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!

Keep Swimming,

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

@JCCMilwaukee
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.

Class Pricing Guide:  COMM = Community Rate | MEM = Member Value | PTRN = Patron Value

See page 45 to learn more about JCC membership.

OUR MEMBERS

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

JCC MEMBERSHIP VALUE

HABUSH FITNESS CENTER
State-of-the-Art Fitness floor
WIRED Heart Rate Training
Private Personal Training studio
Isawall functional training space
Two group exercise studios
Dedicated cycling studio
Pilates studio
Yoga Studio
Cardio & strength machines
Free weight area
Stretch space
Renovated locker rooms
Family locker rooms
Over 65 free group exercise classes on page 28-29

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

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

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

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

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

JUNE

Wednesday, June 5
Annual Meeting - 7:30 PM
Erev* Shavout - Building closes at 6:00 PM
Shavout - JCC Closed
Shavout - Building closed, 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!

Saturday, June 8
Erev* Shavout
Building closes at 6:00 PM

Sunday, June 9
Building closes at 6:00 PM

Monday, June 10
Building closed, NO CLASSES

Friday, June 14
Building closed, NO CLASSES

Monday, June 17
Building closed, NO CLASSES

Wednesday, June 19
Building closed, NO CLASSES

Saturday, June 29
Building closes at 6:00 PM

JULY

Thursday, July 4
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

Wednesday, July 17
Building closed, NO CLASSES

AUGUST

Sunday, August 4
Member Appreciation Corn Roast - 12:00 PM
Erev Tisha B’av - Open as usual
Tisha B’av - Open as usual

Saturday, August 10
Building closed, NO CLASSES

Sunday, August 11
Building closed, NO CLASSES

* Erev, Hebrew for Eve. As in “evening of”.

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!

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
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.

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

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.

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.
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

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

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

PECK AQUATIC CENTER
Many of the JCC’s swimming and recreational activities take place in the Peck Aquatic Center which was provided through a generous grant from the Milton & Lillian Peck Foundation.

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.

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-on-one time with an instructor, flexibility in scheduling, and ongoing admissions. Semi-private lessons with 2-3 children are also available. Please note that we do not match children up for semi-private lessons. Lessons are ½ hour sessions scheduled once a week. Due to pool space, lesson time slots may be limited Monday - Thursday 4:00-6:00 PM.

Packages for JCC members & patrons

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<thead>
<tr>
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<th>Semi-Private Lessons per participant</th>
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<tbody>
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<tr>
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Buy in Bulk & receive a discount!

3 lessons: $73 | $36
6 lessons: $143 | $71
12 lessons: $270 | $135

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

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.

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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

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

Pre-School Level 1
First independent swim lesson experience. Participants will learn to put their face in the water and become more comfortable in the water on their own. Activities include submerging mouth, nose & eyes, blowing bubbles, floating on front & back with help and exploring arm movements/swimming on front & back with help.

Pre-School Level 2
Participants enrolled in this class must be able to put their head in the water independently and have a high comfort level of being in the water and participating in some skills on their own. Activities will include learning to float on front & back and front & back glides with minimal assistance with & without kicking, beginning arm movement of front & backstroke and jumping into shallow water.

Pre-School Level 3
Participants enrolled in this class must be able to submerge their head, jump independently into shallow water. They will master independent front & back floats. Activities will include front & back floating/gliding without assistance, front & backstroke (arm & leg action coordinated) and introduction to the big pool.

YOUTH SWIM LESSONS
AGES 6 & UP
Our youth aquatic classes are structured for children 6 years old and up with each lesson 30 minutes in length combining skill instruction with fun. To ensure a quality and safe lesson, there is a ratio of one instructor to a maximum of 6-8 students depending on the level and the classes are taught in our big pool with the exception of part of our Youth Level 1 classes will be held in both the teaching and big pool.

Youth Level 1
Beginners for children ages 6 & up
Participants enrolled in this class will become familiar with the skills in the Pre-School Lesson Program. This level is designed for the older child to begin in an age appropriate lesson. This lesson will be taught in both the teaching and big pool.

Youth Level 2
The next step after Pre-School Level 3
Participants enrolled in this class must be able to complete the front crawl with rotary breathing & back crawl for ¼ 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 3
Participants in this class must be able to complete the front crawl with rotary breathing & back crawl for ¾ 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 4
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 5
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.

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, non-competitive environment with children of their own age and ability.

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

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

<table>
<thead>
<tr>
<th></th>
<th>WEEKEND SINGLES</th>
<th>WEEKDAY DOUBLES</th>
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<td>MEM $72, COMM $104</td>
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<td>MEM $63, COMM $91</td>
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<tr>
<td><strong>SESSION II</strong></td>
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<td>7/15-8/7</td>
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<td>7/16-8/8</td>
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<tr>
<td></td>
<td>8 lessons</td>
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<td>4 weeks</td>
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<td></td>
<td>MEM $72, COMM $104</td>
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<td>MEM $72, COMM $104</td>
</tr>
</tbody>
</table>

**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.

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

**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
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

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AQUATICS

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 and enjoy pizza after. Please contact Assistant Aquatics Director/Head Coach, Taylor Ladd with any questions or concerns and to RSVP at tladd@jccmilwaukee.org or 414-967-8191.

Location: JCC Water Park
Tuesday, Jun 18
6:30-8:00 PM
FREE - RSVP to attend

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ADULT SWIM

American Red Cross Lifeguard Training

*Ages 15 and up*

Interested in a great summer job or challenging career as a professional lifeguard? Through videos, group discussion and hands-on practice, you’ll learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. Successful completion results in a 2-year certification in Lifeguarding that includes first aid, professional-level CPR and AED in one certificate. Digital certificate available upon successful completion of course.

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 cannot pass the prerequisite swimming skills will be refunded the course fee minus a $25.00 swim test fee.

Location: Peck Aquatic Center

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

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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

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Register for classes online at jccmilwaukee.org | Registration form on page 46 | Summer 2019
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 yrs*
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 Marquardt
*Location:* 1M50-Yeladim Playroom
*6 Tuesdays, Jun 18-Jul 30*
*No class: 7/2*
*10:15-11:00 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 building skills. Join Active Kids for games, song, and lots of movement based play.
*Instructor:* Hannah Marquardt
*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*
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
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
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**
  - 1 lesson: MEM $25 / COMM $35
- **Buy in Bulk & receive a discount!**
  - 3 lessons: MEM $73 / COMM $101
  - 6 lessons: MEM $143 / COMM $200
  - 12 lessons: MEM $270 / COMM $378

- **Semi-Private Lessons (per participant)**
  - 1 lesson: MEM $12.50 / COMM $17.50
  - 3 lessons: MEM $36 / COMM $50.50
  - 6 lessons: MEM $71 / COMM $100
  - 12 lessons: MEM $135 / COMM $189

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.

**SPORTS & LEAGUES**

Young Athletes – Speed, Agility and Weight Lifting

**Ages 11-17 yrs**
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 on 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

**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 identified as **Adults 14 and up or Adults 18 and up** throughout the Journal.

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

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

**Youth Strength Training-Level 1**

**Ages 12-14 yrs**
Kids ages 12-14 receive 3 sessions with a certified personal trainer learning the basics of an overall body workout as well as instruction on how to use the Cybex strength and all cardio equipment. After the 3 sessions the participant receives a wristband allowing access to the fitness floor and group exercise classes!

MEM $99 / PTRN $99

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

**Participate in Youth Strength Training during the month of April and get a free Wired heart-rate tracking chest strap.**

**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 of 14 must complete the Youth Strength Training program to participate.

MEM $160 / PTRN $160

**Sand Volleyball @ the JCC Water Park**

**Ages 11-15 yrs**
It’s 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
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.

**Hip Hop**
- 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.

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**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

**4:15-5:00 PM**

**MVF $100 / PTRN $95 / F $115**

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**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**

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**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**
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 qualified, experienced special educators 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 tailor-made 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.

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.

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1st-12th Grades
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Find Your Summer at JCC Rainbow Day Camp  
for campers entering K5 - 9th grade

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.

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)  
- 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  
- Outdoor Learning Kitchen  
- Nature Center  
- Fishing Pond  
- Adventure Playground  
- Judaic Playground  
- Storybook Garden  
- Bayit (main lodge)  
- Activity Village cabins  
- Tsofim (Teen) Village  
- Amphitheater  
- Assembly Area  
- Picnic Area
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 self-help 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.

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
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
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

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

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 Milwaukeans 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 sign-in upon arrival into the gym. Ages 30+.
Instructor: Gym Supervisor
Location: JCC Marcus Gym
ONGOING:
Mondays, 7:30-9:30 PM
Free

Adult Pick-Up Basketball 30+
MEMBERS ONLY
Ages 30 & up
Competitive, pick-up basketball. Please sign-in upon arrival into the gym. Ages 30+.
Instructor: Gym Supervisor
Location: JCC Marcus Gym
ONGOING:
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 yrs and up
This FREE dance class is open to our members and to the public. Israeli folk dancing is excellent exercise for both the mind and the body, and it is great fun! Beginners are welcome and will receive direct instruction for the first 30 minutes of the class, from 7:30-8:00. 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

Register for classes online at jccmilwaukee.org | Registration form on page 46 | Summer 2019
Take Your Workout to the Next Level

Our professional trainers have the knowledge and expertise to:

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

To learn more about Personal Training contact
Katie Nickel, Fitness Director
knickel@jccmilwaukee.org or 414-967-8269
jccmilwaukee.org/personaltraining

What's NEW in Personal Training? Restorative Stretch

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

Foundations Program

New JCC members receive three complimentary sessions with a trainer to get you started on your fitness journey. FREE • $180 Value

Try Pack 3 for $99

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

Session Packages

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

Private One-to-One (1 hour)
A traditional full hour of individualized personal training.
Personal Trainer $55 / $210 / $396 / $561
Senior Trainer $60 / $230 / $436 / $621
Master Trainer $65 / $250 / $476 / $681

Express One-on-One (1/2 hour)
For those looking for a more intense, shorter workout.
Personal Trainer $30 / $114 / $220 / $306
Senior Trainer $33 / $126 / $244 / $342
Master Trainer $36 / $138 / $268 / $378

Partner Training (1 hour – 2 people)
Partner training increases commitment to a regimen.
Personal Trainer $30 / $114 / $220 / $306
Senior Trainer $33 / $126 / $244 / $342
Master Trainer $36 / $138 / $268 / $378

Small Group Training (1 hour – 3+ people)
Small group training builds camaraderie in a group dynamic.
Personal Trainer $16 / $64 / $128 / $192
Senior Trainer $18 / $72 / $144 / $216
Master Trainer $20 / $80 / $160 / $240

Personal Training Subscription

Inquire about our monthly rate for clients with a consistent training schedule. Pricing available online.
GROUP TRAINING
OPEN FOR COMMUNITY REGISTRATION

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

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
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

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

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

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

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

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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 - 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

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 $126

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

YOGA

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
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

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<thead>
<tr>
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<th>Location</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td>5:30 AM</td>
<td>Turbo Circuit</td>
<td>5:30 AM</td>
<td>Indoor Cycling</td>
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<tr>
<td>5:30</td>
<td>Indoor Cycling</td>
<td>6:00</td>
<td>Boot Camp</td>
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<td>8:00</td>
<td>Fitness Intervals</td>
<td>8:00</td>
<td>Zen Fit</td>
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<td>8:30</td>
<td>AquaFit/Shallow</td>
<td>8:30</td>
<td>Yoga-Level 2</td>
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<td>Butts n Guts</td>
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<td>Aquafit-Shallow</td>
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<td>Indoor Cycling</td>
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<td>Insanity</td>
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<td>Fit ‘n Fun</td>
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<td>9:30*</td>
<td>AquaFit-Deep</td>
<td>9:15*</td>
<td>Core Fit + Stretch</td>
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<td>Fit ‘n’ Fun</td>
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<td>Nia</td>
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<td>Chair Yoga</td>
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<td>Indoor Cycling</td>
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<td>Splash</td>
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<td>6:00</td>
<td>Zumba</td>
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<td>Jo Ann</td>
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<td>Boot Camp</td>
<td>12:15</td>
<td>Marcela</td>
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<td>7:15</td>
<td>Yoga-Level 1</td>
<td>12:15</td>
<td>Katie</td>
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<td>Core Fit</td>
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<td>Step Plus!</td>
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<table>
<thead>
<tr>
<th>WEDNESDAY</th>
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<tbody>
<tr>
<td>5:30 AM</td>
<td>Yoga-Level 1</td>
</tr>
<tr>
<td>7:15</td>
<td>Indoor Cycling</td>
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<tr>
<td>8:00</td>
<td>Fitness Fusion</td>
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<tr>
<td>8:30</td>
<td>AquaFit/Shallow</td>
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<tr>
<td>8:55*</td>
<td>Butts n Guts</td>
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<tr>
<td>9:15</td>
<td>Indoor Cycling</td>
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<tr>
<td>9:30</td>
<td>Mindful Yoga</td>
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<tr>
<td>9:30</td>
<td>Body Blast</td>
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<tr>
<td>9:30</td>
<td>Zumba</td>
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<tr>
<td>9:30</td>
<td>AquaFit-Deep</td>
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<tr>
<td>9:45</td>
<td>Fit ‘n’ Fun</td>
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<tr>
<td>6:00 PM</td>
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<tr>
<td>6:00</td>
<td>Zumba</td>
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<tr>
<td>6:00</td>
<td>Revolve</td>
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<table>
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<tr>
<td>A Studio A</td>
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<tr>
<td>B Studio B</td>
</tr>
<tr>
<td>C Indoor Cycling Studio</td>
</tr>
<tr>
<td>G Marcus Gym</td>
</tr>
<tr>
<td>P Peck Pool</td>
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<tr>
<td>WP Water Park</td>
</tr>
<tr>
<td>Y Yoga Studio</td>
</tr>
</tbody>
</table>

**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

*30min class*
## Group Exercise
### Complimentary for JCC Members

| YOGA | 
|------------------|-----------------------------------------------|
| **Chair Yoga (L1)** | A gentle, complete yoga practice including breath, movement and stillness. Stretch, strengthen then relax from head to toe as you revitalize your mind and body. All poses are done with the support of a chair. All abilities are welcome. |

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

| **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. |

| **Butts n' Guts (L2)** | Strictly dedicated to strengthening the core and lower body muscles. + Stretch 15 min. dedicated to stretching *75 min. on Thursday* |

| **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)** | 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! |

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

### Key:
- **MEM** = Member Value
- **COMM** = Community Rate
- **PTRN** = Patron Value

---

### Cardio | Strength | Water | Mind/Body

| **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. |
| **Core Fit (L2)** | Challenging strength class focusing on alignment and form using the stability ball to improve posture and core strength. + Stretch 15 min. dedicated to stretching *75 min.* |
| **Cycle Yoga (L2)** | High intensity Cycle / Yoga Stretch: Work hard for 30 minutes on the cycle and then stretch it out & relax for another 30 minutes. The best of both worlds! |
| **Fit n' Fun (L1)** | A total body workout that is safe and effective for almost anyone. Perfect for individuals over the age of 55 years young! |
| **Fitness Fusion (L2)** | Embrace Yoga with a mix of high/low impact exercises to challenge you differently each class. |
| **Fitness Intervals (L2)** | Alternating aerobics dance moves with strength training and abdominal exercise. *45 min. on Fridays* |
| **Indoor Cycling (L1-L3)** | Motivational music and innovative instructors take your ride on a calorie burning adventure. **Reservations required.** |
| **Insanity (L3)** | Cardio workout done in 3-5 min blocks. Work your body to the max. |
| **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
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 friendly and non-competitive. Coaching is available with on-site Mah Jongg maven. No registration is necessary.
Instructor: Jackie Blumberg
Location: Community Hall
ONGOING:
Mondays, Noon-4:00 PM
MEM $2 / COMM $3

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
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.”
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

WIESENTHAL (NAZI HUNTER)
Written by & Starring TOM DUGAN
Produced by Jay Kholos
Produced by Jenny Sullivan
NORTH AMERICAN TOUR
of the universally, critically acclaimed Off Broadway production
Sunday June 23 • 2PM

Tom Dugan brings his multi-award-winning portrayal of Simon Wiesenthal to the Harry & Rose Samson Family JCC for one exclusive performance only on Sunday June 23 at 2pm. Known throughout the world as the “Jewish James Bond,” Simon Wiesenthal was responsible for bringing over 1100 Nazi war criminals to justice, including aiding in the capture of Adolph Eichmann. An ordinary man who did extraordinary things, WIESENTHAL is hailed as a theatrical masterpiece by the New York Times, Los Angeles Times, CNN and media throughout North America!

A very impactful Q&A follows this exclusive Milwaukee performance at the Harry & Rose Samson Family JCC.

Tickets at WiesenthalTheShow.com or call 1-866-811-4111

THIS ONE TIME ONLY PERFORMANCE IS EXPECTED TO SELL OUT.
September 15-19, 2019
at Marcus North Shore Cinema • 11700 N. Port Washington Rd.
Tickets & Movie Details coming soon at jccmilwaukee.org

All events held at the Harry & Rose Samson Family Jewish Community Center unless otherwise noted.
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 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 Rumkowski, the Judenrat leader in Lodz. In “Noah’s Ark”, survivor Hanna Marton tells how her family from Hungary escaped on the “Kasztnar 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@ccmilwaukee.org and request to be added to the Free Jewish Film list and/or the Tapestry list.
We gratefully acknowledge our partners

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Anonymous Fund of the Jewish Community Foundation
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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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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.

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Tapestry: Arts & Ideas
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Celebrating and recognizing life’s events with a tribute.
Use our secure website jccmilwaukee.org.

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Silverman Family
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Anonymous (4)
Nancy & Jim Barnett
Drs. Brian & Laurel Bear
Susan & Allan Carneol
Jane and Stephen Chernof
David Cohn
Albert & Ann Deshur Memorial Fund
James & Penny Deshur
Gregory S. Dorf
Ken Eichenbaum*
Michele & Joe Ellner
Suzy B. Ettinger
Larry & Melissa Feldmesser
Deborah Elyse Fendrich
Neena & Rick Flossheim
Robert Forman*
Ari & Jennifer Friedman
Danni Gendelman
Mark & Dawn Jubelirer
Debbie & Joe Kasle
Stan & Lee Kass*
Moshe & Debra Katz
Reenie Kavalar
Benjamin Kranitz
Steve Kurzon
Ruth & Hyman W. Madnek*
James & Felicia Miller
Susan Angel Miller & Ron Miller
Cheryl & Mitch Moser
Ryan & Lauren O’Desky
Adam & Laura Peck
Jill & Jay Plavnick
Rosalie Rochwenger Rellin
Lucy & Jack* Rosenberg
Harriet & Stuart* Rothman
Mert* & Dottie Rotter
Sheryl & Jon Rubin
Alicia & Bryan Sadoff
Dr. Corey & Rabbi Shari Shamah
Sharon & Mark Shapiro
Diane & Gary Sobel
Ken & Dee Stein
Sue & Rick Strait
James A. & Elaine C. Sweet
Fred Tabak
Max Taglin*
Michael Tarnoff
Libby Temkin
Howard & Diane Wagan
Ruth & Jonathan Wallace
Bruce Weiss & Melinda Steffey
James* & Eve Joan Zucker

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

Create a Jewish Legacy is a program of the Jewish Community Foundation of the Milwaukee Jewish Federation.
TRIBUTE PROGRAM
A contribution to the JCC is a generous and wonderful way to remember, honor, or celebrate life’s events. If you would like to make a donation, please visit our secure website, jccmilwaukee.org. Donations may also be sent to:

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

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

ADULT PROGRAMS AND SERVICES
KOACH
To Jackie & Steve Blumberg in memory of Harriet Blumberg
Suzy Ettinger

CAMPING FUNDS
EDITH AND GEORGE BACH CAMPING
In honor of Rosee Hertz
To Sunny Levinthal in memory of Cy Levinthal
To Marnie Miller in memory of her brother
Renee & Fred Mayer

B’NAI HE ATID
In honor of B’na Mitzvot:
Kate Dietrich
Stella Druck
Benji Fleischer
Bennett Friedman
Ethan King
Josh Koidan
Ava Lichstein
Rachel Lubin
Allison Mantz
Maddie Risch
Dylan Unger
Ilan Walny
Benjamin Yopps
Diane Boland
To Janet Meister in honor of her special birthday
The Leshin, Marks & Mauermann Families

HARRY DIZACK JCC CAMP INTERLAKEN SCHOLARSHIP
To Carol Dizack in honor of her and Grandma Cele’s birthdays
Harriet Dizack
To Harriet Dizack in memory of Harry Dizack
Cowan Family
Carol Dizack

HELEN & ELI KELLER CAMP FUND
In Memory of Helen & Eli Keller
Goldie Lazar

KENNEDY BARNETT FAMILY CAMP INTERLAKEN
To Nancy & Jim Barnett in honor of the birth of grandson
Jack
Elyse Cohn

MACKENZIE WAGAN CAMP INTERLAKEN STAFF SCHOLARSHIP
In memory of Shirley Wagan
Howard & Diane Wagan

ALAN & RITA MARCUVITZ FAMILY CAMP INTERLAKEN
To Rita Marcuvitz wishing a speedy recovery
Diane & Howard Wagan

RAINBOW DAY CAMP-CHILDREN’S HOSPITAL
To Dr. David Margolis & Lenny Kass in honor of their work at Rainbow Day Camp with children/siblings with cancer
Patti Gorsky Pollack & Mickey Pollack

ADAM (AJ) SOBEL CAMP INTERLAKEN SCHOLARSHIP
To the Bodner Family in memory of Aaron Bodner
Diane & Gary Sobel
Betsy Lewis
In honor of Claire Fabric
Mike & Jaye Joseph
Betsy Lewis
Harriet Rothman
To Diane & Gary Sobel in memory of Adam Sobel
Lexy & Mike Gore
Betsy Lewis
Mary Stearns

TRACY SWEET CAMP INTERLAKEN JCC SCHOLARSHIP
In memory of Tracy Sweet
Jim & Elaine Sweet
Phil Tavill
To Jim Sweet in memory of Tracy Sweet
Cindy & Patrick Allen
Harleen & Ralph Hoffman
Werner & Carol Richheimer
Jay & Alta Werner

CATHarINE & NATHAN WAlHBERG FAMILY NATURE CENTER
To Neil Wahlberg in honor of his birthday
Claire & Ken Fabric

CULTURAL ARTS
KAREN EDELSTEIN MEMORIAL
In honor of Gloria Roth’s birthday
Judy & Marvin Edelstein

HARriet & STUART ROTHMAN JEWISH CULTURE
To Moshe & Deb Katz in honor of Gabe’s performance at the JCC
Harriet Rothman

SYLVIA & ROBERT SEINFELD JEWISH FILM FESTIVAL
To Warren Blumenthal & Family in memory of Roz Blumenthal
Micki Seinfeld

TAPESTRY: ARTS AND IDEAS
To Scott Steel & Family in memory of beloved mother
Dottie Rotter

HEALTH, RECREATION & FITNESS
ROGER & ROSEMARY (ROEY) POKRASS GET FIT
To Andy Pokrass & Sharon Madnek in memory of Roger Pokrass
Suzy Ettinger
Debbie & Mickey Ginsler
Bill Heilbroner
Bernard & Judy Kristal
Stanley Kritzik & Reha Cohen
Doug & Annette Lifman
Dr. Allan & Shari Luck
Bob Mandel & Claire Michelstetter
James & Claire Marks
Leatrice & Lewis Marshak
David & Barbara Merar
Howard & Shari Messerman
Jerry & Jill Polacheck
Cindy & Max Rasansky
Toby Recht
Harriet Rothman
Karen Schapiro & Zvi Frazer
Mildred Schapiro
Audrey Strnad
Royal & Myra Taxman
Gina & Mark Teper
Marilyn & Bob Teper
Lisa & Ben Waidsren
Bruce & Susan Winter & Family
To Ellen Wagner in memory of Roger Pokrass
Fran Franklin
Agie Laev
Lois Le Vine
Bob Mandel & Claire Michelstetter

HOLOCAUST RESOURCES
SAM & EDITH KOPEL FAMILY YOM HASHOAH
Helen & Jose Secter in honor of Aron & Sala Mydlak’s life together
Shirley Kopel

WALTER W. PELTZ MEMORIAL FUND FOR FURTHERING HOLOCAUST EDUCATION
To Ella Veksler & Family in memory of Igor Veksler
Arleen Feltz
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
JEWISH YOUTH PROGRAMMING

DR. SHERWOOD W. & SEEMA GORENS
To Seema Gores in honor of her special birthday
Florence Fishman
Helga Leving
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

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

All numbers have 414-967 prefix: Example: 414-967-8200 for the Peck Desk.
Support and Patronize Our JCC Neighborhood Partners

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, jsieitz@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 $20 on the initial visit and a special discount on treatments.

**Amy’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
racquel@dreamteam.com
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
areaentalwix.com
16205 W. Rogers, New Berlin
10% discount (delivery not included). Must give JCC Membership number at time of reservation.

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

**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 Enterprises**
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.

**Four Points by Sheraton**
414-357-1604
fourpointsmilwaukee.com
8900 N. Kildeer Ct. Brown Deer Kate Grimson, Director of Sales JCC members receive discounted room rates for blocks of 10 or more • discounted room rental for any catering functions.

**Fresh Fin Poke**
3 locations • freshfinpok.com
1806 E. North Ave., Milwaukee
240 N. Lord St., Brookfield
316 N. Milwaukee St., Milwaukee
10% discount off dine in or pickup only. Cannot be combined with other promotions.

**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**
General Reservations
Phone: 414-962-6040
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 Wisnici 414-431-3552/michael.wisnici@himilwaukee.com

**Niko Luxe, Inc.**
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
northshorenanny.org
10% off a short or long-term placement fee to JCC members.

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

**Shoot the Moon**
262-240-9848
stmphto.com
10532 N. Port Washington Rd
Mequon • $50 off any session.

**Signature Auto Detailing**
Bradley Farrow, Owner
262-241-0800
signatureedetail.com
10315 N. Port Washington Rd
Mequon
JCC members get 10% off detailing packages when you show your key fob.

**Spa**
**Signature Auto Detailing**
Bradley Farrow, Owner
262-241-0800
signatureedetail.com
10315 N. Port Washington Rd
Mequon
JCC members get 10% off detailing packages when you show your key fob.

**Smallpage Photography**
Board Game Barrister
414-963-2100
boardgamebarrister.com
Bayshore Town Center
5800 N. Bayshore Dr., #15, Glendale
10% discount on most items.

**Signature Auto Detailing**
Bradley Farrow, Owner
262-241-0800
signatureedetail.com
10315 N. Port Washington Rd
Mequon
JCC members get 10% off detailing packages when you show your key fob.
... Cont. JCC Neighborhood Partners

Speech Specialists, LLC
Dawn Wilson, MS
414-350-8768
speechspecialistsmilwaukee.com
Free speech and language screening.

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

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

Usborne Books & More
Theresa Nickerson
ubah.com/D3652
20% discount using website for your next order.

Jill Velicer Photography
262-689-4593
jillvelicer.com
$80 print credit on Jill’s services.

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

Ferrante’s CAFÉ B DATA
Ferrante’s Restaurant & Signature Catering joins the JCC as exclusive provider of all food services, including at Café 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 Perfect Venue
For Your Day or Overnight Retreat

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

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!
We Thank You!

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
Bryan & 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 & Cheryl Moser
Armin & Hollie Nankin
David & Abigail Nash
Harry & Marilyn Pelz
David & Angela Price
Noah & Marina Rickin
Jason & Jennifer Rosenberg
Dan & Julie Rosenfeld
Jonathan & Sheryl Rubin
Michael & Holly Russek
Lawrence and Jennifer Skor
Harris Turer
Steven & Jodi Weber

BENEFACTORS
Bert & Marlene Bilsky
Mark & Cheryl Brickman
Mark & Barbara Glazer
Michael & Betsy 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 (JPMorgan Chase)
Children’s Hospital of Wisconsin
City of Milwaukee
Columbia-St. Mary’s Hospitals
Cosmetic Surgery Clinic
District Attorney’s Office
FIS
Foley & 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
Marquette University
MATC
Medical College of Wisconsin/Froedert
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:
- A choice of program or endowment fund that will be the beneficiary of your Supporting Membership.
- A tax-deductible donation.
- A choice of sponsorship level to KidShare—the JCC’s major fundraising event.

To become a supporting member contact Harriet Rothman, Major Gifts Manager at hrrothman@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.

BENEFACTER MEMBER*
Support the JCC by adding a contribution to your Family Membership, and become a Benefactor! An Annual Benefactor Membership fee of $1,380.00 includes a tax-deductible donation.

For more information on Patron and Benefactor memberships, please contact Michelle Hoffman, Member Services Coordinator at 414-967-8266 or mhoffman@jccmilwaukee.org.

Employees of Corporate Partners receive a discount off of Basic and Health Center dues. Contact Jamie Seitz, 414-967-8274 or jseitz@jccmilwaukee.org for details.
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!

<table>
<thead>
<tr>
<th>Membership</th>
<th>Monthly Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual</td>
<td>$78/month</td>
</tr>
<tr>
<td>One-Plus-One</td>
<td>$117/month</td>
</tr>
<tr>
<td>Family</td>
<td>$132/month</td>
</tr>
</tbody>
</table>

ANNUAL MEMBERSHIP
Our best option; get the best possible JCC experience – at the best price!

<table>
<thead>
<tr>
<th>Membership</th>
<th>Monthly Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual</td>
<td>$68/month</td>
</tr>
<tr>
<td>One-Plus-One</td>
<td>$102/month</td>
</tr>
<tr>
<td>Family</td>
<td>$114/month</td>
</tr>
</tbody>
</table>

SUPPORTING MEMBERSHIP
Our most lasting option; enjoy all the benefits of your membership – and do some good for the entire community!

<table>
<thead>
<tr>
<th>Membership</th>
<th>Monthly Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Benefactor</td>
<td>$115/month</td>
</tr>
<tr>
<td>Patron</td>
<td>$226/month</td>
</tr>
</tbody>
</table>

Discounts & Scholarship* Available!

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corporate Partner</td>
<td>Gan Ami Early Childhood Education</td>
</tr>
<tr>
<td>One Adult Family</td>
<td>Milwaukee Jewish Federation Partner</td>
</tr>
<tr>
<td>Young Adult</td>
<td>Pay In Full*</td>
</tr>
<tr>
<td>Senior Adult</td>
<td>*Available for annual members only</td>
</tr>
</tbody>
</table>

One-time Registration Fee

<table>
<thead>
<tr>
<th>Membership</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Individual Membership</td>
<td>$50</td>
</tr>
<tr>
<td>Multi-user Membership</td>
<td>$100</td>
</tr>
</tbody>
</table>

ADDITIONAL SUBSCRIPTIONS

PALEY TENNIS

<table>
<thead>
<tr>
<th>Membership</th>
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</tr>
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<tbody>
<tr>
<td>Individual</td>
<td>$5/month</td>
</tr>
<tr>
<td>Family</td>
<td>$10/month</td>
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</tbody>
</table>

½ price for Health Center members, FREE for Patrons

HEALTH CENTER UPGRADED LOCKER ROOM

<table>
<thead>
<tr>
<th>Membership</th>
<th>Monthly Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual</td>
<td>$51/month</td>
</tr>
<tr>
<td>Couple</td>
<td>$89/month</td>
</tr>
</tbody>
</table>

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
**PROGRAM REGISTRATION FORM**

**Member Information**

<table>
<thead>
<tr>
<th>Date</th>
<th>JCC Account #</th>
</tr>
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<table>
<thead>
<tr>
<th>Name</th>
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<table>
<thead>
<tr>
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<table>
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<tr>
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<tr>
<th>Address Line 2</th>
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<table>
<thead>
<tr>
<th>City</th>
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</thead>
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<table>
<thead>
<tr>
<th>State</th>
<th>Zip Code</th>
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</thead>
</table>

<table>
<thead>
<tr>
<th>Daytime Phone</th>
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</table>

<table>
<thead>
<tr>
<th>Evening Phone</th>
</tr>
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<table>
<thead>
<tr>
<th>E-mail</th>
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</table>

**Children’s Names and Birthdates:**

<table>
<thead>
<tr>
<th>Name</th>
<th>D.O.B.</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Name</th>
<th>D.O.B.</th>
</tr>
</thead>
</table>

**Interested in upgrading your membership?**

- ☐ Health Center
- ☐ Tennis Subscription

**How and where can I register for programs and events?**

- **Online:** jccmilwaukee.org
- **In Person:**
  6255 N Santa Monica Blvd.
  Registrar, 414-967-8228
  Mon-Fri, 9:00 AM - 5:00 PM
- **By Phone:** 414-967-8228
- **By Fax:** 414-964-0922
- **By Mail:**
  6255 N. Santa Monica Blvd. Milwaukee, WI 53217

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**Payment Information**

Payment can be made by credit card, check or cash (in person). Please make your check payable to the Harry & Rose Samson Family JCC.

<table>
<thead>
<tr>
<th>Check #</th>
<th>Date #</th>
</tr>
</thead>
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**Credit Card #**

- ☐ Visa
- ☐ MasterCard
- ☐ American Express
- ☐ Discover
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**Name as it appears on the card**

**Signature**

**Please read and sign below**

I/We agree to abide by the rules and regulations of the JCC. The JCC reserves the right to use all photographs for publicity purposes. I/We have read and understand the JCC’s Program and Cancellation policy. I/We understand that members and community members participate in physical conditioning and recreational programs in the JCC’s facilities at my/our own risk and that I/We are advised to consult with a physician prior to commencement of any exercise program.

**Signature**

**Date**

Register early! Many programs and classes have enrollment limitations. For more information on our refund policy for classes or programs, or to register online, please visit jccmilwaukee.org.

---

**Registered before?**

Visit jccmilwaukee.org and log in to your account

**New to Registration?**

Set up your account at jccmilwaukee.org

**Need help with User ID & password?**

Call 414-967-8228
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HARRY & ROSE SAMSON FAMILY JCC HEALTH CENTER

Adult-Only, Upgraded Locker Suites

REVIVE in Infinity Deluxe Massage Chairs

REFRESH in private sauna, steam room and whirlpool

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

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

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

Monthly Rate
Individual $51 • Couple $89
Corporate Rates Available

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

contact
Member Experience Manager
Mardi Smirl at 414-967-8203

HARRY & ROSE SAMSON FAMILY JCC HEALTH CENTER

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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

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@JCCMilwaukee

SUMMER CARNIVALS
July 8 & August 20

Open to the Community!