTRN \$100 per semester, \$175 for the full year

COMM \$120 per semester, \$210 for the full year



The Art of the Jewish Short Story: the Stories of Philip Roth

Last May 22, we lost one of our most profound and well-read Jewish authors, Philip Roth. For many of us who devoured his work as soon as it was published, Roth's death felt like a personal loss. This year, we dedicate our class to the work of Philip Roth. His first published work was the novella "Goodbye Columbus" (later to be turned into a movie) and 5 short stories. We will examine those first works, plus we will conclude with one of his later novels, *The Human Stain*.

Text: Goodbye Columbus: And Five Short Stories, Vintage International Edition (1993). Feel free to bring any edition of Roth's work. Read the story, "The Conversion of the Jews" for our first class session.

Instructor: Jody Hirsh

Location: Glazer Board Room

The first Friday of each month

5 Fridays, Feb 1, Mar 1, Apr 5, May 3, Jun 7

1:00-2:30 PM

MEM \$60 / COMM \$75

Jewish Artists' Laboratory

The Milwaukee Jewish Artists' Laboratory is a group of professional artists who meet twice a month to study a theme, create work based on the theme, and to discuss ourselves and our identities as artists and as Jews. An annual June exhibit spotlights work created by participants in the Lab.

For more information about applying for this limited enrollment class, contact Jody Hirsh. jhirsh@jccmilwaukee.org or (414) 967-8199.

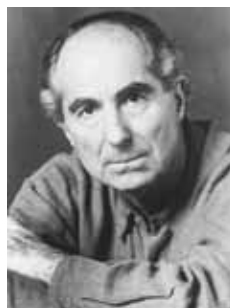
Instructors: Jody Hirsh, Marc Tasman

Location: Glazer Board Room

14 Mondays: 1/14, 2/4, 2/18, 3/4, 3/11, 4/1, 4/15, 5/6, 5/20, 6/3, 6/17

7:00-9:00 PM

MEM \$200 / COMM \$200



THE WORLD OF ISRAELI ART

Israeli art is as amazing and varied as its people. Join Community Shlichah and art curator, Keren Weissshaus, as she takes us on a visual journey through the decades.

Keren graduated from Bezalel Academy of Arts and Design in Jerusalem as an industrial designer. She worked for the Israel Museum in Jerusalem for more than 7 years, leading the museum's member-groups of art enthusiasts at contemporary art exhibitions and workshops, then spent 8 years working as an art curator in Rishon Le-Zion municipality managing two of the city's galleries. Keren's work in Rishon Le-Zion enabled her to help different audiences take a closer look at Israeli society and identity; linking past events, tradition, and heritage through present-day culture and art.

Classes are FREE and open to the community

Tuesday, January 22 • 7:00 PM

The Female Figure in Israeli Art

Thursday, February 21 • 7:00 PM

Seven Decades of Israeli Art

Thursday, March 21 • 7:00 PM

Activism & Its Role in Israeli Art

Tapestry Arts & Ideas is partially funded through generous community support.

If you are interested in making a donation to ensure the continuation of these programs, please contact Elyse Cohn at 414-967-8188.

TAPESTRY ARTS & IDEAS

All events held at the Harry & Rose Samson Family Jewish Community Center unless otherwise noted.

EXPECT THE UNEXPECTED!!

Unconventional Jewish Stories

This exciting new series looks at Jews with very unique stories – some in unusual places, some with hidden identities, and some in roles you would not typically expect to find Jews. *Free and Open to the Public.* Location: JCC - Daniel M. Soref Community Hall

This series is presented in part through the support of the Sandy Hoffman Jewish Cultural Arts Fund.



The Invisibles (Die Unsichtbaren) (Germany) (2017)

Sunday, December 9 • 6:30 PM

Milwaukee premiere of the gripping true stories of Jews who secretly stayed in Berlin after it was illegal in 1943 and survived, often disguising themselves in plain sight. The film's inventive structure focuses on four individuals, telling their stories through a combination of their own words and dramatic reenactments.

In German with subtitles.

1 hr. 50 Min.

Suitable for ages 13 and up.

Instructor: Dr. Winson Chu

Co-sponsored by the Nathan & Esther Pelz Holocaust Education Resource Center.

Sunday, December 16 • 4:00 PM

I'm Dreaming of a Jewish Christmas (USA) (2017)

A fun and comedic look at how many of our nation's most beloved Christmas tunes – such as "White Christmas" and "Rudolph the Red Nosed Reindeer" – were written by a small group of Jews! The film is framed by scenes of Jews eating in a Chinese restaurant on Christmas Eve.

50 min

Shown with: **Hannah Cohen's Holy Communion** (UK) (2014) AND A SPECIAL SURPRISE

This upbeat short film takes a humorous look at a 7-year-old Jewish girl in Dublin who wants to take communion after she sees her friend's beautiful white dress.

13 Min.

Suitable for All Ages.

Instructor: Jody Hirsh



Bombshell: The Hedy Lamarr Story (USA) (2017)

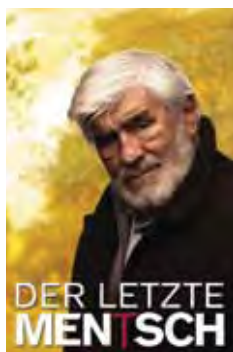
Sunday, January 13 • 3:00 PM

Discover the hidden story of Hedy Lamarr, glamorous Hollywood movie star of the 1930's and '40s - and an Austrian Jew who fled her Nazi sympathizer husband and found fame in show business. Few knew that she was also a talented inventor who patented a secret WWII communications system that led to today's wireless technology.

1 hr. 28 Min.

Suitable for ages 12 and up.

Instructor: Dr. Rachel Baum



The Last Mentsch (Der Letzte Mensch) (Germany/Switzerland/France) (2014)

Sunday, February 10 • 2:00 PM

In this wonderful drama, Marcus, a Hungarian Holocaust survivor of Auschwitz and Theresienstadt (who has erased his past) finds that he must prove that he is Jewish if he wishes to be buried in a Jewish cemetery. He lived in Germany after the war, and now embarks on a road trip back to Hungary - with a young Turkish woman as a guide – to try to find evidence of his Jewish identity. In German, Hungarian.

Hebrew and Yiddish with subtitles.

1 hr. 29 Min.

Suitable for ages 13 and up.

Instructor: Laurie Herman

Co-sponsored by the Nathan and Esther Pelz Holocaust Education Resource Center.



Aida's Secrets (Germany/Israel/Canada) (2016)

Thursday, March 7 • 7:00 PM

A true story of untold family secrets. Izak and Shep – two almost 70-year-old brothers – meet each other for the first time, and Izak introduces Shep to the mother he never met. Izak was born in Bergen-Belsen and sent to Israel for adoption, while Shep was raised in Canada. A fascinating personal journey of discovery and family.

In Hebrew with subtitles.

1 hr. 30 Min.

Suitable for ages 13 and up.

Instructor: Phina Goldfarb, Ph.D.

Co-sponsored by the Nathan and Esther Pelz Holocaust Education Resource Center.



Three Identical Strangers (England) (2018)

Tuesday, March 12 • 7:00 PM

This riveting documentary highlights the unbelievable true story of identical Jewish male triplets who were separated as infants in 1980 and adopted by three different families, with no knowledge of the existence of the others. Purely by chance, one of the boys became aware in college that he had a brother, leading to the eventual union of the three and their investigation into the circumstances surrounding their separation.

1 hr. 36 Min.

Suitable for ages 13 and up.

Instructor: Dr. Steven Moffic

TAPESTRY ARTS & IDEAS

All events held at the Harry & Rose Samson Family Jewish Community Center unless otherwise noted.

FREE JEWISH FILM CLASSES - WINTER 2019

Films, dates and times subject to change. Check your Jewish Film e-blasts and jccmilwaukee.org/tapestryfilm for the most up-to-date information. To subscribe to the Jewish Film email list, contact Laurie Herman, lherman@jccmilwaukee.org.

EMERGING TRENDS: CELEBRATING 70 YEARS OF ISRAELI FILM

Join us for a new series that explores the development of Israeli film. We will be showing a film each month that highlights different aspects of that particular decade in Israel. *Free and Open to the Public.* Location: JCC - Daniel M. Soref Community Hall
Co-sponsored by the Israel Center of the Milwaukee Jewish Federation

Israel in the '70s

The Policeman (Ha-Shoter Azulai) (1971)

Wednesday, December 12 • 7:00 PM

This beloved Israeli classic comedy by Ephraim Kishon tells the story of a blundering, soft-hearted policeman in Jaffa (played by the remarkable Shaike Ophir) – so inept that the criminals actually try to help him keep his job. Golden Globe winner for Best Foreign Film. *In Hebrew with subtitles.*

1 hr. 27 Min.

Suitable for ages 12 and up.

Instructor: Dr. Shay Pilnik

Israel in the '80s

Fictitious Marriage (Nisuim Fiktiveem) (1988)

Thursday, January 24 • 7:00 PM

In this comedic social satire, Eldad (actor Shlomo Bar-Aba) is supposed to take a plane to America for business – but instead, stays in Israel and assumes a number of false identities, including that of a deaf/mute Arab laborer. *In Hebrew with subtitles.*

1 hr. 30 Min.

Suitable for ages 13 and up.

Instructor: TBA

Israel in the '90s

Pick a Card (Afula Express) (1997)

Wednesday, February 27 • 7:00 PM

Winner of 6 Israeli Academy Awards, including best picture. David, a garage electrician living in the slums of Tel Aviv with his girlfriend, Batya, chases his dream of becoming a professional magician – while Batya, who works as a grocery clerk, just wants a stable, ordinary life. *In Hebrew with subtitles.*

1 hr. 35 Min.

Suitable for ages 13 and up.

Instructor: TBA

Israel 2000-2009

The Band's Visit (Bikur Ha-Tizmoret) (2011)

Thursday, March 28 • 7:00 PM

An Egyptian band scheduled to play at the opening of an Arab Cultural Arts Center in Israel finds itself stranded in a small town in the Negev overnight. Focus is on the head of the band – an Egyptian police officer – and the Jewish woman who runs the local restaurant. This modern classic, starring Sasson Gabai and Ronit Elkabetz, is now a Tony Award winning Broadway musical. *In Hebrew with subtitles.*

1 hr. 27 Min.

Ages 13 to Adult (Rated PG-13).

Instructor: TBA

HOLOCAUST STORIES FROM AROUND THE WORLD

This series includes some of the best new international films that include Holocaust themes – highlighting some fascinating but lesser known stories or perspectives. *Free and Open to the Public.* Location: JCC - Daniel M. Soref Community Hall
Co-sponsored by the JCC and the Nathan and Esther Pelz Holocaust Education Resource Center.

A Bag of Marbles (Un Sac de Billes) (France) (2017)

Sunday, January 6 • 3:00 PM

Based on Joseph Joffo's bestselling Holocaust memoir in France, this touching film focuses on a 10-year-old boy and his 13-year-old brother who must make their way alone from Paris to the Free Zone in Nazi-occupied France.

In French with subtitles.

1 hr. 50 Min.

Suitable for ages 12 and up.

Instructor: Daniel Haumschild



GI Jews: Jewish Americans in World War II (USA) (2018)

Tuesday, January 15 • 7:00 PM

Over 550,000 Jewish American men and women fought in World War II. In this new documentary, veterans (from unknowns to the likes of Mel Brooks and Henry Kissinger) share their war experiences and tell what they faced as Jews and how their experiences transformed them.

1 hr. 24 Min.

Suitable for ages 14 and up.

Instructor: Chris Cowles



Paradise (Ray) (Russia/Germany) (2016)

Tuesday, February 12 • 7:00 PM

Winner of 3 Russian Academy awards! Director Andrey Konchalovskiy uses a stark black-and-white palette to tell the stories of three people whose fates crossed during World War II: Jules, a French collaborator; Olga, a Russian aristocrat and member of the French resistance, arrested for hiding Jewish children; and Helmut, a German SS officer who was in love with Olga before the war. *In Russian, German, French and Yiddish with subtitles.*

1 hr. 50 Min.

Suitable for ages 17 and up.

Instructor: Dr. Amy Shapiro



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Our Neighborhood Partners are local businesses that offer our members special discounts. If you would like to learn more about how being a Neighborhood Partner could benefit your business, please contact Jamie Seitz, Membership Director, 414-967-8274, jseitz@jccmilwaukee.org.

Discounts are applied to full-price merchandise, may not be used in conjunction with any other coupons or offers and are subject to change.

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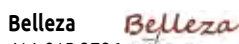
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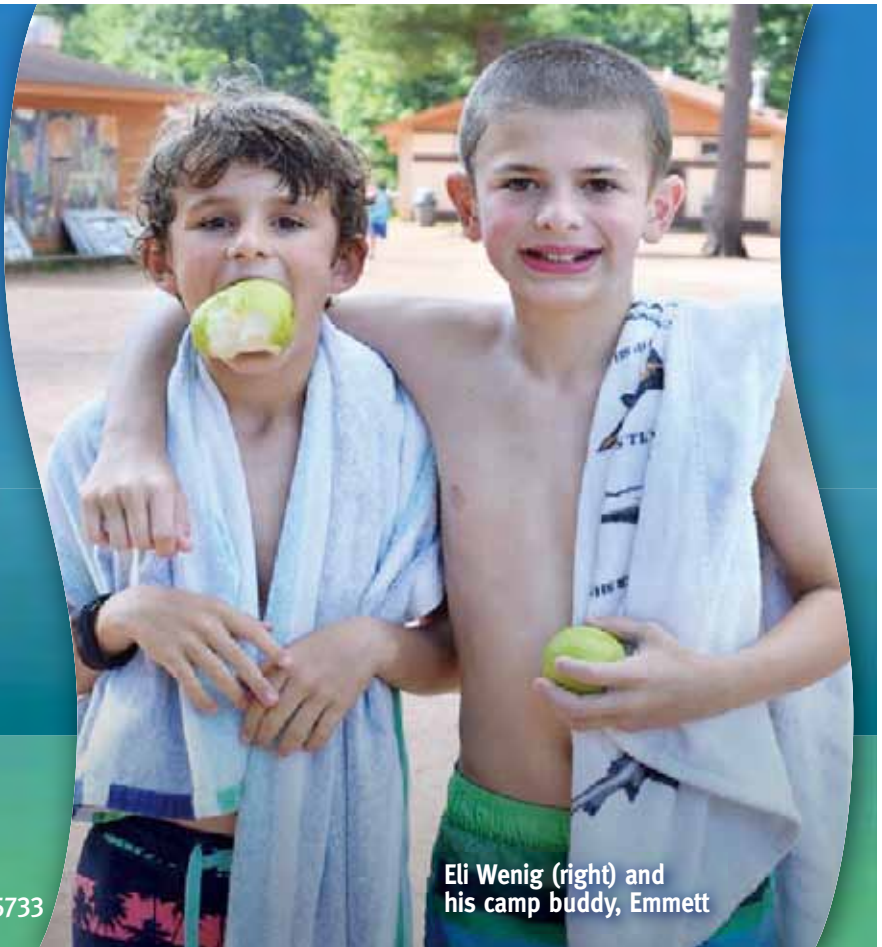
The One Happy Camper program provides grants up to \$1,000 for first-time campers at Jewish overnight camps. Grants are made possible by a partnership between the Milwaukee Jewish Federation and the Foundation for Jewish Camp.

Learn more, including reading stories from past grant recipients like Eli Wenig, at MilwaukeeJewish.org/OneHappyCamper.



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Contact Anna Goldstein
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Eli Wenig (right) and his camp buddy, Emmett

We gratefully acknowledge our partners

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Would you like to support a JCC program with a family endowment fund? For as little as \$2500, your family fund can help support programming and services to our community. For further information, please call Mark Shapiro at 414-967-8224 or contact Harriet Rothman at hrothman@jccmilwaukee.org or 414-967-8239.

President & Chief Executive Officer:

Mark Shapiro
414-967-8226

mshapiro@jccmilwaukee.org



Chief Development Officer:

Elyse Cohn
414-967-8188

ecohn@jccmilwaukee.org



Major Gifts Manager:

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414-967-8239

hrothman@jccmilwaukee.org



Celebrate and recognize life's events with a tribute. Use our secure website jccmilwaukee.org.

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We gratefully acknowledge our visionary and generous donors who have promised to fulfill the commitment of leaving a legacy to the Steve & Shari Sadek Family Camp Interlaken JCC.



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**of blessed memory*

To discuss how you can help secure the future of the JCC and its programs, please contact Harriet Rothman, Major Gifts Manager 414-967-8239 or hrothman@jccmilwaukee.org

Create a Jewish Legacy is a program of the Jewish Community Foundation of the Milwaukee Jewish Federation.

TRIBUTE PROGRAM

A contribution to the JCC is a generous and wonderful way to remember, honor, or celebrate life's events. If you would like to make a donation, please visit our secure website, jccmilwaukee.org. Donations may also be sent to:

Tribute Program

Harry & Rose Samson Family JCC
6255 N. Santa Monica Blvd.
Milwaukee, WI 53217

If mailing in a check, please specify to which fund or program of the JCC you would like to donate, the name of the person and occasion you are commemorating, and the correct name and address of the person you wish notified of the gift. For questions please call (414) 967-8233.

Below, we proudly display our friends' names under the endowment or programming funds that they have supported.

The tribute list reflects donations received by the JCC as of October 16, 2018.

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Marci & Gary Taxman
Libby Temkin
Kim Temkin-Taylor & Richard Taylor
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Jonathan & Margaret Wagner
Patti Weigler & Friends
Terri Weiland & Loren Anderson
Eric & Beverly Wentz
Margo Winter
Devin & Amy Wolf
Eve Joan Zucker
Barry Zuckerman

To Paul & Jessica Guten & Family in memory of father,
Gary Guten
Chris & Laura Avery
Courtney & Robert Bloom
The Soble Family
To Sharon Guten in memory of Gary Guten
Sandy & Chuck Zeitler

RUTH & HYMAN W. MADNEK AQUATIC

To Patti & Doug Levy in memory of father Daniel Stix
Sharon Madnek

HOLOCAUST RESOURCES

WALTER W. PELTZ MEMORIAL FUND FOR FURTHERING HOLOCAUST EDUCATION

To Denny & Gary Geller in memory of Susan
To Al Simon in honor of his special birthday
Arleen Peltz
To Arleen Peltz in honor of her birthday
Barbe & Richard DeSmet

JCC GENERAL

JCC SCHOLARSHIP FUND

To Bunny Fried in honor of her special birthday
Gerry Biller
To Gerda Maher in memory of Bruce Maher
Jamie Miller

GREATEST NEED

To Bunny Fried in honor of her birthday
Barbara Aronson
Helaine Shackman
To Mr. & Mrs. Norman Marcus in memory of Eugene
Marcus
Rick & Susan Weil

JEWISH COMMUNITY PANTRY

To Barbara Abrams & Family in memory of Donald Abrams

Dorene & Phil Paley
Beverly Ugent

To the Family of Mel Altman in his memory

Joy & Steve Appel
Sandy & Shari Berson
Cy & Laverne Koltin
Bernard & Judy Kristal

To Elaine Appel in honor of her special birthday

To Joy Appel in honor of her special birthday

Brynn Bloch

To Robert Benton in honor of his special birthday

Susan Garrison

To The Jonathan Berkoff Family in honor of the marriage of Eliana & Mark

To The Jeffrey Gingold Family in memory of Sam Gingold

To The Kevin Nashban Family in memory of Melvin Nashban

Marlynn Brick & Family

To Mr. & Mrs. Alan Bern in honor of their anniversary

Harvey & Donna Wichman

To Bud Blank in honor of his 100th birthday

To The Carneol Family in honor of daughter's wedding

To Sam Goldstein & Family in honor of his bar mitzvah

To Ken Howenstine wishing him a speedy recovery

Mark & Laurie Pasch

To Wendy & Warren Blumenthal & Family in memory of mother and grandmother, Gerrie Wienberg

Joy & Steve Appel

Mark, Laurie, Jack (and Lindsey) Pasch

Micki Seinfeld

To Nancy Boll-Price in memory of her father, Dennis Boll

Julie Siegel

To Susan & Allan Carneol & Family in memory of mother and grandmother, Estelle Oliff

Adrienne Weber

To Kaitlin Cullum Chernin in honor of her birthday

To Estelle Swerdlin wishing her a speedy recovery

Jack Chernin

To Elyse Cohn in honor of her promotion to Chief

Development Officer

Lori & Jim Salinsky

To Beth & Elana Draper & Family in memory of David Draper

Julie Armour & Paul Matzner

Victoria Flask

Dorene & Phil Paley & Family

Harold Paley

Werner & Carol Richheimer

Joyce Schneiderman

Judy & Jim Silbermann

To Judy Edelstein with thanks

Barbara Perchonok

To Naomi Eisenstein in honor of her special birthday

Phyllis Lensky

To Marquis Erkins in honor of his hard work

Tommy Jostad

To the Family of Bernice Fagan in her memory

Bev Melnikov

To Debbie Fagan in memory of Bernice Fagan

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To Jill Feldman wishing her a speedy recovery

To Jim Stewart & Michael Faust in memory of Irene Stewart

Linda Rosen

To Bill Fink in honor of his special birthday

Alyssa Ebersole & Jenny Koerth

To Barbara Fishman in memory of husband, Richard Fishman

Bruce & Jeanette Peckerman

To Harry Fishman wishing him a speedy recovery

Larry & Esther Lauwasser

To Eli & Linda Frank in honor of their new granddaughter

To Edie & Harry Pump in honor of their anniversary and for their thoughtfulness

Naomi Arbit

To Elaine Garrett wishing her a speedy recovery

To Honey & Lowell Scott in memory of their mother

To Judy & Jeff Scott in memory of their father

June Kallman

To Mary Jo & Bob Gindlin in memory of their father

Florence & Harry Fishman

To Marlene Goldberg in honor of her birthday

Rochelle Berman

Len Lauwasser & Lenore Picus

Nona Rowen

To Hannah Goodman in honor of her special birthday

To Hannah & Larry Goodman in honor of their special anniversary

To Larry Goodman in honor of his special birthday

To Larry Goodman in honor of his retirement

To Harriet Gordon in honor of her special birthday

Naomi & Mort Soifer

To Terry & Jay Goodman in honor of new granddaughter

Shari & Allan Luck

Werner & Carol Richheimer

To Harriet Gordon in honor of her special birthday

Bunny & Ron Cohen

To Heidi Gould & Family in honor of the birth of Shira

Leigh Chapman Gould

To Kevin Mackey wishing him a speedy recovery

To Linda Schakner in memory of Mildred Hoving

To Rodney & Dee Dee Ugent in memory of Carol Ugent

Howard & Diane Wagan

To Barbara Grande in memory of husband Don Grande

Joy & Steve Appel

Naomi Arbit

Wendy & Warren Blumenthal

Marsha & Sam Denny

Bernard & Judy Kristal

Paul Loewenstein & Jody Kaufman Loewenstein

To Sondra & Peter Grossman in honor of their 50th

anniversary

Ellen & Bruce Wynn

To Judy Guten in memory of husband Gary Guten

The Blumenthal Family

Mark & Laurie Pasch

Bruce & Jeanette Peckerman

Jerry Weinberg

To the Family of Mildred Hamilton in her memory

Bev Melnikov

To Dana Heffez in memory of her mother

Marsha & Sam Denny & Family

To Esther Herman wishing her a speedy recovery

Esther Cohen

To Dr. & Mrs. Charles Hollander in honor of the marriage

of Drew & Kaitlin

Marlynn Brick, Mark Brick, and Rachelle Brick

To Phil Israel in memory of sister, Sara Cagen

Susan Garrison

Bernard & Judy Kristal

To Stan Jolton in honor of his special birthday

Inez & Gene Gilbert

Sandy Nankin

To David & Jessica Jubelirer in honor of son's birth

To Vicki Padway in honor of Jared Padway's wedding

To Steve & Trudy Sirkis in honor of daughters marriage

Linda Gorens-Levey & Michael Levey

To Dawn Kasper in memory of her father

Barbara & Alan Bern

Claire & Ken Fabric

Sari Lubet

To Randy Klein for a speedy recovery

Barbara Pollack

To Judy & Harvey Kleiner in honor of their 50th anniversary

Wendy & Warren Blumenthal

To the family of Dr. Sidney Kohler in his memory

To Allen & Vicki Samson and family in memory of Aaron Boxer

Mark & Laurie Pasch

To Bill & Becky Komisar in honor of their daughter's marriage

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To Lois LeVine in honor of her birthday

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To Joan Lieberman in honor of her special birthday

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To Sari Lubar in honor of Ellie & Andrew's engagement

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To the Marcus Family in memory of Eugene Marcus

Jane Lucht

To Norm & Doreen Marcus in memory of Gene Marcus

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To Leatrice Marshak wishing her a speedy recovery

Esther Cohen

Paula Ruby

Betty Weitzen

To Rande Matsoff wishing her a speedy recover

Jeffrey Rosen

To Jim Meldman & Irina Yundov in memory of Clifford Meldman

The Kieckhafer Investment Group

To Lorraine Mitz in honor of her special birthday

Naomi Arbit

To Lynda Mitz in honor of her new home

To Sol Steingart in honor of his 100th birthday

To Jack Turner in honor of his special birthday

Barbara & Al Simon

To Bridget Moen in memory of Katherine Rupp

To Dawn Riemert in memory of Daniel DeBack

Helaine Shackman

To Dr. Jon Pansky in memory of father, Dr. Ben Pansky

Esther Kahn

To Wendi & Steve Passen in memory of daughter, Kasey Passen

Rachel & Gil Light & Family

Micki Seinfeld

Susan & Daniel Unger & Family

To Mr. & Mrs. Edward Pereles in honor of their 30th

Anniversary

Susan Garrison

To Jill & Jay Plavnick in memory of Donald Grande

Bernard & Judy Kristal

Paul Loewenstein & Jody Kaufman Loewenstein

To Joyce Raffle in honor of her special Birthday

Helaine Shackman

To Max & Cindy Rasansky Family in honor of the

marriage of their daughter

Marlynn Brick

In honor of their own 40th wedding anniversary

Jamie & Rich Reider

To Sue Reuben in memory of her sister, Marcia
Sari Luber

To Carol Richheimer in honor of her special birthday
Bunny & Ron Cohen
Naomi & Mort Soifer

To Dr. Dale Rottman & Family in memory of mother,
Betty

To the Family of Inge Schopler in her memory
Freda Adashek

To Mr. & Mrs. Andrew Saletta in memory of Melvin
Altman
Doris Hoffman

To Karen Sames in memory of father, Eugene Marcus
American Occupational Therapy Association
Barbara & Charles Gilbertson
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To Mayta Schnoll in honor of her special birthday
Linda Leshin
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To the Family of Inge Schopler in her memory
Romaine Backer
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Jo Perlson

To Bill & Louise Schuckit & Family in memory of Jeane
Zarne
Sandy & Shari Berson

To Lowell Scott & Family in memory of Syl
Barbara Abramson

To Gert Shechtman in honor of her special Birthday
Freda Adashek
Lenore Picus
Leslie Shechtman
Phyllis Spector

To Beverly Shon in memory of Richard Shon
Eugene & Marilee Bass

To Bubbles Shumow in memory of Charlotte Zien
Joan Mandel
Dorene & Phi Paley

To Marcia Shumow with good thoughts
Paula Ruby

To Al Simon in honor of his special birthday
Bev Melnikov
Judy & Jerry Schumacher

To Charlotte Slater in memory of husband Marty
Freda Adashek
Connie Eastman
Bernie & Judy Kristal
Sandy Nankin
Barbara Perchonok
Mildred Schapiro
Micki Seinfeld

To Deb Slater in memory of her father, Martin Slater
Marsha & Sam Denny & Family

To Terri & Jeff Stern in memory of Aaron Boxer
Caren & Daniel Goldberg

To Mr. & Mrs. Jay Sterns in honor of Ellie & Andrew's
engagement
Barbara & Alan Bern

To Karen Wahlberg in honor of her birthday
Claire & Ken Fabric

To Jerry Wallace in honor of his special birthday
Bunny & Stan Sheyer

To Dan Weber in honor of his special birthday
Maureen & Irv Bard

To Jerry Weinberg in memory of wife, Gerrie Weinberg
Joy & Steve Appel
Gene & Inez Gilbert
Paula Ruby

To Shyrlene Weiner in memory of husband, Sid Weiner
Barbara & Alan Bern

To Judy & Steven Werlin in their honor
Myra & Steven Russek & Family

To Sue & Bruce Winter in honor of marriage of Sammy &
Jeremy
Becky & Bill Komisar

CINDY & MAX RASANSKY

To Karen Arbit in honor of Josh & Cornelia's marriage
To Marlynn Brick in honor of Elena & Josh's marriage
To Stan Jolton in honor of his special birthday
To Scott Lurie in honor of his special birthday
To Julie Sanicola in honor of her retirement
To Dianne & Paul Shapiro and Family in memory of Helen
DeVasto
To Jane & Don Zien in memory of Suzanne Wallschlaeger
Cindy & Max Rasansky
To Cindy & Max Rasansky in honor of their children's
marriage
Karen Arbit

HARRY & ROSE SAMSON FAMILY

To Vicki & Allen Samson in memory of father, Aaron
Boxer
Sue Effron

JEWISH YOUTH PROGRAMMING

DR. SHERWOOD W. & SEEMA GORENS

To Marlynn Brick in honor of Elena's marriage
To Caren & Dan Goldberg in honor of daughter's wedding
To Judy Guten in memory of husband, Gary Guten
To Mike & Judi Ketten in honor of their special birthdays
To Jodi & Jimmy Lurie in honor of Josh's engagement
To Jodi & Jimmy Lurie in honor of Jeffrey's engagement
To Max & Cindy Rasansky in honor of son's wedding
Linda Gorens-Levey & Michael Levey

SPECIAL NEEDS

DONALD A. POLLACK MEMORIAL FUND FOR CHILDREN WITH SPECIAL NEEDS

To Barbara Altman & Family in memory of Melvin
Altman

To Wendy & Warren Blumenthal & Family in memory of
Gerrie Weinberg

To Liz Bornstein in memory of Alan Bornstein

To Elyse Cohn wishing her congratulations on promotion
To Sue Conen & Family in memory of Gerald "Butch"
Conen

To Beth and Elana Draper in memory of David Draper

To Suzy Ettinger wishing her continued good recovery

To Barbara Grande & Family in memory of Don Grande

To Linda & Mitchell Jacobson in memory of brother, Bruce
Jacobson

To Dorene & Phil Paley with thanks

To Harold Paley in honor of his 90th birthday

To Jill Polacheck wishing her continued good health

To Alicia Sadoff in honor of receiving the JCC Joe E.
Smith Award

To Helen Sher with New Year's best wishes

To Beverly Shon in memory of Richard David Shon

To Lainie & Tom Weil in memory of Alan Bornstein

To Jordan Werner in honor of his 95th birthday
Adrienne & Neville Sender

STARS PROGRAM

To Mort Mandle in honor of his 95th birthday
AJ Straus

To Katie Perhach in memory of John Maloney
Linda Gorens-Levey & Michael Levey

Visit jccmilwaukee.org/donate

Tzedakah today. Values for the rest of our lives.



You have been a part of the great tradition of *kehillah* - Jewish communal life. Your JCC is the crossroads of wellness, education, and **social services** for our community – providing programs and services for all, regardless of special needs or financial circumstances. This happens **because of you**, your gift, and your commitment to our community's future.

You can make a difference in a JCC family's life. Join us in this *mitzvah* (good deed) and make a difference in your own life as well. Please **make your gift** today!

jccmilwaukee.org/donate

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** Of blessed memory*

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JCC PHONE EXTENSION DIRECTORY

All numbers have 414-967 prefix: Example: 414-967-8200 for the Peck Desk.

To email a staff member use first initial, last name and @jccmilwaukee.org. Example: hrothman@jccmilwaukee.org

EXT.	NAME	DEPARTMENT	EXT.	NAME	DEPARTMENT
8240	Alling, Beth	Camping Services Coordinator	8194	Lanke, Jess	Director of Recreation & Aquatics
8279	Bazelon, Matthew	Membership Sales Associate	8283	Lardner, Allison	Event Coordinator
8195	Blasberg, Tova	Camp Interlaken Program Director	8280	Lookatch, Julie	Marketing Manager
8279	Brzenk, Claire	Building Services Supervisor	8206	Margolis, Jody	Special Needs Director
8355	Cantwell, Kelly	Human Resources Assistant	8253	Marsh, Danielle	Accounting Manager
8249	Cohen, Mona	Adlt Programs & Cmmnty Svcs Dir	8184	Nehmer, Kira	Development Coordinator
8188	Cohn, Elyse	Chief Development Officer	8265	Nickel, Katie	Fitness Director
8223	Davison Levenberg, Toni	Camp Interlaken Director	8224	Nunley, Sabrina	Executive Assistant
8221	Decker, Josh	Digital Media Coordinator	8217	Paley, Dorene	Jewish Community Pantry Director
8246	Delaney, Rose	Graphic Designer	8234	Poolay, Ryan	General Manager of Fitness & Membership
8287	Erkins, Marquis	Information Technology Technician	8245	Riesz, Edith	Accounts Receivable
8247	Essman, Kaitlyn	Human Resources Manager	8182	Rosen, Jesse	Chief Operating Officer
262-242-9871	Faust, Karen	Gan Ami Mequon Site Manager	8239	Rothman, Harriet	Major Gifts Manager
8241	Gan Ami Whitefish Bay Attendance Line		8279	Schauer, Ben	Membership Sales Associate
8353	Gould, Heidi	Pantry Advocacy Coordinator	8235	Seinfeld, Micki	Director of Special Events
8197	Gutman, Mark	Camp Interlaken Assistant Director	8274	Seitz, Jamie	Membership Director
8212	Herman, Laurie	Library/Media Center Director	8229	Shamah, Rabbi Shari	Jewish Family Specialist
8199	Hirsh, Jody	Judaic Education Director	8226	Shapiro, Mark	President & Chief Executive Officer
8266	Hoffman, Michelle	Member Services Manager	8185	Siegel, Sarah	Engagement Director
8244	Johnson, Peter	Staff Accountant	8203	Smirl, Mardi	Membership Experience Coordinator
8187	Jostad, Tommy	Chief Financial Officer	8258	Sobel, Diane	KOACH Director
8289	Kass, Lenny	Rainbow Day Camp Director	8189	Spencer, Heather	Gan Ami WFB Site Manager
8248	Kass, Shelby	Rainbow Day Camp Associate Director / Soref Retreat Center	8218	Stern, Aaron	Director of Youth Programs
8267	Kids Center Transportation Hotline		8209	Stern, Erin	Pilates Coordinator
8269	Koller, Allyson	Group Exercise Coordinator	8201	Synold, Stacy	Director of Early Childhood Education
8173	Kulakow, Lisa	Family Services Manager	8242	Tessmer, Chad	Chief Marketing Officer
8191	Ladd, Taylor	Asst. Aquatics Director/Water Park Director	8348	Vertchnik, Don	Maintenance Supervisor
8230	Lafferty, Michelle	Social Worker	8233	Wallace, Ruth	Senior Development Associate
			8180	ZumMallen, Samantha	Scholarship Coordinator

We Thank You!

We thank the following members for their visionary supporting memberships that make us a stronger JCC and community.

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Village of Whitefish Bay
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Wells Fargo
Wheaton Franciscan Health Care
Whitefish Bay Schools
Whole Foods
Zablocki VA Medical Center



Ferrante's Restaurant & Signature Catering joins the JCC as exclusive provider of all food services, including at CafA B Data.

HOURS:

Monday-Thursday
11:30 AM-2:30 PM &
3:30-7:00 PM

Fridays 11:30 AM-2:00 PM

Closed for Holidays

We encourage you to follow @FerrantesJCC on Facebook for daily specials, news, and details!



Birthday Parties and Rentals

When it comes to your child's birthday party, you can be the cool parent – and we mean that literally! Just sit back and relax while the party pros at the JCC take over. Here at the JCC, we know how to party. We have tons of experience with children and we know what kids like. But nobody knows your child better than you do and that's why we offer a range of party styles and options where we help you every step of the way!

For more information about birthday parties and rentals contact Alli Lardner at 967-8283 or alardner@jccmilwaukee.org.

FLEXIBILITY

JCC MEMBERSHIP OPTIONS



Becoming a member of the JCC has never been more meaningful – or easy! Our updated membership structure ensures that, wherever you are on your journey, the JCC can be a stop along the way.

MONTHLY MEMBERSHIP

Our most flexible option; no annual contract required – join at any time!

Individual	\$78/month
One-Plus-One	\$117/month
Family	\$132/month

ANNUAL MEMBERSHIP

Our best option; get the best possible JCC experience – at the best price!

Individual	\$68/month
One-Plus-One	\$102/month
Family	\$114/month

SUPPORTING MEMBERSHIP

Our most lasting option; enjoy all the benefits of your membership – and do some good for the entire community!

Benefactor	\$115/month
Patron	\$226/month

Includes your tax-deductible contribution

Discounts & Scholarship* Available!

Corporate Partner	Gan Ami Early Childhood Education
One Adult Family	Milwaukee Jewish Federation Partner
Young Adult	Pay In Full*
Senior Adult	* Available for annual members only

One-time Registration Fee

Individual Membership	\$50
Multi-user Membership	\$100

ADDITIONAL SUBSCRIPTIONS

PALEY TENNIS

Individual	\$5/month
Family	\$10/month
½ price for Health Center members, FREE for Patrons	

HEALTH CENTER UPGRADED LOCKER ROOM

Individual	\$51/month
Couple	\$89/month
Personal kit lockers, laundry service, and additional amenities. Corporate Rates Available.	

Policies and additional benefits at jccmilwaukee.org
Harry & Rose Samson Family JEWISH COMMUNITY CENTER

SUPPORT THE JCC ... FOR OUR COMMUNITY FOR YOU AND FOR THE FUTURE.

The funding provided by our Supporting Members, Patrons and Benefactors supports programming that benefits our community in the areas of education, culture and social services. Through the generosity of our Supporting members, Patrons, and Benefactors, the JCC is able to maintain the high quality level of offerings. With each of these donor levels, the amount of your charitable contribution can be adjusted to reflect the portion of your membership that is not used. *You benefit and the community benefits.*

SUPPORTING MEMBER LEVELS:

Tomchim / Supporters	\$3,600
Bonim / Builders	\$5,400
Shomrim / Preservers	\$7,200
Hozim / Visionaries	\$10,000

Supporting Members receive:

- Patron Membership.
- A choice of program or endowment fund that will be the beneficiary of your Supporting Membership.
- A tax-deductible donation.
- A choice of sponsorship level to KidShare – the JCC's major fundraising event.

To become a supporting member contact Harriet Rothman, Major Gifts Manager at hrothman@jccmilwaukee.org or 414-967-8239.

PATRON MEMBER*

For an annual fee of \$2,712 your family receives:

- Family membership privileges
- Couples Health Center membership
- Most classes free or at a reduced rate
- Class registration with concierge service
- Two free tickets to your choice of a film at the Jewish Film Festival.
- Complimentary Nanny or caregiver membership
- Acknowledgement in JCC publications.
- A tax-deductible donation.

BENEFACTOR MEMBER*

Support the JCC by adding a contribution to your Family Membership, and become a Benefactor! An Annual Benefactor Membership fee of \$1,380.00 includes a tax-deductible donation.

For more information on Patron and Benefactor memberships, please contact Michelle Hoffman, Member Services Coordinator at 414-967-8266 or mhoffman@jccmilwaukee.org.

Employees of **Corporate Partners** receive a discount off of Basic and Health Center dues. Contact Jamie Seitz, 414-967-8274 or jseitz@jccmilwaukee.org for details.

PROGRAM REGISTRATION FORM

Member Information

DateJCC Account #

Name

Spouse

Home Address

Address Line 2Apt #

City

StateZip Code

Daytime Phone

Evening Phone

E-mail

Children's Names and Birthdates:

NameD.O.B.

NameD.O.B.

Interested in upgrading your membership?
Check here for more information

- ☐ Health Center
- ☐ Tennis Subscription

How and where can I register for programs and events?

In Person:

6255 N Santa Monica Blvd.
Registrar, 414-967-8228

Mon-Fri, 9:00 AM - 5:00 PM

Online: jccmilwaukee.org

By Phone: 414-967-8228

By Fax: 414-964-0922

By Mail:

6255 N. Santa Monica Blvd. Milwaukee, WI 53217

Program Title	Day, Date & Time	Name of Participant/Member or Non-member	Cost
		I/we wish to add a donation to the annual JCC Scholarship Fund	
		Total	

Payment Information

Payment can be made by credit card, check or cash (in person). Please make your check payable to the Harry & Rose Samson Family JCC.

Check # Date #

Credit Card #

☐ VISA

☐ MasterCard

☐ AMERICAN EXPRESS

☐ DISCOVER

Exp: /

Name as it appears on the card

Signature

Please read and sign below

I/We agree to abide by the rules and regulations of the JCC. The JCC reserves the right to use all photographs for publicity purposes. I/We have read and understand the JCC's Program and Cancellation policy. I/We understand that members and community members participate in physical conditioning and recreational programs in the JCC's facilities at my/our own risk and that I/We are advised to consult with a physician prior to commencement of any exercise program.

Signature

Date

Register early! Many programs and classes have enrollment limitations. For more information on our refund policy for classes or programs, or to register online, please visit jccmilwaukee.org.

Registered before?

Visit jccmilwaukee.org and log in to your account

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Set up your account at jccmilwaukee.org

Need help with User ID & password?

Call 414-967-8228

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Adult Lap Swim	32	Group Reformer Jump Board	39	Pilates Open House	36
Adult Pick-Up Basketball	33	Group Reformer Pilates	38	PJ Our Way	19
Advanced Gym with Lenny "T'nuah"	13	Gymnastics	12	Pre-Teen Lounge	19
Afterburner	37	Gym Tumbling Fun	15	Private Sport Lessons	21
American Red Cross Lifeguard Training	28, 32	Gym Tumbling Fun / LEGO Combo	15	Private Swim Lessons	29
Art for Lil' Ones	12	Gym with Lenny "T'nuah"	13	Restorative Stretch	34
Arthritis Aquatics	32	Hebrew School	19	SHARSHERET	42
AZA & BBG	23	Hey Mama! Yoga Series	39	Soccer Basics	17, 22
Baby Ballet	13	Holocaust Stories From Around The World	49	Soccer Clinic	22
Back to the Sources	47	Home School Physical Education and Swim	16, 23	Special Needs Chaverim	20
Ballet	14	Hourly Childcare	15, 40	Sports and Conditioning Camp	28
Ballet / Art Combo	14	Indoor Track Running	23	Sports Fun	14
Barre Fusion	39	Intro to Dodgeball	22	Sports Variety	17, 21
Basketball Basics	16, 21	Intro to Floor Hockey	17, 22	STARS Family Resource Center	20
Basketball Clinic	22	Intro to Kickball	17, 22	STARS Move to the Beat	20
BBYO Connect	23	Jewish Artists' Laboratory	47	STARS Paint Outside the Lines	20
Beginning Secrets of Magic	23	KOACH	42	STARS Personal Training for Kids	20
Birthday Parties and Rentals	17, 60	Learn To Code	23	STARS Personal Training for Young Adults	20
Bootcamp	22	Learn to Swim Program	30	STARS Yoga	20
Challah and Community	12	LEGO Builders	15	Sunday STARS-Upstream Arts Combo	20
Classical Mix Level Mat Pilates	39	Mah Jongg Open Games	42	Swim Lessons	30
Clay Creations	13, 24	Make Your Mark	14	Swim Skills Clinic	32
Commit to be Fit - weight loss and exercise challenge	36	Male Only Swim Times	32	Temkin Youth Basketball League	16, 21
Cut, Glue and Stick	14	Martial Arts	23	The Art of the Jewish Short Story	47
Danceworks	23,	Master Ninjas	23	The Big Chill	19
Contemporary I/II, Hip Hop, Intro to Hip Hop, Jazz, Pre-Ballet, Tap & Ballet I, Tap & Creative Dance, Tap & Pre-Ballet, Tiny Dancer		Meet The Authors	46	The Parkinson's Dance Class	33
Emerging Trends: Celebrating 70 Years of Israeli Film	49	Men's Club	42	The World of Israeli Art	47
Expect The Unexpected!! Unconventional Jewish Stories	48	Men's Only Yoga	39	Toddlin Tykes Jr.	12
Family Recreation Time	22	Mighty Ninjas	15	Toddlin Tykes Sr.	12
Female Only Swim Times	32	Mindfulness and Well-Being	39	Triggerfish Swim Team	32
Floor Hockey	14	Mindful Self Compassion	39	Tutoring Center	20
Floor Hockey Clinic	22	Mini Ninjas	17, 22	Vertical Adventures	17, 21
Floor Hockey / Sports Fun	14	More Secrets of Magic	23	Volleyball Basics	17, 21
Football Basics	17, 22	Movers and Shakers	12	Volleyball Clinic	22
Football Clinic	22	Music, Rhythm and Grove	20	Volleyball COED Adult League	28, 33
Foundations Program	34	Ninja / Art Combo	15	WIRED	37
Free Intro To Reformer Pilates	38	Open Art Studio	24	Women On Weights	37
Girl Scouts of Wisconsin	23	Open Israeli Dance	33	YJAM: Young Jewish Adults of Milwaukee	42
		Open Volleyball	28, 33	Yoga	41
		Painting	15	Yoga Yeladim	14
		Parent-Child Swim Skills	30	Yoga Yeladim / Art Combo	14
		Parent-Tot Swim	30	Youth Strength Training	28
		Pie and Lattes	36		



Harry & Rose Samson Family
Jewish Community Center
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The JCC is a partner in serving the community with the Milwaukee Jewish Federation and is a beneficiary agency of United Way of Greater Milwaukee & Waukesha County.



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Patron priority registration begins
Monday, December 3
Member priority registration begins
Monday, December 10
Community registration begins
Monday, December 17
Register online jccmilwaukee.org

**Laugh It Up
MILWAUKEE**
a program of the Harry & Rose Samson Family JCC

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