

jccmilwaukee.org

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### To Our Family of Members,

Every season is a great season to be at the JCC, but in my opinion, summer is the best! As the Director of Recreation & Aquatics, I love that we double our aquatics program when we open up the Hy & Richard Smith JCC Water Park each summer in June. Seeing all of the kids who have been spending their winter working hard in swim lessons in order to pass their swim test -- and get that coveted green band allowing them to swim independently at the Water Park throughout the summer -- is priceless.

This year, Taylor Ladd, our Water Park Director, is introducing Swim Band Test Night on Thursday, June 6, and Tuesday, June 11, so families can come out before the park opens for the season and have their wristbands ready for opening day on Friday, June 14. See page 6 to learn more.

But wait, in the summer, I have another title that I love just as much -- JCC Whitefish Bay Day Camp Director! This will be my second day camp season overseeing all of our specialty day camps for emerging K5-8th graders on the JCC campus, and I enjoy seeing all of the campers try new things, make new friends, and build their confidence.

Working together with Lenny & Shelby Kass, the leadership team for Albert & Ann Deshur JCC Rainbow Day Camp, we have spent many months in the off-season carefully crafting valuable summer experiences for the day campers we serve. June 17 it all comes to life as we greet families, engage with the kids, and hit the ground running – literally! While space is limited and some camps have now reached capacity, there is still room for most everyone to find their summer here at the JCC. See pages 18-21 for more details.

Summer is almost here, and we are ready to help you find your center – and find your summer – right here at the JCC!

Patron priority registration begins Monday, May 13

### Member priority registration begins Monday, May 20

### **Community registration** begins Tuesday, May 28

Summer session classes begin the week of Sunday, June 16

### Register online jccmilwaukee.org

### JCC Summer 2019 Journal | Volume 10 | Issue 4

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 Keep Swimming,

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Jess Lanke Director of Recreation & Aquatics JCC Whitefish Bay Day Camp Director



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# 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-ofthe-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 45 to learn more about JCC membership.

### 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 65 free group exercise classes on page 28-29

### **MEMBER PERKS**

Member Value Class Pricing Priority Class Registration Hourly Childcare (add'l fee)

### JCC MEMBERSHIP VALUE

### 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**

Annual Meeting - 7:30 PM

### JUNE

Wednesday, June 5 Saturday Eve, June 8 Sunday, June 9 Monday, June 10 Friday, June 14 Monday, June 17 Wednesday, June 19 Saturday, June 29

**JULY** Thursday, July 4

Wednesday, July 17

### AUGUST

Sunday, August 4 Saturday, August 10 Sunday, August 11 Erev\* Shavout - Building closes at 6:00 PM Shavout - JCC Closed Shavout - Building open, NO CLASSES Hy & Richard Smith JCC Water Park opens for the season First Day of JCC Summer Day Camp Camp Interlaken 1st session begins Mequon Fun Before the 4th Parade – march with us!

July 4 Whitefish Bay 4th of July Parade – march with us! Building open 8:00 AM-3:00 PM, NO CLASSES, NO CAMP Camp Interlaken 2nd Session begins

Member Appreciation Corn Roast - 12:00 PM Erev Tisha B'av - Open as usual Tisha B'av - Open as usual

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

### **Building Hours:**

Monday-Thursday	5:00 AM - 10:00 PM
Friday	5:00 AM - 6:00 PM
Saturday	8:00 AM - 7:00 PM
Sunday	8:00 AM - 6:00 PM*

\* Starting 6/16 the building will close at 6:00 PM on Sundays. Prior to June 16, the building will be open until 8:00 PM on Sundays.

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

### Water Park Hours:

Open, June 14 - September 2 Sunday-Saturday 10:30 AM - 6:30 PM **JCC Water Park** 11015 N Market St Mequon, WI 53092 (262) 242-6563



### JCC Annual Meeting Wednesday, June 5 • 7:30 PM Daniel M. Soref Community Hall at the JCC

Celebrate our past and our future as we come together as a community and install our new Board of Directors. All are invited!

### Awards to be presented

Joe E. Smith Distinguished Volunteer Award Outstanding Jewish Teen Athlete Scholarship Roman Shklyar Outstanding Jewish Tennis Scholarship Yachad Community Partner Award Staff Service Recognition

### Membership Appreciation Corn Roast Sunday, August 4 • Noon Hy & Richard Smith JCC Water Park 11015 N Market Street, Mequon

It may sound corny, but we think our members are the absolute best, and we consider ourselves blessed to serve this great community. So, how do we show our members how much we love them? With a corn roast, of course!

Come to the Water Park for a yummy corn roast served by your JCC staff from noon until... we run out of corn!





### **MARCH WITH THE JCC!**

Mequon-Thiensville Fun Before the 4th Saturday, June 29 • Meet at 10 AM

Whitefish Bay 4th of July Parade Thursday, July 4 • Meet at 11 AM

Join the JCC to show your 4th of July Community Pride. March with us in either or both parades and we will provide the JCC t-shirt and holiday swag. Meeting locations and full details will be shared in the Weekly Shabbat Message and via social media as the dates approach.

### **JCC Summer Festivals**

2 Dates - July 8 & August 20 4:30 - 6:30 PM in the JCC Courtyard Open to the whole community!

Our annual summer festivals have become a favorite for all ages! Join us in the JCC Courtyard for music, food, rides, games, face painting, entertainment, and that warm community feeling that brings a smile to everyone's face. Look for more details in the Weekly Shabbat Message and via social media as we get closer.





### **PJ Library Summer Ice Cream Fun** Thursday, July 18 • 5:00 PM Hy & Richard Smith JCC Water Park 11015 N Market Street, Mequon

For families with kids 6 mos-11 yrs Older siblings always welcome!

Summertime is for friends, outdoors and eating something cold. Stop by for a PJ Library story, treat, and swim! JCC membership not required to enjoy the WaterPark during this program with an RSVP to Rabbi Shari Shamah, sshamah@jccmilwaukee.org.

### Open June 14 - September 2 10:30 AM to 6:30 PM Everyday

### Hy & Richard Smith JCCWaterpark 11015 N. Market Street, Mequon · 262-242-6556

### WATER PARK SPECIAL EVENTS

### **Twilight Swim**

Monday, June 24 Wednesday, July 10 Tuesday, August 13 6:30-8:30 PM

Enjoy extended Water Park hours once each month. The snack shack will remain open until 8:00 PM on these nights.

### Challah & Community

### Friday, July 12 · 10:30 AM

Enjoy some challah braiding and swimming. Open to the community. You do not need to be a JCC member to swim if you RSVP to sshamah@jccmilwaukee.org.

### FREE Membership Appreciation Corn Roast

Sunday, August 4 • 12:00 PM Come to the Water Park for a yummy corn roast served by your JCC staff from noon until... we run out of corn!

### PJ Library Summer Ice Cream Fun

**Thursday, July 18 • 5:00 PM** Stop by for a PJ Library story, treat, and swim! PJ Library families need not be JCC members to enjoy the Water Park during this program.

### End of Summer Dog Swim

Wednesday, September 4 5:30- 7:00 PM \$5.00 per dog All dogs must provide proof of current rabies vaccination. JCC Member Only Benefit. JCC Members enjoy summers lounging by the pool at the Hy & Richard Smith JCC Water Park. There is something here for everyone. Be sure to take advantage of this very unique feature of your JCC membership this summer. See you at the Water Park!

### FUN IN THE WATER

- Zero-entry splash pad
- Water play structure with slides & fountains
- Aqua basketball hoops
- Lily pad activity area
- Aqua climbing wall
- Diving board
- Swim lanes with time dedicated to adult lap swim

### **FUN ON DRY LAND**

- Full-sized basketball court
- Sand volleyball court
- Tetherball
- Ga-ga pit
  - Sand play structure
  - Plenty of grass for open play

### **AMENITIES**

- Ferrante's Snack Shack
- Shade structure
- Family locker rooms
- Showers
- Birthday party room



### JCC SWIM TEST POLICY

### For Independent Swimmers 13 and under

Water safety is our top priority. All swimmers under the age of 14 wishing to swim independently MUST complete a swim test to receive a wristband. Swim tests will be run during Adult Swim times every 10 minutes to the hour starting at 11:50 AM. All swimmers are required to complete a new swim test each summer season. **Swimmers without a wrist band must be accompanied by an adult in the water at all times unless they are participating in a class**.

### **NEW THIS SUMMER!**

### Swim Band Test Night

Members Only

Thursday, June 6 - 7:00- 8:00 PM

Thursday, June 11 - 5:00- 6:00 PM

New this summer, the JCC Water Park will host two 1-hour swim test nights prior to opening day. Members can come complete their swim test for summer 2019 and get a first peek at the Water Park. The Water Park will not be open for free swim during this time.

Questions? Contact Taylor Ladd | 414-967-8191 | tladd@jccmilwaukee.org

### **SPORTS & REC AT THE WATER PARK**

### Beginner CATCHBALL

Women 18 yrs and up

Catchball is an Israeli game played by women of all ages and athletic abilities. The game is similar to volleyball, but players catch and throw the ball to one another. The only "catch" to catchball is to be willing to learn and have fun. Come join us to learn and play outside this summer!

#### Location: JCC Water Park 8 Tuesdays, Jun 18-Aug 6 5:30-6:30 PM MEM \$40 / COMM \$56 Drop-in MEM \$6 / COMM \$8

### Sand Volleyball

Ages 11-15 yrs Its all about the basics but in the Great Outdoors- Come play volleyball in the sand! Instructors: Sports Staff Location: JCC Waterpark 6 Thursdays, Jun 13-Jul 25 4:15-5:00 PM MEM \$54 / COMM \$66

Also look on page 10 for Parent-Child Swim classes held at the Water Park

### **SWIM TEAM**

### JCC Triggerfish Swim Team

Ages 6-14 yrs Full details on page 11 15 Tuesdays and Thursdays, Jun 18-Aug 8 No practice: 7/4 6:30-7:30 PM MEM \$150 / COMM \$195

### Kick-off Swim Team Season

FREE Open Practice Pizza Night Tuesday, Jun 18 6:30-8:00 PM RSVP to tladd@jccmilwaukee.org

JCC

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### Host the Best Summer Birthday Party!

### a JCC Member benefit

Celebrate your child's big day with a splash! The JCC Water Park is the perfect place to blow out the candles for a summer birthday and our team makes it easy and fun for parents, too!

Parties are scheduled on Saturdays & Sundays either 11:00 AM-1:00 PM or 1:30-3:30 PM.

**Basic Birthday Party** Up to 12 guests - MVF \$240

Ultimate Birthday Party Up to 18 guests - MVF \$290

### Parties include:

- 2 hour use of Party Room
- Party host/hostess
- Paper goods and utensils
- Food and Beverage add on options available

For more information, contact Jess Lanke, jlanke@jccmilwaukee.org , 414-967-8194.

### AQUATICS

# AQUATICS

### 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.

Pool schedules for the Peck Aquatic Center can be found at jccmilwaukee.org



Private Swim Lessons For JCC Members ages 3 and up Adaptive Swim Lessons

### \* STARS FRIENDLY

For ages 1st-12th grd

Private lessons offer quality one-onone time with an instructor, flexibility in scheduling, and ongoing admissions. Semi-private lessons with 2-3 children aslo 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, lesson time slots may be limited Monday - Thursday 4:00-6:00 PM.** 

### Packages for JCC members & patrons

<b>j</b>	Private Lessons	Semi-Private Lessons per participant
1 lesson	\$25	\$12.50
Buy in Bulk	& receive a di	scount!
3 lessons	\$73	\$36
6 lessons	\$143	\$71

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

\$135

\$270

12 lessons

8

Private Lesson Packages can be purchased through the Aquatics Programming Office or at either of our customer service desks. Lesson packages MUST be purchased prior to first lesson. **Lessons are subject to instructor availability**. **Packages expire after one calendar year**.

To schedule a private lesson, email jlanke@jccmilwaukee.org or call 414-967-8194. Jess Lanke, Director of Recreations & Aquatics, JCC Specialty Day Camp Director 414-967-8194 jlanke@jccmilwaukee.org Taylor Ladd, Assistant Aquatics Director & Water Park Director 414-967-8191 tladd@jccmilwaukee.org

### The Peck Aquatic Center 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 principles 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, noncompetitive 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.

### 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

**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.





### 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.

#### SUNDAYS

Location: JCC Peck Aquatic Center 8 Sundays, Jun 23-Aug 11 9:45-10:15 AM MEM \$72 / COMM \$104

### FRIDAYS

Location: JCC Water Park in Mequon 8 Fridays, Jun 21-Aug 9 10:30-11:00 AM MEM \$72 / COMM \$104

#### Parent-Child Swim Skills Ages 18 mos-3 yrs

Is your child to 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!

### SUNDAYS

Location: JCC Peck Aquatic Center 8 Sundays, Jun 23-Aug 11 10:30-11:00 AM MEM \$72 / COMM \$104

### WEDNESDAYS

Location: JCC Water Park in Mequon 8 Wednesdays, Jun 19-Aug 7 10:30-11:00 AM MEM \$72 / COMM \$104

### Summer Preschool & Youth Swim Lessons in the JCC Peck Aquatic Center

	WEEKEND SINGLES	WEEKDAY DOUBLES	WEEKDAY DOUBLES
	Sundays	Mondays & Wednesdays	Tuesdays & Thursdays
SESSION I	6/23-8/11 8 lessons MEM \$72, COMM	6/17-7/10 M/W - 4 weeks 8 lessons	6/18-7/11 TU/TH - 4 weeks 7 lessons No class: 7/4
	\$104	MEM \$72, COMM \$104	MEM \$63, COMM \$91
SESSION II		7/15-8/7 M/W - 4 weeks 8 lessons MEM \$72, COMM \$104	7/16-8/8 TU/TH - 4 weeks 8 lessons MEM \$72, COMM \$104
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 - 9:00-9:30 AM 06 - 9:45-10:15 AM
Pre-School Level 2	01 - 9:45-10:15 AM 02 - 11:15-11:45 AM	03 - 4:00-4:30 PM 04 - 5:30-6:00 PM	05 - 9:45-10:15 AM 06 - 10:30-11:00 AM
Pre-School Level 3	01 - 9:45-10:15 AM 02 - 12:00-12:30 PM	03 - 4:45-5:15 PM 04 - 5:30-6:00 PM	05 - 9:00-9:30 AM 06 - 10:30-11:00 AM
Youth Level 1	01 - 9:00-9:30 AM		02 - 5:30-6:00 PM
Youth Level 2	01 - 10:30-11:00 AM 02 - 12:00-12:30 PM	03 - 4:45-5:15 PM	04 - 4:00-4:30 PM 05 - 4:45-5:15 PM
Youth Level 3	01 - 11:15-11:45 AM	02 - 4:00-4:30 PM	04 - 4:00-4:30 PM 05 - 5:30-6:00 PM
Youth Level 4	01 - 11:15-11:45 AM	02 - 5:30-6:00 PM	03 - 4:45-5:15 PM
Youth Level 5	01 - 12:00-12:30 PM		
Youth Level 6	01 - 9:00-9:30 AM		

A minimum of 3 students per class is required in order for lesson time to be offered. JCC Day Camp Campers are ONLY walked to lessons scheduled at 4:45 PM and 5:30 PM.



### AQUATICS

### SWIM TEAM @ THE JCC WATER PARK

### **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. Location: Hy & Richard Smith Family Water Park

15 Tuesdays and Thursdays, Jun 18-Aug 8 No practice: 7/4 6:30-7:30 PM MEM \$150 / COMM \$195

### **Triggerfish Swim Team - Open Practice Pizza Night** Ages 6-14 yrs

If you have participated on our Triggerfish Swim Team in the past or are interested in checking out what the Triggerfish is all about we invite you to kick off the start to Summer with an open practice and pizza night. You must have passed the requirements of Youth Level 3 to participate. We will practice first American Red Cross Lifeguard and enjoy pizza after. Please contact Assistant Aquatics Director/Head Coach, Taylor Ladd with any questions or concerns and to RSVP at tladd@jccmilwauee.org or 414-967-8191. Location: JCC Water Park

Tuesday, Jun 18 6:30-8:00 PM FREE - RSVP to attend

#### 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 current pool schedule online at iccmilwaukee.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, 4:30-5:30 PM Male Only Swim - Thursdays, 8:30-9:30 PM



### **JCC Members enjoy** Aquafit Deep • Aquafit Shallow • Splash!

Find free Aqua Fitness classes on Group Exercise pages 28-29 or visit jccmilwaukee.org/schedules

### **ADULT SWIM** Training

#### Ages 15 and up

Interested in a great summer job or challenging career as a professional lifeguard? Through videos, group discussion and handson 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 Lifequarding that includes first aid, professional-level CPR and AED in one certificate. Digital certificate available upon successful completion of course.

#### Core Courses

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

MVF \$225 / PTRN \$150 / F \$300

To learn more about getting certified to be a lifequard, contact Jess Lanke at 414-967-8194.

### **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 10 Mondays, Jun 17-Aug 19 10:15-11:00 AM MEM \$40 / PTRN \$40 / COMM \$60

#### WEDNESDAYS

Instructor: Sandra Ingram 10 Wednesdays, Jun 19-Aug 21 10:15-11:00 AM MEM \$40 / PTRN \$40 / COMM \$60

#### THURSDAYS

Instructor: Jo Ann Jackson 10 Thursdays, Jun 20-Aug 22 9:30-10:15 AM MEM \$40 / PTRN \$40 / COMM \$60

# PARENT-CHILD CLASSES

### Look for Parent-Child Swim classes on page 10

### Challah & Community - Waterpark Style

### Ages 6 mos-9 yrs

We'll grab our challah dough and venture to the JCC waterpark for challah braiding and swimming. This program is open to the community. You do not need to be a member to swim if you RSVP for this program. Instructor: Rabbi Shari Shamah Location: JCC Water Park Friday, Jul 12 10:30 AM FREE

### Sensory Art

### Adults and children 18 mos-3 yrs

Art classes for our littlest artists. This first art class incorporates sensory experiences and exploration making it a creative way to have fun and introduce art play. Weather permitting, this class will venture outdoors for sensory art play. Instructor: Mary Yanny Location: 1J16 Art Studio 6 Mondays, Jun 17-Jul 29 No class: 7/1 9:30-10:15 AM MEM \$66 / PTRN \$33 / COMM \$96

### Summer Art Play

### Adults and children 2-4 yrs

Summer time is a perfect time for Art time! Venture outside, use nature, get messy while exploring the magic that art can offer to a child's development. This class uses a variety of techniques, mediums and projects to introduce a child to the wonder of summer art play. Weather permitting, this class will utilize the outdoors as a teaching space. Instructor: Mary Yanny Location: 1J16 Art Studio 6 Wednesdays, Jun 19-Jul 31 No class: 7/3 9:30-10:15 AM MEM \$66 / PTRN \$33 / COMM \$96



### Summer Movers and Shakers

Adults and children ages 3 mos-2 vrs Children learn through movement, song, repetition and modeling. Bring your little ones for a morning of moving, shaking, singing and modeling the developmental skills necessary for growth. Weather permitting, the group will venture outdoors to add nature as a learning tool. Instructor: Hannah Marguardt Location: 1M50-Yeladim Playroom 6 Tuesdays, Jun 18-Jul 30 No class: 7/2 9:30-10:10 AM MEM \$66 / COMM \$96

### Active Kids!

### Adults and children ages 2-4 yrs

Kids need to move. They need to be active and they LOVE to play. They need to do all of that in a structured environment that will teach them spatial and peer builling skills. Join Active Kids for games, song, and lots of movement based play. Instructor: Hannah Marguardt Location: 1M50-Yeladim Playroom 6 Tuesdays, Jun 18-Jul 30 No class: 7/2 10:15-11:00 AM MEM \$66 / COMM \$96

### PRESCHOOL **ENRICHMENT**

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

### Ballet Ages 3-5 yrs

Grab your leo and dancing shoes for this introductory ballet class. A chance to leap, spin and plie during the afternoon. Instructor: Kate Zimmermann Location: 1M50-Yeladim Playroom 6 Wednesdays, Jun 26-Aug 7 No class: 7/3 1:00-1:45 PM MEM \$60 / COMM \$90

ער שמי



### Gan Ami Early Childhood Education



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 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

### Now Enrolling for the 2019-20 School Year

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







# **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

### Now Enrolling for the 2019-20 School Year

Sports Endowment Fund.

### 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	сомм
1 lesson	\$25	\$35
Buy in Bulk & receive	a discour	nt!
3 lessons	\$73	\$101
6 lessons	\$143	\$200
12 lessons	\$270	\$378
Semi-Private Lessons	(per part	icipant)
Semi-Private Lessons	(per part MEM	icipant) COMM
Semi-Private Lessons		• •
	MEM	сомм
1 lesson	MEM \$12.50	<b>COMM</b> \$17.50
1 lesson	MEM \$12.50	<b>COMM</b> \$17.50

To schedule a private lesson, please contact Carissa Mindt, Recreation Director at cmindt@jccmilwaukee.org or 414-967-8174.

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.

### **YOUTH STRENGTH TRAINING**

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 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 for more details

### **SPORTS & LEAGUES**

### Young Athletes – Speed, Agility and Weight Lifting

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

**OUTH & TEEN SPOR** 

Aaes 11-17 vrs

Young Athletes creates a solid base and understanding of movements functional to sport, speed agility training and/or high school lifting. We focus on key components of athletics such as balance, coordination. timing, flexibility, mobility, stamina, explosion and power. There is an emphasize injury prevention, proper body mechanics and recovery while creating body awareness to identify all or any potential hazards. Implement mind-body activities to challenge athletes to parallel game-like situations allowing relaxation at crunch-time or when the game is on the line. Increase the athletes' ability to excel on the field while having fun learning about the fundamentals of exercise and sport performance training. Teach breathing as a form of core support prior to any loading or Olympic lifting. Trainer: Mike Schmalfeldt Location: PT Studio

TUESDAYS 10 Tuesdays, Jun 18-Aug 20 4:00-4:55 PM MEM \$200 / PTRN \$200 / COMM \$300 Drop in rate: MEM \$20/PTRN \$20/COMM \$30

FRIDAYS 10 Fridays, Jun 21-Aug 23 3:30-4:25 PM MEM \$200 / PTRN \$200 / COMM \$300

Drop in rate: MEM \$20/PTRN \$20/COMM \$30

### Sand Volleyball @ the JCC Water Park

### Ages 11-15 yrs

Its all about the basics but in the Great Outdoors- Come play volleyball in the sand! Instructors: Sports Staff Location: JCC Waterpark 6 Thursdays, Jun 13-Jul 25 4:15-5:00 PM MEM \$54 / COMM \$66

### **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



### Youth Strength Training-Level 1

Ages 12-14 yrs

Kids ages 12-14 receive 3 sessions with a certified personal trainer learning the basics of an overall body workout as well as identified as Adults 14 and up or Adults 18 instruction on how to use the Cybex strength and all cardio equipment. After the 3 sessions the partipant receives a wrist band allowing access to the fitness floor and group exercise classes!

MEM \$99 / PTRN \$99

### Youth Strength Training-Level 2 Ages 12-17 yrs

Teens ages 12-17 receive 4 sessions with a certified personal trainer focusing on functional training, weight lifting or sport specific training. Participants under the age os 14 must complete the Youth Strength Training program to participate.

MEM \$160 / PTRN \$160

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

JCC. Visit jccmilwaukee.org/employment Participate in Youth Strength Training during the month of April and get a free Wired heart-rate tracking chest strap.



### danceworks

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 Tap & Pre-Ballet

Girls – Black leotard, pink tights, ballet and tap shoes. Ballet skirts are optional with instructor's permission. Boys – White t-shirt, black dance pants or sweatpants and ballet and tap shoes.

### Creative Dance & Tiny Dancer

Girls – Black leotard, pink tights, ballet shoes.

Boys – White t-shirt, black dance pants or sweatpants and ballet shoes.

### Нір Нор

Athletic wear such as sweatpants or leggings, comfortable shirt and dance sneakers or street sneakers. All sneakers must be carried in and cannot be worn directly from the street. Please note, wearing oversized clothing in a dance class can be dangerous and will not be permitted.

#### 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-7pm and Sat 9am-3pm.

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

Questions? Call 414-277-8480 ext. 6007 or email abrinkman@danceworksmke.org.

### Danceworks at the JCC 2019 Summer Class Dates: June 17- August 7



### MONDAY Tiny Dancer (age 2 1/2-3 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

8 Sessions: Jun 17-Aug 5 4:15-5:00 PM MVF \$100 / PTRN \$95 / F \$115

### Tap & Pre-Ballet

(age 4-5 yrs) This combination class will cover the basics of ballet and tap, with an emphasis on correct technique and terminology. Location: Studio B 8 Sessions: Jun 17-Aug 5 5:00-6:00 PM MVF \$100 / PTRN \$95 / F \$115

### TUESDAY Intro to Hip Hop

(ages 7-8 yrs)

This class will focus on coordination and rhythm, and will teach hip hop dance basics in an energetic and fun-filled class environment. This class is sure to get you on your feet and keep you on the beat! Location: Studio B 8 Sessions: Jun 18-Aug 6 4:30-5:15 PM MVF \$100 / PTRN \$95 / F \$115

### Hip Hop I (ages 9-12 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 8 Sessions: Jun 18-Aug 6

**5:15-6:15 PM** MVF \$100 / PTRN \$95 / F \$115

### Teen Hip Hop (ages 13 yrs and up)

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 8 Sessions: Jun 18-Aug 6 6:15-7:15 PM MVF \$100 / PTRN \$95 / F \$115

### WEDNESDAY

#### 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. Location: Studio B

8 Sessions: Jun 19-Aug 7 4:15-5:00 PM MVF \$100 / PTRN \$95 / F \$115

### Tap & Pre-Ballet

(ages 6-7 yrs) This combination class will cover the basics of ballet and tap, with an emphasis on correct technique and terminology. Location: Studio B 8 Sessions: Jun 19-Aug 7 4:15-5:00 PM MVF \$100 / PTRN \$95 / F \$115



### Upstream Arts at Rainbow Day Camp

Ages 12-40 yrs

This is a one week specialty camp for special needs campers 6th grade and older. Upstream Arts will be teaching two 45 minute social skills classes each day. Campers develop interactive social skills and create communication using play, dance, theater, music, visual arts and poetry. In addition to UA campers will have access to the daily Rainbow Day Camp activities such as swim, sports, nature walks, and arts and crafts. Instructor: Jody Margolis and Sarah McCutcheon Location: Rainbow Day Camp-Fredonia,WI 5 days Monday-Friday, Jul 22- Jul 26 9:30 AM-4:00 PM

MEM \$324 / COMM \$374

### **S**\***T**\***A**\***R**\***S** Students That Are Really Special

### 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 Ages 3-21 Yrs

Tutoring Center is for kids pre k-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 qualifed, experience special eduactors and assistants. Instructor: Sarah McCutcheon Monday-Thursday, Jun 17-Aug 9

### 10:00 AM-6:00 PM

MEM \$35 / COMM \$45 To schedule a session contact Jody Margolis, 414-967-8206 or jmargolis@jccmilwaukee.org

### Adaptive Swim Lessons 1st-12th Grades See page 8

### STARS Personal Training for Kids Ages 5-12 yrs

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

Instructor: Sarah McCutcheon Location: Gym and Track

### Monday-Thursday Jun 17-Aug 9

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

### Ages 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 tailormade program.

Instructor: Sarah McCutcheon Location: Gym and Track

**Monday-Thursday, Jun 17-Aug 9** Per Hour: MEM \$35 / COMM \$45 To schedule an appointment contact Jody Margolis, jmargolis@jccmilwaukee.org or 414-967-8206.

### 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 McCutcheon, 414-967-8198, smccutcheon@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





### **Find Your Summer** at JCC Rainbow Day Camp

for campers entering K5 - 9th gr

### 2019 Session Dates

Session 1: June 17-June 28 Session 2: July 1-July 12 (No Camp July 4) Session 3: July 15-July 26 Session 4: July 29-August 9

or build your own schedule week-by-week



### Albert & Ann Deshur JCC Rainbow Day Camp

A diverse and inclusive camp like JCC Rainbow Day Camp allows for connection and community-building across a broad spectrum of ages, backgrounds, and abilities. Through play, children and teens put technology aside and learn about themselves, take risks, gain confidence, and learn to work with others. Our unique camp community welcomes all children to experience a summer of fun, friendship, and pure joy.

The beauty of a camp like RDC is that you aren't doing just one specific thing all day. There are so many options all around that make every day a new and exciting adventure. But that doesn't mean campers aren't able to get a specialty experience here. 2-week specialty programs for 1st-5th grade campers allow your child to have the best of both worlds. Campers in 2nd-5th grade can also use their choice periods to fill their day with all sports, all crafts, all science, or mix it up and try them all. They have the flexibility to try new things and explore activities that they may not know they love until they try them.

### • Boating • Aquatic Center • Swim lessons • Splash Pad • 40-foot climbing tower • Zip line • Archery range • Mud course • Laser tag field • Sports Courts • Tennis Courts • Athletic Fields • Garden Nature Center • Fishina Pond • Judaic Plavoround Storvbook Garden • Bayit (main lodge) Amphitheater • Picnic Area

### Hop on the bus and head up to our 110-acre campsite in Fredonia each day to find your summer

- **Campsite Features:**
- Agam (spring-fed pond)

- Outdoor Learning Kitchen

- Adventure Playground

- Activity Village cabins
- Tsofim (Teen) Village
- Assembly Area

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### JCC Rainbow Day Camp Grows with Your Camper

### Netzorim • entering K5

Our youngest campers are introduced to daily camp life, welcomed into the camp community, and given ample opportunity to explore all that camp has to offer in the safety and security of their small, co-ed group. "Netzos" get to do a little bit of everything while developing the selfhelp and social skills necessary to begin K5 in the fall.

### Alonim • entering 1st grade

1st graders have choices available to personalize their camp experience. They may also register for Specialty Programs. Campers are split into gender groups.

### Gadnayim • entering 2nd grade

Campers are now old enough to participate in Chugim (choice) activities for 2nd - 5th graders in addition to the Specialty Programs. Gadnayim campers are invited to stay for one late night (undernight) per session.

### Shomrim • entering 3rd grade

Two choice periods each day allow campers to create the experience they want—fill the day with sports, crafts, and so much more. These campers also get their first opportunity to have an overnight experience within the familiar camp setting.

### Chalutzim • entering 4th-5th grade

Camp is a great place for older elementary age kids to unplug and experience a classic childhood summer. In addition to two choice periods, Chalutzimers have increased access to the activities at camp that are only for older kids, like laser tag and water trampoline. RDC Camp Day 9:00 AM – 4:30 PM (may vary by bus stop) Before & After Care offered at the JCC 7:00 AM until Bus Departure Bus Arrival until 6:00 PM (5:30 PM Fridays)



### Tzofim • entering 6th-7th grade Ozrim • entering 8th-9th grade

Our middle and high school age campers, have a space all their own – the Teen Village. This special area of camp has its own GaGa Pit, Ping Pong tables, and gathering spaces for playing cards or talking with friends. Our teens experience greater autonomy, more choices, and increased challenges while also enjoying opportunities for leadership development. Laser tag, the water trampoline, and canteen are some of the favorite teen privileges.

### A sampling of the 36 specialty programs offered throughout the summer for 1st-5th graders



### **RDC Chopped**

Grab the measuring tools; it's time to get cooking! Campers will learn new recipes and proper cooking techniques while using fresh ingredients from our camp Garden!



### Jedi Academy

Watch out Darth Vader, these campers are going to be Jedi! Campers will make their own lightsaber and enjoy different Star Wars themed activities.



### Skateboarding

Professionals from Four Seasons Skatepark will teach campers basic techniques and tricks for skateboards and scooters. Equipment is provided.



### **Recycled** Art

Ever wonder what do to with leftover cans and bottles? Campers will make projects using all types of recycled materials.



### Ninja Warrior

Channel your inner ninja with our RDC Ninja Warrior. Campers will challenge themselves through different ninja courses and activities.



### Tennis

Campers will learn different strokes and strategies through fun games and drills developed for Quickstart tennis. Open to all levels!

### Filmmaking

Campers will get the opportunity to write, record, and produce the biggest cinematic masterpiece of the summer!



### **Musical Theater**

Campers will participate in a musical theater production where they will learn theater techniques, dances and develop fun characters.

### Outdoor Adventure

Canoe, fish, pitch a tent and build a campfire! This program is perfect for campers who love to be outside and want to learn more outdoor adventure skills.

### Lego Architects



Campers will create structures, cities, and even a map of camp out of Legos! This will include Lego kits as well as free play.

### Find full details & register at jccmilwaukee.org/daycamp

### CAMPS



### DAY CAMP Find Your Summer in JCC Specialty Camps for campers entering K5 - 8th gr

Summer at the JCC is filled with splashing and giggles, hugs and high fives, fresh air and sunscreen! Time spent at camp is the best way for your child to explore their interests, meet new friends, and gain confidence in their abilities. JCC Specialty Day Camps provide campers opportunities to build community across all of our camp offerings. We will begin each day with Morning Assembly in the JCC Courtyard before each group heads off for their camp program. On Friday afternoons, our camp community will gather to wrap up our week and enjoy a fun Shabbat celebration just prior to the end of the regular camp day.

### 2019 Session Dates

Week 1: June 17-June 21 Week 2: June 24-June 28 Week 3: July 1-July 5 (No Camp July 4) Week 4: July 8-July 12 Week 5: July 15-July 19



Week 6: July 22-July 26 Week 7: July 29-August 2 Week 8: August 5-August 9 Week 9: August 12-August 16 Week 10: August 19-August 23 Week 11: August 26-August 30

### Camp Day 9:00 AM - 4:00 PM Before & After Care 7:00 AM - 9:00 AM • 4:00 - 6:00PM (5:30 Fridays)



### Limited Spaces still available in the following camps:

**K5-2nd Grade** Milwaukee Wave Soccer Vertical Adventures Floor Hockey Sports Variety Building & Molding

**7th-8th Grade** Milwaukee Wave Soccer Play Hard Hoops Teen Travel **3rd-6th Grade** Novice & Intermediate Golf Baseball Milwaukee Majors Adventures in Water Sports Vertical Adventures Ninja Warriors Flag Football Dance Team Floor Hockey Play Hard Hoops

Ultimate Frisbee Racket Sports Sports Variety Baking & Decorating Advanced Theater Art & Photography Chess & Math Minds Great Outdoors Explorers Rocket & Science Explorers

### Find full details & register at jccmilwaukee.org/daycamp

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### Find Your Summer in Eagle River for campers entering

3rd-10th grade





2019 Session Dates

Session 1: June 19 – July 15 Mini Session 1: June 19 – July 3 Session 2: July 17 – August 12 Mini Session 2: July 17 – July 31

\* Mini Sessions for 3rd – 5th gr. campers

Located on 106 acres in Wisconsin's north woods and nestled between two beautiful lakes, the Steve & Shari Sadek Family Camp Interlaken JCC is home to over 400 campers each summer. Since 1966, Camp Interlaken has welcomed Jewish children and teens entering 3rd grade through 10th grade from all over the world.

Driven by Jewish values, Camp Interlaken celebrates a balance between instruction, competition and fun. Our priority every summer is to return each camper home a better version of him or herself. For 50 years, Interlaken Campers have thrived in their second home where "everybody is a star!"

### Learn more at campinterlaken.org Questions? Contact Beth Alling at 414-967-8240



### Trip to Interlaken

### for campers entering 3rd-6th Grade

Monday, August 5 at JCC Rainbow Day Camp Tuesday, August 6 - Friday, August 9 at Camp Interlaken JCC

This program is perfect for campers who want to experience a mini-version of sleepaway camp. 4 days - 3 nights in Northern Wisconsin at Camp Interlaken where campers will participate in camp activities like sports, waterfront, adventure, and arts. Nights are filled with exciting evening programs, campfires, and special events. This shortened stay creates a bridge for day campers to experience Camp Interlaken.

Register at jccmilwaukee.org/daycamp

### Hunger never takes a holiday

With another tough Wisconsin winter finally in the rear-view mirror, many of us are eager to spend long weekends at the Hy & Richard Smith JCC Water Park, enjoy the sunshine, and possibly catch a summer festival (or two). Unfortunately, summer break comes at a cost for Milwaukeeans living at or below the federal poverty threshold as they struggle to get basic needs met. In addition to the challenge of trying to find childcare that is affordable on a minimum wage salary, the burden of ten weeks without school is exacerbated when families are already struggling with food insecurity.

"Many Milwaukee families see grocery bills increase up to 300 dollars each month while school is not in session, and food pantries like the Jewish Community Pantry are left attempting to fill in the gaps for parents and children," explains Heidi Gould, JCC Pantry Advocacy Coordinator. "Last year, August was the busiest month for the Jewish Community Pantry. We served over 870 families in August, compared to 750 families most other months."

During the school year, many children living with food insecurity rely on the free and reduced cost National School Lunch Program or the free and reduced cost breakfast program. One hundred percent of Milwaukee Public School (MPS) students are eligible for both the free and reduced cost breakfast program and the free and reduced cost National School Lunch Program. As a result, most MPS students are receiving two balanced meals per day during the school year but are left looking for nourishing meals during the summer months.

"No Kid Hungry", a non-profit organization with the goal of ending childhood hunger, estimates that only 15% of students receiving free and reduced lunches during the school year



are getting fed by the federal Summer Food Service Program (SFSP) which provides free lunch, breakfast, or both to children during the summer months. Unfortunately, a host of logistical barriers prevent hungry students from accessing the food they need from this program -- transportation is not provided, school districts cannot afford to run buses during the summer months, and parents often don't want children crossing dangerous intersections or walking past gang territories to reach a meal site.



The reality of kids going hungry during the summer is overwhelming and often difficult to comprehend. But feeding the hungry, *maakhal revi'im*, is an integral part of the Jewish value of *Tikkun Olam*, repairing the world. The Jewish Community Pantry is our community's response to hunger in the City of Milwaukee, and for over 40 years, we have been serving our clients with respect and compassion.

"Volunteering at the Jewish Community Pantry on Thursdays feels very right to me – especially in the summer months when I know the families need us even more," says Sheryl Rubin, pantry volunteer. "The clients are so appreciative, and it is special to me to be able to connect with them and make a difference in my community."

To volunteer your time this summer helping Milwaukee families, contact Heidi Gould at hgould@jccmilwaukee. org or 414-967-8353 or visit jccmilwaukee.org/give/ volunteer.

If you or someone you know needs free healthy meals for their children during the summer, text 'food' to 877-877.



### ADULT SPORTS & LEAGUES

#### 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 Summer Basketball League Ages 18 & up

Players must be members in order to play in our round-robin league. Games are played in the Marcus Gym. Registration Deadline: June 2 Draft Date/Captains meeting: June 4, 6:00 PM. Location: Marcus Gym Sundays, Jun 16-Aug 18 2:00-5:30 PM

MEM \$50

### Adult Pick-Up Basketball MEMBERS ONLY

#### Ages 18 & up

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

Instructor: Gym Supervisor Location: JCC Marcus Gym

### ONGOING:

Sundays 8:00 AM-12:00 PM MEM FREE

### Adult Pick-Up Basketball 30+ MEMBERS ONLY

Ages 30 & up

Competitive, pick-up basketball. Please signin upon arrival into the gym. Ages 30+. Instructor: Gym Supervisor Location: JCC Marcus Gym

#### ONGOING: Tuesdays

11:00 AM-1:00 PM MEM FREE

#### ONGOING: Wednesdays 6:30–8:30 PM MEM FREE

ONGOING: Thursdays 11:00 AM-1:00 PM MEM FREE

#### Beginner Catchball @ the Water Park Women 18 yrs and up

Catchball is an Israeli game played by women of all ages and athletic abilities. The game is similar to volleyball, but players catch and throw the ball to one another. The only "catch" to catchball is to be willing to learn and have fun. Come join us to learn and play outside this summer!

Location: JCC Water Park 8 Tuesdays, Jun 18-Aug 6 5:30-6:30 PM MEM \$40 / COMM \$56 Drop-in MEM \$6 / COMM \$8

### ADULT DANCE Open Israeli Dance

Adults 12 vrs 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. If you are a beginner, please send an email to let us know you are coming. **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

MilwaukeeIFD@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 9 Fridays, Jun 21-Aug 23 No class: 7/5 2:15-3:30 PM MEM \$135 / PTRN \$135 / COMM \$135 Drop in Fee: \$15 Spouse or caregiver pricing: \$40





# **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

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.

# **GROUP TRAINING**



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



#### Commit to be Fit Express Adults 18 yrs and up

Keep your 2019 fitness goals with the express version of commit to be fit. Program includes small group training focused on weight loss, 2 InBody scans and 6 coaching videos covering nutrition, exercise and mindset!

Location: Personal Training Studio

### Instructor: Ryan Poolay 10 Tuesdays, Jun 18-Aug 20 9:30-10:30 AM

MEM \$200 / PTRN \$200 / COMM \$300

Instructor: Katie Nickel 10 Wednesdays, Jun 19-Aug 21 9:30-10:30 AM MEM \$200 / PTRN \$200 / COMM \$300

Instructor: Ally Koller 9 Fridays, Jun 21-Aug 23 *No class: 7/5* 6:30-7:30 AM MEM \$180 / PTRN \$180 / COMM \$270

### 100 Workout Challenge Ages 18 and up NOW through December 31

Join the 100 Workout Challenge! By joining the challenge you'll receive tracking sheets, an opportunity for 5 InBody scans during designated times and disocunts on JCC programs and events. Receive prizes for every 25 workouts completed. MEM \$10 / PTRN \$10 For more information contact Katie Nickel at knickel@jccmilwaukee.org.

### Couch to 5K /10K Adults 14 yrs and up

Get off of the couch and hit the road... running! This 60 minute group training session includes guided runs and a running plan to successfully complete a 5k. You'll also be a part of the JCC team in the Brewers Mini Marathon (5K, 10K or half marathon) on September 28. **Trainer:** Kasey Kuchenbecker

ADULTS

Location: Personal Training Studio

6 Sundays, Jul 14-Aug 18 11:00 AM-12:00 PM MEM \$96 / PTRN \$84/ COMM \$156

### Courtyard Cycle!

Adults 14 yrs and up Join us in the courtyard for an outdoor ride! \*weather permitting Instructor: Liz Braatz Location: Court Yard

Sunday Jun 2 and Sunday Aug 4 8:30 AM Free

### 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

### 9 Thursdays, Jun 20-Aug 22

No class: 7/4 9:00-10:00 AM MEM \$108 / PTRN \$108 / COMM \$198





# **GROUP TRAINING** OPEN FOR COMMUNITY REGISTRATION

### **Ergonomics Cross Training**

Ages 14 and up

Is your desk job killing your workout? This small group training program focuses on identifying key areas exposed to prolonged positions such as sitting, standing or walking, exercises and stretches that can be used as daily maintenance or in a personal routine and teaches relaxation breathing as a form of mental clarity, focus and stress relief. Understanding these ergonomics will carry over the successes of better posture to gym or sports activities to get the most out of your workout routine.

**Trainer:** Mike Schmalfeldt Location: Personal Training Studio

### TUESDAYS

### 10 Tuesdays, Jun 18-Aug 20 5:00-5:55 PM

MEM \$200 / PTRN \$200 / COMM \$300 Drop in rate: MEM \$25/PTRN \$25/COMM \$35

### FRIDAYS

### 10 Fridays, Jun 21-Aug 23

**4:30-5:25 PM** MEM \$200 / PTRN \$200 / COMM \$300 Drop in rate: MEM \$25/PTRN \$25/COMM \$35

### Silver & Strong Ages 55 and up

Strength training for people 55+. This small group training provides an overall enhancement of the body creating a better quality of life. Learn to move with efficiency resulting in less wear and tear on joints, ligaments or tendons. Simulate body mechanics similar to activities of daily living (ADL's) practicing core concepts such as breathing/bracing, hip hinging, spinal up righting and joint centration. Work on maintaining muscular strength/endurance, flexibility, proprioception, cardiorespiratory health and proper function while having fun in a setting amongst peers.

**Trainer:** Mike Schmalfeldt **Location**: Personal Training Studio

### TUESDAYS

#### 10 Tuesdays, Jun 18-Aug 20 3:00-3:55 PM

MEM \$200 / PTRN \$200 / COMM \$300 Drop in rate: MEM \$25/PTRN \$25/COMM \$35

### FRIDAYS

### 10 Fridays, Jun 21-Aug 23 2:30-3:25 PM

MEM \$200 / PTRN \$200 / COMM \$300 Drop in rate: MEM \$25/PTRN \$25/COMM \$35



### **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 \$40 Arm Band \$65

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



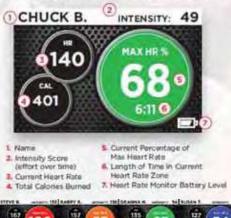
### Group Training – Afterburner Group

**Training** features two intense 60 minute full body workout classes. During a Group Training workout, your goal is to keep your heart rate between 60-80% of your maximum heart rate. This ensures that more calories are burned after the workout for increased results! Group Training classes utilize the TRX Suspension Trainer, TRX Rip Trainer, Kettlebells, and much more to ensure you're getting the best workout possible!

### Two Styles of Group Training:

Afterburner – is a circuit based workout that gives you 40 seconds of exercise and 20 seconds of rest for each interval.

### READING YOUR TILE





- Extreme is an intense circuit based workout that gives you 50 seconds of exercise and 10 seconds of rest. Extreme also features a "burnout", where you will have no time to take breaks during your final round.
- What Sets Group Training Apart? The answer: Personalized. Paying close attention to our heart rate zones helps deliver a more targeted workout experience. Monthly Unlimited users can take this one step forward with a once a month use of the InBody; a high tech scale that measure your body fat and lean mass percentages.

### Rates: Drop in rate MEM \$15 / COMM \$25

Packages: Save more by buying in bulk!4 pack \$48

Evening & weekend times available. Check jccmilwaukee.org/schedules for most SCHEDULE up-to-date schedule				
	5:30 AM 8:30 AM 9:30 AM 12:00 PM			
Monday	Afterburner	Afterburner		
Tuesday			Extreme	
Wednesday	Afterburner	Extreme		
Thursday			Afterburner	
Friday	Extreme	Extreme		Afterburner
Saturday		Extreme		

 8 pack \$80
 12 pack \$96
 \*packages expire 2 months after purchase date
 Month Unlimited
 \$75
 \*package expires 31 days after purchase date

### **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.

### **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 31.

New to Pilates? Purchase a 3 for \$99 Try Pack and fall in love.

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

### **PILATES GROUP EQUIPMENT CLASSES**

\*Classes are for adults 18 years and up\*

Pilates group equipment classes are designed for all levels of current students. The Classical Reformer classes are based on the sequence designed by Joseph Pilates.

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

### **Group Reformer Pilates** Instructor: Erin Stern

TUESDAYS 9 Tuesdays, Jun 18-Aug 20 No class: 8/6 8:00-8:50 AM MEM \$162 / PTRN \$162 / COMM \$216

### WEDNESDAYS AM 9 Wednesdays, Jun 19-Aug 21

No class: 8/7 9:00-9:50 AM MEM \$162 / PTRN \$162 / COMM \$216

WEDNESDAYS EXPRESS PM 9 Wednesdays, Jun 19-Aug 21 No class: 8/7 12:00-12:30 PM MEM \$81 / PTRN \$81 / COMM \$162

THURSDAYS 8 Thursdays, Jun 20-Aug 22 No class: 7/4, 8/8 8:00-8:50 AM

MEM \$144 / PTRN \$144 / COMM \$192 **FRIDAYS** 

8 Fridays, Jun 21-Aug 23 No class: 8/2, 8/9 9:00-9:30 AM MEM \$144 / PTRN \$144 / COMM \$192

### **Group Classical Reformer Pilates**

Instructor: Sarah Cohen 9 Thursdays, Jun 20-Aug 22 No class: 7/4 6:15-7:05 PM MEM \$162 / PTRN \$162 / COMM \$216

### **Advanced Reformer Pilates**

Instructor: Erin Stern 9 Tuesdays, Jun 18-Aug 20 No class: 8/6 2:30-3:20 PM MEM \$162 / PTRN \$162 / COMM \$216

### **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: Studio A

### WEDNESDAYS

9 Wednesdays, Jun 19-Aug 21 10:30-11:25 AM MEM \$108 / PTRN \$108 / COMM \$162

FRIDAYS 10 Fridays, Jun 21-Aug 23 10:30-11:25 AM MEM \$120 / PTRN \$120 / COMM \$180

### **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 9 Thursdays, Jun 20-Aug 22 No class: 7/4 5:00-5:55 PM

MEM \$72 / PTRN \$72 / COMM \$108

### **Barre Fusion**

This class combines mat Pilates core work with ballet-inspired small range movements at the barre. Instructor: Terri Stevens Location: Studio B 10 Sundays, Jun 16-Aug 18 10:30-11:25 AM MEM \$120 / PTRN \$120 / COMM \$180



### **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 10 Mondays, Jun 17-Aug 19 6:00-7:00 PM MEM \$120 / PTRN \$120 / COMM \$180

נבוגרים

## **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.

### This schedule effective through June 30, 2019. Visit jccmilwaukee.org/schedules for updated July & August schedules



#### MONDAY

MONDA	
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
7:15	Yoga-Level 1
TUESDAY	HIYP
6:00 AM	Boxing
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
5:00 PM	Indoor Cycling
6:00	Step Plus!
WEDNES 5:30 AM 7:15 8:00 8:30 8:35 9:15 9:30 9:30 9:30 9:30 9:30 9:30 9:45 6:00 PM 6:00 6:00	Yoga-Level 1 Indoor Cycling Fitness Fusion Aquafit-Shallow Butts n Guts Indoor Cycling Mindful Yoga Body Blast Zumba Aquafit-Deep Fit 'n' Fun Indoor Cycling Zumba Revolve

#### THURSDAY Location 5:30 A 6:00

**G** Marcus Gym

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Jane

Stan

Kevin

Patty

Sandv

Patty

Теггі

Jamie Lynn

Marcela

Shara

Betsy Kirsten

Angela Jane

Gwen

Michelle

Carolyn

Marcela

Stefanie

Marcela

Margaret

THURSD	AY		Locat	:ior
5:30 AM	Indoor Cycling		Margaret	С
6:00	Boot Camp		Ally	A
8:00	Zen Fit		Kurt	A
8:30*	Yoga-Level 2		Sue	Y
8:30	Aquafit-Shallov	v	Jo Ann	Ρ
8:30	Insanity		Marcela	G
9:00	Fit 'n' Fun		Katie	В
9:15*	Core Fit + Stret	ch	Теггі	А
10:00	Yoga Flex		Kurt	Y
10:00	Chair Yoga		Sue	В
10:15*	Splash		Jo Ann	Р
6:00* PM	Jump/HIIT		Kasey	А
6:30	Yoga Level 1		Sue	Y
	5			
FRIDAY			Locat	
6:00 AM	Indoor Cycling	1.	Frazer	C
8:00	Fitness Interva		Katie	A
8:30	Aquafit-Shallov	V	Janae	P
8:55*	Butts n Guts		Kirsten	B
9:15	Slow Flow Yoga	3	Howard	Y
9:15	Indoor Cycling		Lisa	С
9:30	Aquafit-Deep		Janae	P
9:30	Revolve		Kirsten	B
9:30	Zumba		Kaye	A
10:45	Nia		Dori	A
SATURD	AY		Locat	ior
8:10 AM	Step Plus!		Jane	А
8:30	Indoor Cycling		Jack	С
8:30	Yoga Level 1		Susie	В
9:15	Body Blast		Ally	A
SUNDAY			Locat	ior
8:10 AM	Step Plus!		Rotation	A
8:30	Indoor Cycling		Angela	c
9:15*			Terri	В
10:00	T.B.C. (Women Only) Mixed Level Yoga		Vlada	Y
10:00	Zumba		Jane	A
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*30min	class	110

### Iourly hildcare

Member-Value Program es 6 weeks–9 years

oviding you the flexibility you need enjoy the JCC – whether it's a ass, personal training, or just have me 'me' time – Hourly Childcare is affordable and convenient option ailable for children from 6 weeks to /ears old.

### OURS OF OPERATION

on-Fri: 7:45 AM-1:00 PM t-Sun: 8:00 AM-Noon ourly Childcare is available for up to nours per day

### SAGE AND RESERVATIONS

vo hour maximum, per child, per y. Reservations are required for fants ages 6 weeks-18 months, d must be scheduled at least 24 urs in advance. No reservation necessary for any child over 18 onths old. Reservations can be ade at 414-967-8171 or hchildcare@ milwaukee.org.

#### **ATES PER** HILD: \$3.00 /

ur



**GROUP EXERCISE** COMPLIMENTARY FOR JCC MEMBERS

### YOGA Chair Yoga (L1 ) 😜

Water Mind/Body

Cardio

Strength

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)** w 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) C** 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)** V 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.

Jump/HIIT (L3) 🖤 Jump rope, lift weights, repeat! Work up a sweat with this total body interval workout. \*30 min

### 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.

This schedule effective through June 30, 2019. Visit jccmilwaukee.org/schedules for updated July & August schedules

**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) W** 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)** w 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)** Sources of 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\*

**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.



# SOCIAL PROGRAMS

### yjang jewish adults of Milwaukee

### 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

### **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 McCutcheon, 414-967-8198, smccutcheon@jccmilwaukee.org.

### 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 mensclub@jccmilwaukee.org.

### Mah Jongg Open Games

Come and play Mah Jongg. Open games are fiendly 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 \$2 / COMM \$3 **KOACH** ages 55 & better

The word K O A C H



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. Each month community resources and experts come prior to lunch to provide information, skills and resources to help improve quality of life as a part of KOACH Kares. KOACH program locations rotate between the JCC and synagogues.

One Thursday each month 11:30 AM KOACH Kares 12:00-2:00 PM Lunch & Program Lunch &/or Program \$8 Reservations Required

### **KOACH Birthday Klub**

By becoming a KOACH Birthday Klub volunteer, you can help brighten the lives of senior adults throughout the community who might be celebrating their birthdays alone. This special corps of volunteers visit and bring treats and surprises to the birthday person.

#### Next KOACH Program JUNE 27

Stephen Z. Cohen – The Golden Age of Jewish Humor Congregation Shalom, 7630 N. Santa Monica Blvd

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



### Milwaukee Women's Dialogue

Be part of a vital monthly conversation for women of all ages, races, and religious backgrounds who wish to share their visions, experiences, and dreams to build a better Milwaukee.

The Role of Fathers in Our Lives • June 12 • 6:30-8:30 PM Central Methodist Church, 639 N. 25th Street

The Importance of The Written Word · July 10 · 6:30-8:30 PM at the Harry & Rose Samson Family JCC

We welcome all ladies, 21 to 121, of all backgrounds and religions

For dates and more information about getting involved, contact Diane Sobel at 414-967-8258

### **Catching Up with Richard Edelman**

Milwaukee's own Richard Edelman is an internationally known sculptor with commissioned works in Krakow, Poland; Jerusalem; and soon the Negev Desert in Israel.

His astonishing new sculpture, "CYBERGLYPH," had its international unveiling here at the JCC on May 1. The work was commissioned by Ben Gurion University of the Negev, and after it's unveiling in Milwaukee, it is being shipped to Israel and installed permanently at the main entrance of the university. This sculpture was inspired by BGU's leading edge specialization in cyber-security, and by the stunning ancient petroglyphs (rock drawings) which are found throughout the Negev – the Southern Desert of Israel which surrounds the university. The JCC exhibit in the Surlow Prominade documents these ancient drawings and the creation of the sculpture that was inspired by them.

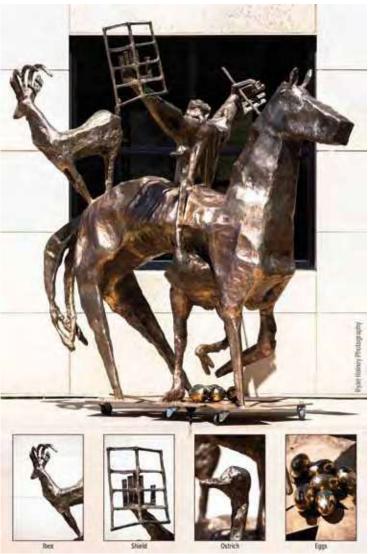
A charter member of the Milwaukee Jewish Artists' Laboratory which started in 2011, Richard wasn't always a sculptor. He is an MIT trained engineer majoring in engineering and philosophy. After retiring from a thirty-year career in the international steel industry, Richard took a welding class which changed his life. Edelman experimented with other art forms earlier in his life. A radical student in the 1960s, he published poetry, did woodworking, and printmaking.

Metal, however, was his home. "I spent my whole life around metal: steel, steel mills, pig iron, and the scrap industry," he says. "I started in the scrap metal business with my dad, and soon I had my own international steel trading business. I know a lot about metals." It was only natural, that with the welding class under his belt he returned to metal as an art form, and he was soon producing astonishing abstract work which has been exhibited all over town.



In 2006, Edelman won the prestigious Frank L. Weil award for the Advancement of Jewish Culture in North America, an honor previously given by the JCC Association of North America to such cultural icons as Leonard Bernstein, Jacques Lipschitz, and Isaac Bashevis Singer. You've seen Richard's work here at the JCC -- his monumental "Shofar Maccabi" which stands at the Marcus entrance of the JCC was created for the 2015 JCC Maccabi Games which were held here in Milwaukee. You may have also seen his work in the Historic Third Ward and the Boerner Botanical Gardens as well as at synagogues and Jewish organizations throughout our community.

"I was at the Milwaukee Jewish Artists' Lab from the inception," Edelman says, "and that is what helped pull me in a direction which led to my involvements with so many Jewish institutions. A few years later Tapestry arrived on our scene and gave Jewish culture an even wider footprint in the community with forward looking expression in a framework of ideas both new and more established. I'm still not sure how Jody Hirsh has done it all, but there is no denying he has with the enthusiastic support and backing of Mark Shapiro and the whole staff."



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TAPESTRY arts & ideas

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

### A Shabbat in Old Tsfat Friday, June 7 · 6:00 PM

Congregation Sinai 8223 N. Port Washington Road, Fox Point

Join Jody Hirsh, Rabbi David Cohen, and Cantor Richard Newman for this one of a kind Shabbat experience - a 16th Century Kabbalat Shabbat service with authentic musical instruments followed by a period appropriate Shabbat Dinner featuring a re-enactment of a 16th Century rabbinical debate.



Services and program are free of charge Dinner available for purchase through Sinai

RSVP at jccmilwaukee.org/tapestry



call 1-866-811-4111

at the Harry & Rose Samson Family JCC.

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ARTS & IDEAS

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

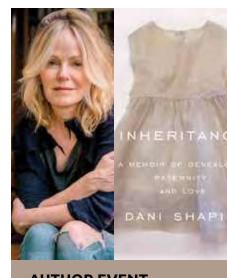
EPLACE BEARTIST



Jewish Community Center 255 N. Santa Monica Blvd. (Whitefish Bay The Milwaukee Jewish Artists' Laboratory 8th Annual Exhibit June 2 – September 14 • Harry & Rose Samson Family JCC Opening: Sunday, June 2 • 4 PM

# TAPESTRY arts & ideas

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



AUTHOR EVENT Meet DANI SHAPIRO, author of the NY Times Bestseller Inheritance: A Memoir of Genealogy, Paternity and Love Thursday, June 18 at 7:00 PM at Boswell Book Company, 2559 N. Downer Ave

What makes us who we are? What combination of memory, history, biology, experience, and that ineffable thing called the soul defines us?

In the spring of 2016, through a genealogy website to which she had whimsically submitted her DNA for analysis, Dani Shapiro received the stunning news that her father – an Orthodox Jew - was not her biological father. She woke up one morning and her entire history–the life she had lived–crumbled beneath her.

Inheritance is a book about secretssecrets within families, secrets we keep from one another in the name of love. It is the story of a woman's urgent quest to unlock the story of her own identity, a story that has been scrupulously hidden from her for more than fifty years.

Please register! Registration is free at shapiromke.bpt.me or upgrade to a book purchase, which includes registration.

Co-sponsored by Boswell Book Company, the Harry and Rose Samson Family Jewish Community Center and the Sam and Helen Stahl Center for Jewish Studies at UWM. For more information, contact Laurie Herman lherman@jccmilwaukee.org, 967-8212.

### FREE JEWISH FILM CLASSES - SUMMER 2019

Explore Jewish films on a large screen in an informal classroom setting and participate in educational discussions with Milwaukee Jewish educators and professionals. All films are FREE and open to the community. Please note individual times. Presented at the Harry & Rose Samson Family Jewish Community Center



### **SPECIAL HOLOCAUST FILM PRESENTATION** SHOAH: THE FOUR SISTERS – Shown in 2 parts

A year since the passing of Claude Lanzmann – the creator of the groundbreaking documentary SHOAH, we remember his achievements through viewing his last film.

SHOAH: The Four Sisters (2018) is a close-up and very personal look at four Jewish women who survived the Holocaust – filmed in the late 1970's but never released as full stories on film. In Lanzmann's classic film, SHOAH, the voices were mainly male. Now, Lanzmann unveils the horror of the Holocaust experience from women's perspectives, through four unique and heart-wrenching stories, all reflecting "choiceless choices". The film, 4 hours in length, is divided for presentation into two evenings.

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

### SHOAH: The Four Sisters – "The Hippocratic Oath" and "The Merry Flea" (France) (2017)

### Thursday, July 18 at 7:00 PM • Pretalk at 6:30 PM

The first story, "The Hippocratic Oath", may be one of the most devastating stories one can hear – how a new mother was urged to save herself by killing her newborn child. Ruth Elias was a Czech young woman who was deported with her family to Terezin, then to the Family Camp at Auschwitz, and then became part of one of Mengele's experiments.

In "The Merry Flea" we meet Ada Lichtman who was forced to work in Sobibor – and among her tasks was mending dolls taken from murdered Jewish children to be distributed to German girls. Ada survived the war and testified at the Eichmann trial

#### Suitable for ages 17 and up.

Talkback by Dr. Amy Shapiro with Laurie Herman

### SHOAH: The Four Sisters – "Baluty" and "Noah's Ark" (France) (2017) Thursday, July 25 at 7:00 PM • Pretalk at 6:30 PM

"Baluty" is the story of Paula Biren from Lodz whose family was forced to move into the ghetto area of Baluty where she was drafted into the Jewish women's police force after working in a factory sweatshop. She resigned and was sent to Auschwitz after realizing that arresting fellow Jews for black market activity resulted in their deportation. Biren knew Rumkowsi, the Judenradt leader in Lodz. In "Noah's Ark", survivor Hanna Marton tells how her family from Hungary escaped on the "Kasztner Train". Rezo Kastner, the head of the Budapest Jewish Aid and Rescue Society, made a deal to save some Hungarian Jews – while withholding the information from the wider Hungarian Jewish community that deportation to Auschwitz usually meant death.

Suitable for ages 17 and up. Talkback by Dr. Amy Shapiro with Laurie Herman

Look for August Films to be announced via email. Not receiving our emails? Contact jdecker@jccmilwaukee.org and request to be added to the Free Jewish Film list and/or the Tapestry list.

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### We gratefully acknowledge our partners

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### **2018 JEWISH FILM FESTIVAL**

We wish to thank the Marcus Theatre Division for its ongoing commitment to the Milwaukee Jewish Film Festival and the Clarice S. Turer Fund of the Jewish Community Foundation for its generous support.

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### **Endowment Funds**

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@iccmilwaukee.org Chief Development Officer: Elyse Cohn 414-967-8188 ecohn@jccmilwaukee.org





Major Gifts Manager: Harriet Rothman 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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Jewish Legacy



Where will you be in 100 years? What if you could answer that today?

By designating the Harry & Rose Samson Family Jewish Community Center as a beneficiary organization in your will or estate plan, your legacy will continue to serve our community in meaningful ways for generations to come.

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

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

# **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 Kira Nehmer at (414) 967-8184.

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 April 8, 2019.

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To Jackie & Steve Blumberg in memory of Harriet Blumberg Suzy Ettinger

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To Charlotte Adashek in memory of Freda Adashek Agie Laev To the family of Freda Adashek in her memory Romaine Backer Allen & Susan Caucutt Marcia Cherniack Suzy Ettinger Mary Fons Diana & Leonard Goldstein Helga Levings & Laura Levings Michael & Barbara Mortl Karen & Larry Pearson Barbara Pierce Barbara Pueringer Morris & Gertrude Shechtman Staff of Goodman-Bensman Whitefish Bay Funeral Home Audrey Strnad

To Mike & Barbara Bachman in memory of Donna & Bill Bachman Mary Manis To Nathan Becker in honor of his milestone birthday Susan Garrison To Steve & Jackie Blumberg in memory of Harriet Blumberg Naomi Arbit Charles Blumenfield & Cobby Shereff Suzy Ettinger Ann Knell To Steven Blumenthal in memory of Roselyn Blumenthal Vance Liebman To Warren Blumenthal & Family in memory of Roz Blumenthal Suzy Ettinger Dorene & Phil Paley Karen & Larry Pearson Anne & David Rosenberg Kathleen Yuille To the Bodner Family in memory of Aaron Bodner Bunny & Ron Cohen To Ruby & Marty Carneol in honor of 65th wedding anniversary Barbara Perchonok **Jim & Carol Ross** Adrienne Weber To Helene Cash & Family in memory of Shelly Toby Recht To Tamara Deutsch in memory of Carol Deutsch Ronna, Larry, Joel, David & Jordan Pachefsky To Elaine Durchslag in memory of Janet Yaillen Barbara & Al Simon To Eve Eiseman in honor of Purim Mitzvah To Glenn & Eileen Graves in honor of Purim Mitzvah Sandy Brusin To Claire Fabric in honor of a speedy recovery Barbara & Al Simon Julie & Dan Rosenfeld & Family

To Devora Gelin & Family in memory of Freda Adashek Harriet & Earl Newman To Elizabeth Goodman in memory of Lauren Bloodworth To Bill Heller in memory of Judy Wolski Sara Gimbel To Seema Gorens in honor of her special birthday To Lois Malawsky in honor of her special birthday To the family of Sylvia Siegman in her memory Sandy Nankin To Heidi Gould in honor of her CJL Mitzvah Award Elyse Cohn To Ralph & Maxine Gould in memory of Janet Yaillen Dorene & Phil Paley To Sophie Hochman in memory of Sherman Hochman Romaine Backer To Anne & Louis Holzman in memory of Donna Woehrle Iudv Kaiser To Judy Holzman in memory of Dr. Jerry Feldman Naomi & Scott Arbit In honor of Carli Hornik To Rita Marcuvitz in honor of her birthday Barbara & Alan Bern To Milt & Sarah Hwang in memory of Tina Hwang Micki Seinfeld & Family To Marilyn Jacobs & Family in memory of Robert Jacobs Barbara Kolb Lois Le Vine Diane & Howard Wagan To Mr. & Mrs. Warren Jacobson in honor of their anniversary Judy Smotkin To June Kallman Marsha Denny To Ann Kanell on her special birthday Barbara & Al Simon To Rabbi Rachel Kaplan Marks & Family in honor of baby Dena Bunny & Ron Cohen To Ann-Louise Kleper & family in memory of Dennis Kleper

# 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

## COMMUNITY

Micki Seinfeld, Rachel & Gil Light, Susan Unger To Marcia & Gene Laskey in memory of Herbert Barland Brian & Harriet Pack To the family of Marvin Leshin in his memory David & Rachael Marks To Mort Levin & family in memory of Robin Dietlmeier Barb Abramson To Rabbi Nachman Levine in honor of his Lifetime Achievement Award Phvllis Lensky To Lewis & Leatrice Marshak in memory of Doris Hoffman Esther Cohen Bernard & Judy Kristal Sandy Nankin To Mary Manis in memory of David Manis Steve & Angie Ciccantelli To Rita Marcuvitz wishing a speedy recovery Gene & Marilee Bass Barbara & Alan Bern Marsha Denny Marcia J. Hecker Art & Deanna Moglowsky Julie, Danny, Mari, Melissa & Ariana Rosenfeld Lil Teplinsky Belle & Sol Weinstein To Gerald Melnick in honor of a speedy recovery Sue Krasno To Armin Nankin & Family in memory of Sylvia Siegman Ann Knell Irving Gaines Dorene & Phil Paley To Lori O'Neal in memory of Freda Adashek Juli Aulik & Troye Shanks

To Wendy Kleper & family in memory of Dennis Kleper

Jo Perlson Judy & Jerry Salinsky Judy Tomczak To Joyce Orenstein in honor of her special birthday Gene & Inez Gilbert Marcia Shumow To the family of Esther Paler in her memory To Howard Schoenfeld in honor of his birthday Linda Rosen To Dorene Paley in honor of her years of service to the Pantry Esther & Fredric Ancel Elyse Cohn Sue Krasno To Edward Pereles in honor of his special birthday Susan Garrison To Marlene Plavnick in memory of Harriet Bern Marcia Cherniack Purim Mishloach Manot donations in honor of friends & family Eve Eiseman Jody Kaufman Loewenstein & Paul Loewenstein Bea & George Strick Judy & Steve Werlin Rachel Muchin Young & Patrick Young To Neil Rosenbaum in memory of Roselyn Blumenthal Bernie & Rochelle Dyme In honor of Steve Rozansky Alan Borsuk To Paula Ruby wishing a speedy recovery Esther Cohen Leatrice Marshak To Sheila Rudberg in honor of her birthday Howard & Diane Wagan To Leslie Shechtman in memory of Freda Adashek Bev Colton

Bobby, Cindy, Annie & Jessica Schnoll To Debbie Silberman in honor of being named Jewish Educator of the Year Naomi Arbit To Elaine Stolle & Family in memory of Freda Adashek Marcia Cherniack Marlene Kagen Terry Schnoll To Chad Tessmer & Sarah Siegel in memory of Alex Tessmer Mona Cohen To Benji Werner in memory of Karen Werner Barbara Himes To the Zelazo Family in memory of Nate Zelazo Naomi & Scott Arbit

#### JEWISH YOUTH PROGRAMMING DR. SHERWOOD W. & SEEMA GORENS

To Seema Gorens in honor of her special birthday Florence Fishman Helga Levings To Janet Meister in honor of her special birthday Barbara Himes

#### PARENTING & FAMILY SERVICES MANTEL SISTERS' FAMILY FUND TO ASSIST WOMEN IN CRISIS

To Millie & Milt Kaplan in honor of their anniversary Bob & Annette Glade

#### **SPECIAL NEEDS**

# DONALD A. POLLACK MEMORIAL FUND FOR CHILDREN WITH SPECIAL NEEDS

To Claire Fabric wishing a speedy recovery Adrienne & Neville Sender



JEWISH BEDTIME STORIES and SONGS



# 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.

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.

# **JCC Board**

## **JCC OFFICERS AND BOARD OF DIRECTORS**

Joseph Kasle Board Chair

Ryan O'Desky Secretary/Treasurer Mark Shapiro

Nancy Kennedy Barnett Vice Chair

William Bodner Vice Chair

Michele Ellner Vice Chair

Laura Peck Vice Chair

Sheryl Rubin Vice Chair

Ken Stein Vice Chair

# **JCC Staff**

### **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	8230	Lafferty, Michelle	Social Worker
8279	Bazelon, Matthew	Membership Sales Associate	8194	Lanke, Jess	Director of Recreation & Aquatics
8195	Blasberg, Tova	Camp Interlaken Program Director	8283	Lardner, Allison	Event Coordinator
8177	Brzenk, Claire	Building Services Supervisor	8280	Lookatch, Julie	Marketing Manager
8355	Cantwell, Kelly	Human Resources Assistant	8206	Margolis, Jody	Special Needs Director
8171	Charney, Lindsay	Hourly Childcare Coordinator	8253	Marsh, Danielle	Accounting Manager
8249	Cohen, Mona	Adlt Programs & Cmmnty Srvics Dir	8198	McCutcheon, Sarah	Special Needs Coordinator
8188	Cohn, Elyse	Chief Development Officer	<u>8184</u>	Nehmer, Kira	Development Coordinator
8223	Davison Levenberg, Toni	Camp Interlaken Director	8265	Nickel, Katie	Fitness Director
8221	Decker, Josh	Digital Media Coordinator	8224	Nunley, Sabrina	Executive Assistant
8246	Delaney, Rose	Graphic Designer	<u>8234</u>	Poolay, Ryan	General Manager of Fitness & Membership
8287	Erkins, Marquis	Information Technology Technician	8245	Riesz, Edith	Accounts Receivable
<u>8247</u>	Essman, Kaitlyn	Human Resources Manager	<u>8239</u>	Rothman, Harriet	Major Gifts Manager
262-24	<b>2-9871</b> Faust, Karen	Gan Ami Mequon Site Manager	<u>8279</u>	Schauer, Ben	Membership Sales Associate
8241	Gan Ami Whitefish Bay At	tendance Line	8235	Seinfeld, Micki	Director of Special Events
8353	Gould, Heidi	Pantry Advocacy Coordinator	8274	Seitz, Jamie	Membership Director
8197	Gutman, Mark	Camp Interlaken Assistant Director	<u>8229</u>	Shamah, Rabbi Shari	Jewish Family Specialist
8212	Herman, Laurie	Library/Media Center Director	8226	Shapiro, Mark	President & Chief Executive Officer
8199	Hirsh, Jody	Judaic Education Director	<u>8185</u>	Siegel, Sarah	Engagement Director
8266	Hoffman, Michelle	Member Services Manager	8203	Smirl, Mardi	Membership Experience Coordinator
8174	Hortman, Brandon	Recreation Manager	8258	Sobel, Diane	KOACH Director
8244	Johnson, Peter	Staff Accountant	<u>8189</u>	Spencer, Heather	Gan Ami WFB Site Manager
8187	Jostad, Tommy	Chief Financial Officer	8218	Stern, Aaron	Director of Youth Programs
8289	Kass, Lenny	Rainbow Day Camp Director	8209	Stern, Erin	Pilates Coordinator
8248	Kass, Shelby	Rainbow Day Camp Associate Director	8201	Synold, Stacy	Director of Early Childhood Education
		/ Soref Retreat Center	8242	Tessmer, Chad	Chief Marketing Officer
8267	Kids Center Transportatio	on Hotline	8348	Vertcnik, Don	Maintenance Supervisor
8269	Koller, Allyson	Group Exercise Coordinator	<u>8233</u>	Wallace, Ruth	Senior Development Associate
8173	Kulakow, Lisa	Family Services Manager	<u>8180</u>	ZumMallen, Samantha	Scholarship Coordinator
8191	Ladd, Taylor	Asst. Aquatics Director/Water Park Director			

Nancy Appel Steven Arenzon David Cohn President & Chief Brad Dallet **Executive Officer** 

Melissa Barnett Stephanie Dykeman Dr. David Goldberg Jordan Herbert Reenie Kavalar Tami Kent Dr. Steven Moffic Ronna Bromberg Pachefsky Julie Rosenfeld Howard Siegal LaQuondra Shaw **Robert Smith** Fred Tabak

Jessica Vroman David Wasserman Scott Yauck

Julius R. Atkins\* Esther Leah Ritz\* Nathan Wahlberg\* Irvin B. Charne\* Herman Weingrod\* Merton Rotter\* Marsha Sehler Stuart Brafman Armin Nankin William Appel Judy Guten Robert A. Riches\* Warren Blumenthal Jane Gellman Mark Jubelirer James Zucker\*

Edward A. Miller\*

Bernard Solocheck\*

Todd Lappin\* Susan Strait Moshe Katz Alicia Sadoff

James Miller

\* Of blessed memory

**PAST PRESIDENTS /BOARD CHAIRS** 

# Support and Patronize Our JCC Neighborhood Partners

קהילה 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.

#### Acupuncture and Holistic Health Associates

414-332-8888 holisticacupuncture.net Bayshore Town Center 500 W. Silver Spring Dr., Suite K-205, Glendale JCC members save \$230 on the initial visit and a special discount on treatments.

#### Amv's Barefoot Books Amy Connolly,

Owner 414-305-0033 amysbfb@gmail.com AmysBarefootBooks.com 20% off your first purchase. Bright, colorful books for children that combine beautiful artwork with captivating storytelling. Books that capture the imagination. spark curiosity, inspire creativity and instill a respect for cultural, social and ecological diversity.

### Arbonne International

414-699-7181 racquelsdreamteam. myarbonne.com Industry leader in prestigious skin care and health & wellness products. 35% discount for first-time customers. Call for a free spa presentation.

# AREA RENTAL and Sales

262-827-1444 arearentalwi.com 16205 W. Rogers, New Berlin 10% discount (delivery not included) Must give JCC Membership number at time of reservation.

#### AuPeirCare Au Pair Care 800-428-7247

aupaircare.com Free Application for JCC members (save \$350), enter \$FREEAPP.

#### Belleza Belleza

414-915-3726 bellezahairdesign.com 10503 N. Cedarburg Rd. Mequon JCC members get 10% off services and 20% off hair product purchases at time of service as well as 15% off first Brazilian Blowout Keratin Smoothing Treatment. Contact: Frances.



414-963-2100 boardgamebarrister.com Bayshore Town Center 5800 N. Bayshore Dr. #15, Glendale 10% discount on most items.

#### Boulique Boutique Photographer Linda Smallpage

414-737-1232 boutiquephotographer.com 5594 N. Hollywood Ave. Studio 204, Whitefish Bay Members receive a \$50 discount on portrait sessions, \$100 discount on Bar and Bat Mitzvahs, \$150 discount on Weddings.



#### brainbalancemilwaukee.com 11649 N. Pt Washington Suite 101, Mequon JCC members receive 10% discount on all services excluding lab work and nutritional supplements.

# Calebratiens

**Celebration Authority** 262-243-5711 1-800-588-0445 celebrationauthority.com JCC members 10% off on party rentals.



608-233-5822 celebrationsentertainment.com 630 Struck St., Madison • 10% discount off all

#### Costco Wholesale

262-204-1050 costco.com 950 Port Washington Rd Grafton • Receive up to a \$20 Costco Cash Card for a new membership sign up. Enjoy a world of great warehouse savings.

## Creative

Custom Framing 414-562-0656 5227 W. State St., Milwaukee 20% discount to JCC members.

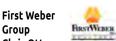
#### Ewald Automotive Group

1-866-443-9253

ewaldautomotiveadvantage.com mayfairrentacar.com 1750 N. Mayfair Rd. Milwaukee •JCC members receive discounts on all of their automotive needs. Purchase, service and rental discounts! Use member login code: JCC10 • 10% discount at Mayfair Rent-A-Car. Use promo code CRPMRAC.

#### East. & Belax.com **Milwaukee Fast Park**

414-481-0155 Thefastpark.com 5201 S. Howell Ave. • As a JCC member, you are eligible to sign up for the free Relax for Rewards program. Go to the website to enroll and enter "JCC" under Company Name and 1228207 as the Promo Code. Parking is highly discounted from airport parking rates and you will earn discounts and free days as you use this service.



**Chris Ott** 4650 North Port Washington Rd., Suite 150 Glendale, WI 53217 C: 414-405-5200 F: 414-755-1694 chrisottrealtor.com Free market analysis and a \$100 donation for every sale to the JCC Scholarship Appeal.

#### Four Points by Sheraton

414-357-1604 fourpointsmilwaukee.com 8900 N. Kildeer Ct. Brown Deer Kate Grimshaw, Director of Sales JCC members receive discounted room rates for blocks of 10 or more & discounted room rental for any catering functions.



freshfinpoke.com 1806 E. North Ave., Milwaukee 414-239-8677 240 N. Lord St., Brookfield 262-505-6510 316 N. Milwaukee St., Milwaukee 414-763-0473 10% discount off dine in or pickup only. Cannot be combined with other promotions.

### GREENSQUARE Greensquare Center for

the Healing Arts 414-292-3900 greensquarecenter.com 6789 N. Green Tree Road. Glendale 20% off first visit, therapy, or class at this center for integrative health care. Latest techniques in natural healing. Optimize vitality, relieve pain, and restore health naturally.

#### Holiday Inn Milwaukee Riverfront

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**General Reservations** Phone: 414-962-6040 Fax: 414-962-6166 4700 N Port Washington Rd Milwaukee Discount is 15% off nightly room rate when they mention being a JCC member to our reservations department. For special JCC discounts on events/catering please contact us directly. Group Sales Contact Info: Group Room Reservations: Calley Van Kirk 414-431-3553/ calley@himilwaukee.com Catering/Event Reservations: Michael Wicinski 414-431-3552 michael.wicinski@ himilwaukee.com

### Loving Hands

LLC loving hands Postpartum Services 414-870-6231 lovinghandsllc.com 10% off first week's invoice.

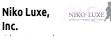
# Mac@Home

Computer Home Support 414-708-5987 MacOnsiteSupport.com 10% discount off invoice total.

mac@



262-243-5711 missinglinksmequon.com 12950 N. Port Washington Rd. Mequon • JCC members receive a 10% discount on a bucket of balls, range and course use.



Olga Mesenbourg, Co-Owner 414-899-8975 nikoluxe.com Niko Luxe, Inc is an online store that sells designer infant and children clothing. JCC members receive a 10% discount on online orders. Use code: JCCMEM at checkout.

#### Northshore Professional Nanny Agency 262-573-6678

northshorenannv.ora 10% off a short or longterm placement fee to JCC members.

#### Peepal Tree

Ruchita Varma, Designer



VIX I II

952-200-2026 Etsy.com/shop/ruchitashop JCC members receive 10% discount first item, 15% discount two items. Offering beautiful one-ofa-kind handmade products like scarves, T-shirts, baby items, bags and cards.



stmphoto.com 10532 N. Port Washington Mequon • \$50 off any session.

#### Signature 1 2 AUTO DETAILING Auto Detailing Bradley Farrow, Owner 262-241-0800

signaturedetail.com 10315 N. Port Washington Rd. Meauon JCC members get 10% off detailing packages when you show your key fob.



Агеа

Rental





# Enterprises

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## ... Cont. JCC Neighborhood Partners

Speech Specialists, LLC Dawn Wilson, MS 414-350-8768

screening.

LLC

#### T Zara Murals 414-587-9687 zwickemurals.webs.com JCC members receive a 15% discount from speechspecialistsmilwaukee.com artist Tami Zwicke on her creative and beautiful murals on canvas or walls.

#### **Usborne Books** Stan's Handyman & Моге

Theresa

Service Stan Federman, Owner 262-236-0508 10% discount off regular prices or services.

Free speech and language

#### Nickerson ubah.com/D3652 20% discount using website for your next order.



Patrick Byrne, Owner 262-893-1759 studio-musicalarts.com 20% off standard fee for playing piano at special events.

Studio of Musical Arts,



Village Paint &

Design MALACE

Julia Lemel 414-961-1144 villageblindsgallery.com Additional 10% off your Hunter Douglas order



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

> SUMMER HOURS: Monday-Thursday 11:30 AM - 2:30 PM 3:30 - 7:00 PM

Closed Fridays in June July, August

**Closed for Holidays** 

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



# The Daniel M. Soref Education & Retreat Center provides a wonderful setting for an unforgettable event! Located at Rainbow Day Camp

We host groups of all sizes and are located just 30 minutes north of Milwaukee. Our 110 acres combine modern conveniences with rustic beauty. Our staff will help make sure that your event is tailored to your total satisfaction. Please give us a call or email us with any questions or to schedule a tour.

# Spring/Fall/Winter Adventure

20-Room Lodge **Conference** Center **Breakout Rooms** 

**Bonfire** Pit Geocaching Archery Arts & Crafts

Shelby Kass 414-967-8248 skass@jccmilwaukee.org

# Membership Appreciation Corn Roast

Sunday, August 4 • Noon Hy & Richard Smith JCC Water Park 11015 N Market Street, Meguon

It may sound corny, but we think our members are the absolute best, and we consider ourselves blessed to serve this great community.

So, how do we show our members how much we love them? With a corn roast, of course!

Come to the Water Park for a yummy corn roast served by your JCC staff from noon until... we run out of corn!



Register for classes online at jccmilwaukee.org | Registration form on page 46 | Summer 2019



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

#### SUPPORTING MEMBERS **HOZIM/VISIONARIES**

James & Nancy Barnett Moshe & Debra Katz Jamie & Felicia Miller Carol & Alan Pohl Brvan & Alicia Sadoff Corey & Shari Shamah Richard & Susan Strait SHOMRIM/PRESERVERS Allan & Paula Goldman Tabak Family **BONIM/BUILDERS** Jane Gellman Debbie & Joe Kasle **TOMCHIM/SUPPORTERS** Ken & Dee Stein

#### PATRONS

Daniel & Linda Bader Warren & Wendy Blumenthal Jason & Anne Burroughs Richard & Neena Florsheim Judy Guten Stephen & Anne Kravit Allen & Laura Leverett David & Melina Marcus David & Rachael Marks Mitchell & Chervl Moser Armin & Hollie Nankin David & Abigail Nash Harry & Marilyn Pelz David & Angela Price Noah & Marina Rickun Jason & Jennifer Rosenberg Dan & Julie Rosenfeld Jonathan & Shervl Rubin Michael & Holly Russek Lawrence and Jennifer Skor Harris Turer Steven & Jodi Weber

#### **BENEFACTORS**

Bert & Marlene Bilsky Mark & Cheryl Brickman Mark & Barbara Glazer Michael & Betsv Green Michael & Rebecca Guralnick Robert Habush Paul Wierzba

### **CORPORATE MEMBERSHIP** PARTNERS

A. B. Data. Ltd. Alverno College Ascension Assurant Health Care Astronautics Aurora Health Care BMO Harris Bank Bayshore Businesses Bilt Rite Furniture

Cardinal Stritch University Caterpillar Inc. Chase (JP Morgan Chase) Children's Hospital of Wisconsin City of Milwaukee Columbia-St. Mary's Hospitals Cosmetic Surgery Clinic District Attorney's Office FIS Folev & Lardner Fox Point Bayside Middle School District Fox 6 TV GE Healthcare Godfrey & Kahn Harley-Davidson Johnson Controls Journal Communications Kapur & Associates Kohl's Department Store Manpower Inc Maple Dale-Indian Hills School District Marguette University MATC Medical College of Wisconsin/Froedtert Michael Best & Friedrich Military Service Members Miller Brewing Company Milwaukee Art Museum Milwaukee Bucks Milwaukee County Milwaukee Public Schools Milwaukee Symphony Orchestra Nicolet High School North Shore Fire Department Northwestern Mutual PNC Bank Quarles & Brady Robert W. Baird Robertson Ryan & Associates Rockwell Automation Shorewood School District University of Wisconsin – Milwaukee University School of Milwaukee Village of Whitefish Bay WE Energies Wells Fargo Wheaton Franciscan Health Care Whitefish Bay Schools Whole Foods Zablocki VA Medical Center

#### DISCOUNTS

Veteran's / Military Member Discount

#### 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 KidSharethe 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 taxdeductible 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.

improving

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# 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	
1⁄2 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

Register for classes online at jccmilwaukee.org | Registration form on page 46 | Summer 2019



# New Entrances Coming June 2019





# NEW JCC MEMBER FOBS

Watch for communications to all JCC Members on how to receive new proximity key fobs for your family. Distribution of fobs will take place throughout the construction process late May to mid-June to ensure that members will have continued access to JCC facilities using the new swing glass turnstiles. Stay tuned for more details as construction begins.

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PROGRAM REGISTRATION FORM	Program Title	にしんしょう Time   Name of Participant/Member or Non-member   Cost
Member Information		
Date JCC Account #		
Name		
Spouse		
Home Address		
Address Line 2 Apt #	I/we wish to add	//we wish to add a donation to the annual JCC Scholarship Fund
City		Total
State Zip Code		
Daytime Phone	Payment Information	Please read and sign below
Evening Phone	Payment can be made by credit card, check or cash (in person). Please make your check payable to the	I/We agree to abide by the rules and regulations of the JCC. The JCC reserves the right to use all photographs
E-mail	Harry & Rose Samson Family JCC.	for publicity purposes. I/We have read and understand the JCC's Program and Cancellation policy. I/We
Children's Names and Birthdates:	Check # Date #	<ul> <li>understand undermenders and communy memory participate in physical conditioning and recreational programs in the JCC's facilities at my/our own risk and</li> </ul>
Name D.O.B.	Credit Card #	<ul> <li>that I/We are advised to consult with a physician prior to commencement of any exercise program.</li> </ul>
Name D.O.B.		8
Interested in upgrading your membership? Check here for more information		Signature Date
<ul> <li>Health Center</li> <li>Tennis Subscription</li> </ul>	Exp: /	Register early! Many programs and classes have enrollment limitations. For more information on our refund policy
	Name as it appears on the card	<ul> <li>for classes or programs, or to register online, please visit jccmilwaukee.org.</li> </ul>
How and where can I register for programs and events? Online: jccmilwaukee.org In Person: 6255 N Santa Monica Blvd.	Signature	<b>Registered before?</b> Visit jccmilwaukee.org and log in to your account
Registrar, 414-967-8228 Mon-Fri, 9:00 AM - 5:00 PM <b>By Phone:</b> 414-967-8228		<b>New to Registration?</b> Set up your account at jccmilwaukee.org
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# Harry & Rose Samson Family Jewish Community Center

6255 N. Santa Monica Blvd. | Milwaukee, WI 53217-4353

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, May 13 Member priority registration begins Monday, May 20 Community registration begins Tuesday, May 28 Register online jccmilwaukee.org

