B’ruchim HaBaim! Welcome!

The Seasons, they go round and round, and here at the JCC we are preparing for a Fall that is unlike any we have had in the past – but at the same time brings a comforting sense of familiarity.

In this newly formatted digital guide to fall classes and programs, you will find old favorites that are returning to our Spaces & Places with smaller class sizes and new protocols – preschool & youth swim lessons, parent-child classes, youth recreation, and Reformer Pilates – plus links to our in-person education offerings that support JCC member families like Gan Ami Early Childhood Education and the newly created Student Center.

You will also find new and innovative virtual programs being offered to our whole community – Beyond a Building – in every service area including fitness, parent-child classes, arts & ideas, senior adults, and special needs.

Links throughout this guide will help you learn more or jump in and register for programs that run from September - December. This document will be updated as new programs are added, so check in throughout the season to find updates and continue following @JCCMilwaukee online everywhere!
FALL HOLIDAY HOURS

**Labor Day**
SEPT 7 - WFB Campus open 8AM-3PM, Water Park open 10:30AM-6:30PM

**Rosh Hashanah**
SEPT 18 - All facilities & programs close 4PM
SEPT 19 - 20 - All facilities & programs closed

**Yom Kippur**
SEPT 27 - All facilities & programs close 4PM
SEPT 28 - All facilities & programs closed

**Sukkot**
OCT 2 - All facilities & programs close 6PM
OCT 3 - All facilities & programs closed
OCT 4 - Facilities open, no session classes

**Shemini Atzeret/Simchat Torah**
OCT 9 - All facilities & programs close 6PM
OCT 10 - All facilities & programs closed
OCT 11 - Facilities open, no session classes
JCC Members receive priority registration and discounted pricing for the classes and programs found in this guide.
MEM=JCC Member Value Fee • PTRN=JCC Patron Member Rate • COMM=Community Rate

Not yet a JCC Member?
Join as a Family in September and pay the individual rate through the end of the year! PLUS, each adult receives 3 free in-person or virtual personal training sessions and their choice of a Free Small Group Training package (BURN or Commit to Be Fit, page 4).

JCC Members, refer a friend to join and receive a Free Month!

To register for classes and programs, click on registration icons in this document or visit jccmilwaukee.org

Watch Video demo of online registration site

Read JCC policies

JSPACES & PLACES
Denotes in-person class or program
We are deeply committed to physical distancing in our facilities. The risks of COVID-19 remain real and relevant – particularly for at-risk communities, many of whom we serve every day. The JCC is focused on providing physical spaces that are safe for everyone, every time you engage with us. When we have to make a choice – in our operations, in our programs, and in our service to you – we will always, always default to making the safest choice.

JBEYOND a BUILDING
Denotes online class or program
As we do in every season, we are partnering to build a healthier Milwaukee by meeting our members where they are. Our JCC exists wherever our community gathers, and in this moment in time, we are looking forward to inspiring Jewish journeys beyond a building and bringing community into your homes. Watch videos, access resources, and engage with your friends and our professional staff in our virtual spaces. Join our Facebook Groups to engage with our Arts & Ideas; Fitness & Recreation; and Education, Camp & Families Communities.

STAY CONNECTED
jccmilwaukee.org
@JCCMilwaukee

MITZVAH
MASK UP at the J
**Commit to Be Fit – Home Edition**

*Virtual Class for ages 14+

Commit to Be Fit is the JCC’s healthy habits and weight loss training program. Participants receive one small group training session per week, a take home workout from their trainer, 4 group nutrition sessions, 2 health coaching sessions, before and after screenings - all done virtually via Zoom.

**Tuesdays at 6:00 PM**
Instructor: Greg Coleman
8 Tuesdays, Oct 13-Dec 1
MEM $160 / PTRN $160 / COMM $240

**Wednesdays at 6:00 AM**
Instructor: Kasey Kuchenbecker
8 Wednesdays, Oct 14-Dec 2
MEM $160 / PTRN $160 / COMM $240

**Thursdays at 9:00 AM**
Instructor: Ally Koller
8 Thursdays, Oct 15-Dec 10
No class: 11/26
MEM $160 / PTRN $160 / COMM $240

**Saturdays at 10:00 AM**
Instructor: Jack Chevremont
8 Saturdays, Oct 17-Dec 5
MEM $160 / PTRN $160 / COMM $240

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**Couch to 5K**

*Outdoor Class for ages 14+

Sundays at 9:00 AM
Instructor: Kasey Kuchenbecker
This 5 week, program will prepare you to run the Virtual Hot Cider Hustle (5K). Training will be outdoors, and physically distanced. No running experience required.
5 Sundays, Sept 27-Oct 25
MEM $60 / PTRN $60 / COMM $110

**Get Jacked with Jack**

*Virtual Class for ages 14+

Mondays
Instructor: Jack Chevremont
Track your Strength Progression with this 12 week Strength Training guide you can access according to your own schedule. The program starts with a volume phase and slowly transitions into a strength focused plan. Jack will schedule virtual meetings with you twice weekly to ensure you stay on track.
12 Mondays, Sept 14-Dec 7
Off week of 9/28
MEM $144 / PTRN $144 / COMM $264

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**Burn - HIIT Training**

*Virtual class for ages 14+ with in-person options
Equipment included

High Intensity Interval Training (HIIT) small group training focusing on delivering results and improving athletic abilities. Test your heart rate, strength and stamina with this 45 minute workout. Register for the 6-week session and receive access to any of the Zoom classes and one in-person class, pre/post fitness test, In-Body scans, wellness course (recovery and healthy home) AND an in-home equipment pack! Lock into our foundations rate of $60 per 6-week session. The price will increase in 2021, so be sure to lock in this fall.

**6 weeks of training PLUS equipment**

SESSION 1: Sept 20 - Oct 31
MEM $60 / PTRN $60 / COMM $120

SESSION 2: Nov 1 - Dec 19
MEM $60 / PTRN $60 / COMM $120

Free trial week Sept 13-19
**Fall Into Yoga: Beginner Series**  
*Virtual Class for new yoga students*  
*Ages 14+*

**Tuesdays at 6:00 PM**  
Instructor: Kari Foote

For those curious about beginning a yoga practice: fundamentals, including pranayama (breathing), asanas (poses), and savasana (relaxation) will be covered.

**SESSION 1:**  
6 Tuesdays, Sept 15-Oct 20  
MEM $72 / PTRN $72 / COMM $90

**SESSION 2:**  
6 Tuesdays, Oct 27-Dec 8  
No class 11/24  
MEM $72 / PTRN $72 / COMM $90

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**Yoga: Expand Your Home Practice**  
*Virtual Class for current yoga students*  
*Ages 14+*

**Mondays at 6:00 PM**  
Instructor: Kira Nehmer

Lean into uncertainty and change by embracing this time at home to deepen individual yoga practices. Topics covered: breathwork, meditation, yoga nidra, moving intuitively through a home practice and towards individual goals. The potency of practice unfolds when we make it our own.

**SESSION 1:**  
6 Mondays, Sept 14-Oct 26  
No class 9/28  
MEM $72 / PTRN $72 / COMM $90

**SESSION 2:**  
6 Mondays, Nov 2-Dec 14  
MEM $72 / PTRN $72 / COMM $90

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**Pre- & Post- Natal Yoga**  
*Virtual Class for expecting & postpartum mothers*  
**Thursdays at 7:15 PM**  
Instructor: Senta Metz

Practice prenatal yoga with education, purpose, and modifications for the ever-changing pregnant body. Each class will include breathwork, pain relief, strengthening for pregnancy, delivery and recovery (the “fourth trimester”). Senta, Mom and experienced prenatal yoga coach, will share tricks to find calmness and connect with your body and babies on and off the mat.

**SESSION 1:**  
4 Thursdays, Sept 18-Oct 8  
Free for JCC Members / Community $60

**SESSION 2:**  
4 Thursdays, Oct 22-Nov 12  
Free for JCC Members / Community $60

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**Mat Pilates**  
*Virtual Class for ages 14+*

A strengthening and lengthening routine of exercise that focuses on your core and also training your arms and legs.

**Tuesdays at 9:00 AM**  
Instructor: Ally Koller

**SESSION 1:**  
7 Tuesdays, Sept 8-Oct 20  
MEM $56 / PTRN $56 / COMM $105

**SESSION 2:**  
6 Tuesdays, Oct 27-Dec 8  
No class 11/25  
MEM $48 / PTRN $48 / COMM $90

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**Mixed Mat Pilates**  
*Virtual Class for ages 14+*

Mixed level mat pilates. Variations offered to challenge and modifications for injury and limitations.

**Fridays at 10:00 AM**  
Instructor: Terri Stevens

**SESSION 1:**  
7 Fridays, Sept 11-Oct 23  
MEM $56 / PTRN $56 / COMM $105

**SESSION 2:**  
6 Fridays, Oct 30-Dec 11  
No class: 11/27  
MEM $48 / PTRN $48 / COMM $90
Reformer Pilates
Ages 14+

**Tuesdays at 8:00 AM**
In-person: Pilates Studio
Instructor: Ally Koller

SESSION 1:
7 Tuesdays, Sept 8-Oct 20
MEM $126 / PTRN $126 / COMM $168

SESSION 2:
7 Tuesdays, Oct 27-Dec 8
MEM $126 / PTRN $126 / COMM $168

**Wednesdays at 9:00 AM**
In-person: Pilates Studio
Instructor: Ally Koller

SESSION 1:
7 Wednesdays, Sept 9-Oct 21
MEM $126 / PTRN $126 / COMM $168

SESSION 2:
6 Wednesdays, Oct 28-Dec 9
No class: 11/25
MEM $108.00 / PTRN $108.00 / COMM $144

**Thursdays at 8:00 AM**
In-person: Pilates Studio
Instructor: Ally Koller

SESSION 1:
7 Thursdays, Sept 10-Oct 22
MEM $126 / PTRN $126 / COMM $168

SESSION 2:
6 Thursdays, Oct 29-Dec 10
No class: 11/26
MEM $108 / PTRN $108 / COMM $144

**Fridays at 9:00 AM**
In-person: Pilates Studio
Instructor: Ally Koller

SESSION 1:
7 Fridays, Sept 11-Oct 23
MEM $126 / PTRN $126 / COMM $168

SESSION 2:
6 Fridays, 10/25/20-12/12/20
No class: 11/27
MEM $108 / PTRN $108 / COMM $144

Reformer Pilates-Beginner
Ages 14+

**Mondays at 5:00 PM**
In-person: Pilates Studio
Instructor: Sarah Cohen

Begin to learn Pilates based on Joseph Pilates’ original series starting with Level I.

SESSION 1:
6 Mondays, Sept 7-Oct 19
No class: 9/28
MEM $108 / PTRN $108 / COMM $144

SESSION 2:
7 Mondays, Oct 26-Dec 7
MEM $126 / PTRN $126 / COMM $168

Advanced Classical Reformer
Ages 14+

**Mondays at 6:00 PM**
In-person: Pilates Studio
Instructor: Sarah Cohen

Based on Joseph Pilates’ original series I-V. Prior experience required.

SESSION 1:
6 Mondays, Sept 7-Oct 19
No class: 9/28
MEM $108 / PTRN $108 / COMM $144

SESSION 2:
7 Mondays, Oct 26-Dec 7
MEM $126 / PTRN $126 / COMM $168
Today, as we do every day, we are partnering to build a healthier Milwaukee by meeting our members where they are.

**Personal Training**  
*Virtual & In-person options*

Our professional trainers:
- Meet you according to your comfort level - online or in-person
- Assess your current level of fitness & create 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

**Free Group Exercise**  
*Virtual & In-person options*

- Group exercise classes include cardio, strength, yoga, water exercise, and cycling options
- Our partnership with Les Mills International allows us to keep our workouts fresh and exciting with consistent releases of new music, new choreography, and opportunities to stay on top of fitness trends
- Enhanced use of outdoor spaces allows participants to experience our in-person classes with face coverings optional
- Our instructors are using technology to find new and innovative ways to bring popular group exercise classes into your home
- Group exercise schedules updated regularly and can be found on our website

**Reserve Hoop Time**  
One hoop in a portion of the Marcus Gym is available for individual use, in reserved 30 minute allocation. Members (ages 14+) must bring their own basketball and times must be reserved in advance with slots opening up 3 days prior at 8:00 AM. **CLICK to RESERVE HOOP TIME**
The JCC is the Place for Swim Lessons This Fall

- Class capacities have been adjusted for Fall 2020 to ensure a quality, safe lesson.
- Ozone filtered pools use less chlorine than normal public pools which makes it much easier on your child’s eyes, skin and swimsuit
- A large, 6-lane, 25-yard pool allows your child to build endurance and stroke refinement
- Small teaching pool with depths of 2’6” - 3’6” so your younger child can stand in the water building their level of confidence.
- End-of-the-session report cards give parents each child’s progress, successes and recommended next level.
Parent-Tot Swim
Ages 6 - 36 months w/ adult
Max Capacity 6 tots (1 child per parent)
SUNDAYS
9:00-9:30 AM
This program is specially designed for parents with infants and toddlers. 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.
SESSION 2 ONLY
5 Sundays, Oct 18 - Nov 15
JCC Members $55 / Community $75

American Red Cross - Learn to Swim Program
Pre-School Age Aquatics
Our pre-school age aquatics classes are structured for the 3-5-year old with each lesson 30 minutes in length combining skill instructor with fun. Due to the need for our instructors to maintain physical distance, some pre-level classes will require each participant to have a parent/guardian present in the water during the lessons to assist with skills. Class capacity has also been reduced to a ratio of one instructor to a maximum of three students to ensure a quality, safe lesson. All pre-level classes are taught in the small training pool with pre-level 3 working on transition to the large pool. Children who are not potty trained must wear swim diapers or secure plastic pants over a cloth diaper. No disposable diapers are allowed.
Please Note: This fall, children enrolled in Gan Ami, Student Center, or MJDS Afterschool will not be walked to classes by JCC staff.

Pre-School Level 1
Ages 3 - 5 yrs w/adult • Max Capacity 3
A parent/guardian must accompany each participant in the water during class. 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 and exploring arm movements/swimming on front & back all with support.
SUNDAYS 9:45 -10:15 AM
MONDAYS 4:00-4:30 PM
WEDNESDAYS 5:30-6:00 PM
THURSDAYS 4:00-4:30 or 4:45-5:15 PM

Pre-School Level 2
Ages 3 - 5 yrs w/adult • Max Capacity 3
A parent/guardian must accompany each participant in the water during class. 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, jumping into shallow water, and retrieving a submerged object.
SUNDAYS 11:15-11:45 AM
MONDAYS 4:45-5:15 PM
TUESDAYS 4:00-4:30 PM
WEDNESDAYS 4:45-5:15 PM

Pre-School Level 3
Ages 3 - 5 yrs • Max Capacity 3
Participants enrolled in this class must be able to submerge their head, jump independently into shallow water, and float independently on their front/back. Activities will include front & backstroke (arm & leg action coordinated) independently across the training pool and participate in similar activities in the large pool.
SUNDAYS 10:30-11:00 AM
MONDAYS 5:30-6:00 PM
TUESDAYS 4:45-5:15 PM
WEDNESDAYS 4:00-4:30 PM
THURSDAYS 4:00-4:30 PM
Youth Level 1 - Beginners
MONDAYS 5:30-6:00 PM
TUESDAYS 4:45-5:15 PM
Ages 6 & up • Max Capacity 3
This level is designed for the older child to begin swim instruction in an age appropriate lesson. Participants enrolled in this class will become familiar with all of the skills in the Pre-School Lesson Program.

Youth Level 2
SUNDAYS 10:30-11:00 AM
TUESDAYS 4:00-4:30 PM
THURSDAYS 4:45-5:15 PM
Ages 6 & up • Max Capacity 3
The next step after Pre-School Level 3. Participants enrolled in this class must be able to swim front & backstroke for ½ length of the large pool (coordinated arm & leg action). Activities will include refining coordinated arm & leg action with an introduction to rotary breathing (breathing to the side while swimming on front), swimming on side and treading water. Participants will work towards independent swimming both front & backstroke ¼ the length of the large pool.

Youth Level 3
SUNDAYS 9:00-9:30 AM
MONDAYS 4:00-4:30 PM
WEDNESDAYS 5:30-6:00 PM
Ages 6 & up • Max Capacity 3
Participants in this class must be able to complete the front crawl with rotary breathing & backstroke for ½ the length of the large pool. They must also be able to tread water/float for 15 seconds and get back to safety. Activities will include introduction to several new strokes: the butterfly stroke (kick and body motion), elementary backstroke arms and kick, jumping into deep water, and introduction to diving. Participants will work toward swimming one length of the pool front and backstroke as well as treading water for 30 seconds.

Youth Level 4
SUNDAYS 9:45-10:15 AM
MONDAYS 4:45-5:15 PM
WEDNESDAYS 4:00-4:30 PM
Ages 6 & up • Max Capacity 3
Participants in this class must be able to complete the front & backstroke for 25 yards (1 full length) and tread water/float for 30 seconds. Activities include introduction to underwater swimming, kneeling & standing dives, front & back turns and refinement of all strokes, including an introduction to breaststroke. Participants will work towards swimming front & backstroke 2 lengths of the large pool.

Youth Level 5
SUNDAYS 11:15-11:45 AM
WEDNESDAYS 4:45-5:15 PM
Ages 6 & up • Max Capacity 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 or butterfly. Activities will include refinement and endurance of all strokes, flip turns while swimming on front & back, surface dives, and an introduction to advanced safety skills.
Gan Ami has learned so much since reopening our schools in June 2020. We are still inclusively Jewish, celebrating Shabbat, Havdalah and everyday moments with much joy and care, interacting with our Music Specialist via Zoom, enjoying outdoor physically distanced art experiences with our Art Specialist, saying blessings together, and noting God’s gifts to our natural world.

Our educators have rediscovered what exploration looks like for children, providing as many hands-on experiences as possible, preserving the learning and growth opportunities that we know children need to flourish.

Mequon
Linda & Fred Wein Family Center
10813 N. Port Washington Rd
262-242-9871

Whitefish Bay
Karl Community Campus
6255 N Santa Monica Blvd
414-967-8241

CLICK TO LEARN MORE

This full day program designed to support students engaged in virtual learning environments serves JCC Members with children in K5-5th grade currently enrolled in these neighboring districts:

- Whitefish Bay
- Shorewood
- Stormountain-Bayside
- Maple Dale-Indian Hill
- Parkway-Glen Hills
- Mequon-Thiensville

CLICK TO LEARN MORE
**Art for ‘Lil Ones Outdoor Edition**
*Ages 2-3½ years with an adult*

**Tuesdays 10:00-10:30 AM**
Location: Pool Deck near West Entrance
Instructor: Andres Hernandez

In this outdoor class we will explore all types of materials, chalk, paint, crayons and more. While the weather is nice, let’s do art outside. Children and parents will be seated 6 ft apart with pre-prepped materials. Masks are required for all adults. In case of inclement weather, cancellations will be posted on the JCC website and instructor will work to schedule a make up class.
3 Tuesdays, Sept 15-29
MEM $30 / PTRN $15 / COMM $42

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**Art for Lil Ones @ Home**
*Ages 2-4 years with an adult*
**Tuesdays 10:00-10:30 AM**
Platform: Zoom meeting
Instructor: Andres Hernandez

Wondering what to do at home each day? Leave it us! Pick up your art supply kit via curbside pickup at the JCC and enjoy a morning of art at home just for Lil Ones.
6 Tuesdays, Oct 13-Nov 17
MEM $48 / PTRN $24 / COMM $66

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**Lego Builders**
*Ages 3-5 years*
**Wednesdays 1:45-2:25 PM**
Platform: Zoom meeting
Instructor: Tami Kent

This fun building class is geared for our preschool friends who need a little constructive play in the afternoons. Using pre-packaged Lego kits, learn about building, shapes, colors and patterns from an Architect.

**SESSION 1:**
3 Wednesdays, Sept 16-30
MEM $24 / PTRN $12 / COMM $33

**SESSION 2:**
6 Wednesdays, Oct 14-Nov 18
MEM $48 / PTRN $24 / COMM $66

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*Please Note: This fall, children enrolled in Gan Ami, Student Center, or MJDS Afterschool will not be walked to classes by JCC staff.*
Art Outside - Colorful Animals
Ages 5-8 years
Mondays 4:00-4:45 PM
Location: Pool Deck near West Entrance
Instructor: Andres Hernandez

How many colorful creatures can we make in 3 weeks? Design, build, and paint your very own zoo. In this class we will be designing and building our own animals out of cardboard, clay and more. Children will be spaced 6 ft apart with pre-prepped materials. Masks are required. In case of inclement weather, cancellations will be posted on the JCC website and instructor will work to schedule a make up class.
3 Mondays, Sept 14-Oct 6
No class 9/28
MEM $33 / PTRN $16 / COMM $48

View Swim Lessons on pages 8-10

Lego Legends
KS-2nd grade
Wednesdays 4:00 - 4:45 PM
Platform: Zoom meeting
Instructor: Tami Kent

Looking for a creative way to spend your afternoon at home? Join our Lego master and Architect, Tami, to learn how to make cars, buildings, different shapes and more. We'll supply the Legos for this awesome online class
6 Wednesdays, Oct 14-Nov 18
MEM $48 / PTRN $24 / COMM $66

Paint Like Van Gogh
Ages 5-9 years
Thursdays 4:00-4:45 PM
Platform: Zoom meeting
Instructor: Andres Hernandez

Join us online to learn how to paint like Van Gogh. Paint and draw scenes in colorful styles. Learn how to mix all the colors of the rainbow and how to use them in your own painting. We'll supply all of the materials for this online class.
3 Thursdays, Sept 17-Oct 1
MEM $24 / PTRN $12 / COMM $28

Street Art and Murals
Ages 5-9 years
Mondays 4:00 - 4:45 PM
Platform: Zoom meeting
Instructor: Andres Hernandez

What is the biggest canvas that you can think of? In this class we will look at the different styles of murals and street art that line the sides of buildings. Learn different cartoon styles, lettering and how to make your own murals. All materials will be supplied.
6 Mondays, Oct 12-Nov 16
MEM $48 / PTRN $24 / COMM $66

Fun Art with Paper
Ages 5-9 years
Tuesdays 4:00 - 4:45 PM
Platform: Zoom meeting
Instructor: Andres Hernandez

In this class we will be using paper in every way possible. Fold, tear, and color your way into being an expert paper artist. Everything from sculptures to landscapes. All materials will be supplied.
6 Tuesdays, Oct 13 – Nov 17
MEM $48 / PTRN $24 / COMM $66

Please Note: This fall, children enrolled in Gan Ami, Student Center, or MJDS Afterschool will not be walked to classes by JCC staff.
Soccer Basics
Ages 4-6 years
Mondays 4:15-5:00 PM
Location: Outside, meet at Peck entrance
This class is designed to introduce participants to the wonderful world of soccer. Participants will work on ball handling skills as well as both offensive and defensive strategy. They will focus on teamwork and communication through their skill work and game play. Capacity will be limited, and participants will be required to wear face coverings unless participating in an activity. Class will only be held outdoors to ensure space for physical distancing. In inclement weather, class will be cancelled for the week.
4 Mondays, Sept 14-Oct 12
No class 9/28
JCC Members $44 / Community $60

Soccer Clinic
Ages 7-10 years
Mondays 5:15-6:00 PM
Location: Outside, meet at Peck entrance
This class is designed to develop participants love for soccer. Participants will work on all aspects of the game including ball handling, shooting, offensive strategy, and defensive strategy. They will focus on teamwork and communication through their skill work and game play. Capacity will be limited, and participants will be required to wear face coverings unless participating in an activity. Class will only be held outdoors to ensure space for physical distancing. In inclement weather, class will be cancelled for the week.
4 Mondays, Sept 14-Oct 12
No class 9/28
JCC Members $44 / Community $60

Track & Field Games 1
Ages 4-6 years
Wednesdays 5:15-6:00 PM
Location: Outside, meet at Peck entrance
This class is designed to introduce your child to a variety of outdoor track and field games. Participants will work on a combination of running skills such as sprints, distance running, and relays as well as learn how to correctly stretch, warm up, and cool down! They will also participate in a variety of field games focusing on teamwork and communication. Capacity will be limited, and participants will be required to wear face coverings unless participating in an activity. Class will only be held outdoors to ensure space for physical distancing. In inclement weather, class will be cancelled for the week.
5 Wednesdays, Sept 16-Oct 14
JCC Members $55 / Community $75

Track & Field Games 2
Ages 7-10 years
Wednesdays 4:15-5:00 PM
Location: Outside, meet at Peck entrance
This class is designed to introduce your child to a variety of outdoor track and field games. Participants will work on a combination of running skills such as sprints, distance running, and relays as well as learn how to correctly stretch, warm up, and cool down! They will also participate in a variety of field games focusing on teamwork and communication. Capacity will be limited, and participants will be required to wear face coverings unless participating in an activity. Class will only be held outdoors to ensure space for physical distancing. In inclement weather, class will be cancelled for the week.
5 Wednesdays, Sept 16-Oct 14
JCC Members $55 / Community $75

Start Thinking Summer 2021
Learn more about Camp Interlaken JCC during our fall virtual presentations at 7:00 PM on the following dates:

Wednesday, September 30
Thursday, October 15
Tuesday, October 27
Monday, November 16

Contact info@campinterlaken.org

Please Note: This fall, children enrolled in Gan Ami, Student Center, or MJDS Afterschool will not be walked to classes by JCC staff.
S.T.A.R.S. Fall Digital Subscription
Ages 5-21 yrs, all abilities
Platform: Zoom Meeting
Instructors: Sarah McCutcheon, Jody Margolis, Kari Foote & Jack Chevremont

Movement Madness
Tuesdays 5:00-5:30 PM
Get on your feet for yoga, dancing and more. This class will get you feeling great, and you may even break a sweat!
8 Tuesdays, Oct 27-Dec 15
8 Thursdays, Oct 22-Dec 17 (no class 11/26)
One class: JCC Members $80 / Community $95
Both classes: JCC Members $150 / Community $180
All supplies included and delivered to your home.

Paint Outside the Lines
Thursdays 5:00-5:30 PM
Join us for Paint Outside the Lines and wrap up your day in a creative way. Learn about different artists and new techniques without leaving your house.

Upstream Arts
Teens & adults ages 13+
Wednesdays 5:00-5:50 PM
Platform: Zoom Meeting
Instructors: Sarah McCutcheon & Jody Margolis
Join us as we partner with Upstream Arts to build our fall community Beyond a Building in this 8-week, interactive, online program. Participants will work on social skills and communication using play, dance, theater, music, visual arts, and poetry.
8 Wednesdays, Oct 28-Dec 16
JCC Members $200 / Community $225

All Kinds Of Creative
Adults 18+
Thursdays 4:15-4:45 PM
Platform: Zoom Meeting
Instructors: Sarah McCutcheon & Jody Margolis
Join us for a NEW art class, All Kinds of Creative is a great way to get rid of your afternoon blues. Learn about different artists and new techniques without leaving your house. All supplies are included and dropped off.
8 Thursdays, Oct 22-Dec 17
No class 11/26
JCC Members $80 / Community $95

Chaverim
Adults 18+
Tuesdays & Thursdays 6:00-6:30 PM
Platform: Zoom Meeting
Chaverim, meaning friends in Hebrew, is a diverse group of adults who represent a wide range of ages, interests, and abilities. This virtual program offers social, recreational, and educational experiences throughout the year while cultivating friendships and maintaining our involvement in the community. As a part of the rich fabric of the JCC, we bring visibility and awareness for adults living with disabilities. This virtual program offers these experiences from the comfort of your own home. All supplies needed are delivered to participants.
8 Tuesdays & Thursdays, Sep 1 - Dec 29
No Chaverim 11/26, 12/22, 12/24, 12/31
$36/month for digital subscription
$50/year for Chaverim membership

Virtual Movement
Children, teens & adults ages 8+
Instructor: Sarah McCutcheon
Do you need motivation to exercise? Wait no longer! Sarah will kickstart your workout by meeting you on Zoom, where you can work out in the comfort of your own home.
JCC Members $10/half hour
Community $12/half hour

Personal Training
Teens & adults ages 13+
Instructor: Jack Chevremont
Start your fitness journey at the J. Workout one-on-one with a personal trainer, learn excersizes for at the gym or at home.

To set up an appointment for Virtual Movement or Personal Training, contact Jody or Sarah.
jmargolis@jccmilwaukee.org
smccutcheon@jccmilwaukee.org

CLICK TO CONTACT US
MILWAUKEE JEWISH FILM FESTIVAL
OCTOBER 23 - NOVEMBER 5

This year the Milwaukee Jewish Film Festival will bring the best of Jewish filmmaking into your home.

Watch films on your own schedule at home then join us for scheduled Zoom film discussions with special guests.

Sponsored in part by
MARCUS THEATRE DEPARTMENT OF THE MARCUS CORPORATION
Shel & Danni Gendelman Endowment Fund
Sylvia & Robert Seinfeld Jewish Film Festival Endowment Fund
Clarice S. Turer Charitable Fund of the Jewish Community Foundation.

LESSONS FROM LIFE
Thursday, October 22
7:30 PM via Zoom

This concert is an online adaptation of Tapestry’s signature multi-dimensional performance. Lessons from Life is centered on the theme of Joy and Sadness. When we are feeling great joy, how do we share that joy? How does music help us express the joy of the moment? And likewise, if we are experiencing sadness, or even tragedy, how does the world nurture us? And, how does music help us find solace.

This program features nine musical compositions performed by 19 local musicians, hosted and narrated by Jody Hirsh, and augmented by relevant visuals and a classic video. The genres span a wide range of performance: Classical, folk, Traditional Jewish Liturgy, Dance, Broadway, and more.

JCC Member $10 / Community $15

Supported by a generous gift from the Suzy B. Ettinger Foundation
**Back to the Sources**

**The Jews of Britannia**

*Adults 18+
Thursdays 10:00-11:30 AM*

Platform: Zoom meeting  
Instructor: Jody Hirsh

Jews probably came to England during the Norman invasion in 1066, and in spite of the periods of persecution and exile, we have a long and rich history there. This 30 week Back to the Sources history class will look at that rich history from the 11th century until today. Our texts will be primary documents that were written during each historical period that we study. Our sources will include Chaucer and Shakespeare, Jewish sources and chronicles, as well as one historical novel: *The Conspiracy of Paper*, by David Liss.

**SEMESTER 1:**

17 Thursdays, Oct 15-Feb 25  
No class 11/26, 12/24, 12/31

**SEMESTER 2:**

15 Thursdays, Mar 4-June 25  
No class 4/1, 4/15

JCC Members $120 semester / $200 year  
Community $140 semester / $220 year

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**The Art of the Short Story**

*Adults 18+
Fridays 1:00 - 2:30 PM*

Platform: Zoom meeting  
Instructor: Jody Hirsh

Bruce Jay Friedman (1930-2020) was a trailblazer in the genre of American black humor, and was most famous for his plays, and his screen plays. However, he wrote novels and a whole treasure trove of offbeat short stories. This monthly class will examine a selection of his short stories. The collected short fiction of Bruce Jay Friedman is available for purchase from Boswell Books at a discount for students enrolled in this class.

1st Friday of each month, Nov 6-Jun 6

April class held on 4/16

JCC Members $80 / Community $100

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**Taste and Tradition: Early Fall Cooking Series**

*3 Wednesdays  
5:00 PM via Zoom*

Tapestry’s popular Taste & Traditions series is back with chefs from 4 popular Milwaukee restaurants offering their take on Jewish and Israeli cooking with recipes incorporating the fall holidays. For each class, participants will receive a key ingredient available for curbside pick-up at the JCC and a list of additional ingredients needed. Expand your culinary repertoire and learn from some of the best chefs in Milwaukee!

- **September 9** - Blue Bat Tequilaria  
- **September 30** - The Cheel  
- **October 14** - Mila’s European Bakery

Each class:

JCC Members $10 / Community $15

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**Judaic Art and Mastery @ Home**

**Challah on the Table**

*2 Tuesdays, Sept 8 & 15  
4:00 PM via Zoom*

Instructor: Andres Hernandez

Create unique and beautiful hand-made challah cutting boards and challah covers that you will be able to use and admire at your Rosh Hashanah meal. The class will include a challah dough with a round braiding tutorial for you to make special for the high holidays. Participants will be provided with all supplies via curbside pick-up at the JCC.

Series:

JCC Members $20 / Community $24

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**Author Event: Myla Goldberg**

*Tuesday, October 13  
7:30 PM via Zoom*

Book: *Feast Your Eyes*

Event with Book: JCC Members $22 / Community $25  
Event only: JCC Members $8 / Community $10

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**Author Event: Jason Brian Rosenthal**

*Thursday, December 3  
7:30 PM via Zoom*

*My Wife Said You May Want to Marry Me*

Event with Book: JCC Members $22 / Community $25  
Event only: JCC Members $8 / Community $10

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**Book Discussion:**

*Monday, September 14  
12:00 PM via Zoom*

Free & Open to the Community

*This is Real and You are Completely Unprepared: The Days of Awe as a Journey of Transformation*

Author, Rabbi Alan Lew  
Discussion moderated by Rabbi Joel Alter

Books are available for $18 via curbside pickup at the JCC.

Co-sponsored by Congregation Beth Israel Ner Tamid

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*Jason Brian Rosenthal*

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Each class:

JCC Members $10 / Community $15

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**JEWISH LIFE**

**BECYOND a BUILDING**

**Introduction to Judaism**  
*Adults 18+*  
**Tuesdays 7:00-8:30 PM**  
Platform: Zoom meeting  
Instructors: Jody Hirsh & local rabbis

Curious about Judaism and Jewish life? Wanting to embrace Judaism? Or... already Jewish and wanting to fill in the gaps of your Jewish knowledge? This class is for you.

This special Introduction to Judaism class is open to everyone and is co-sponsored by the Wisconsin Council of Rabbis. No background knowledge necessary.

18 Tuesdays, Oct 20-Mar 2  
JCC Members $130 / Community $130

**KOACH**  
*Adults 55+*  
**Thursdays 1:00 PM** (Wednesdays in September)  
Platform: Zoom Meeting  
Free program

Socialize with friends old and new while enjoying a stimulating and entertaining program. The word KOACH (ko-akh) means strength in Hebrew. KOACH reflects the strength and vigor of this region’s Jewish community.

**Upcoming Meetings**  
Wednesday, September 2: Cantor David Perper & Cantor Faith Steinsnyder  
Wednesday, September 16: Charlie and Anna Rassmussen  
Thursday, October 8: FROGWATER  
Thursday, October 22: Keshena Armon  
Thursday, November 12: Heinzel Kunsman  
Thursday, December 10: Brett Lipshutz and Monica Steger

KOACH is a partnership between the JCC and 5 Milwaukee synagogues: Congregation Ner Tamid, Congregation Emanu-El Jeshurun, Congregation Shalom, Congregation Sinai, and Temple Menorah.
COMMUNITY

Men's Club
Adults 65+
Tuesdays 12:45pm
Platform: Zoom Meeting
Facilitator: Ken Stein

Annual Membership:
JCC Member Value $20
Community Value $30
Contact mensclub@jccmilwaukee.org to join and receive Zoom links.

Think of the JCC Men's Club as a talk show without cameras, microphones, or commercials. This vibrant and stimulating group designed for active semi-retired and retired men enjoys topics including political, religious, and current events. Become a part of the gang now!

Join our JCC Men's Club on the first three Tuesdays of each month. Men's Club is meeting via Zoom while we are Beyond a Building. Optional lox Lunch offered on the second Tuesday of each month for $7 and available for curbside pick-up at the JCC.

Upcoming Schedule:
September 1
Evan Weiner
Professional Sportswriter, Speaker, Announcer from New York

September 8
Mark Lukoff
Retired Judge Advocate and WI Circuit Court Commissioner

September 15
Dan Rosenfeld
Principal/Dir. of Property Representation, Mid-America Real Estate

October 6
Drew Burgoyne
Chief Meteorologist, CBS 58

October 13
Giacomo Fallucca
President & CEO, Palermo’s Pizza

October 20
Steve Kissell

November 17
Dr. Keith Posley
Superintendent, Milwaukee Public Schools

Parkinson’s Dance Class
Adults living with PD
Thursdays 1:00 – 2:00 PM
Platform: Zoom
Instructor: Susanne Carter

The Parkinson’s Dance Class brings the art of dance to people with Parkinson’s Disease. The class is modeled after Dance for PD which was founded by David Levanthal of the Mark Morris Dance Group, Brooklyn, NY. Instructors of The Parkinson’s Dance class have been training with Dance for PD, networking with other teachers across the USA who are all teaching dance for people with PD.
13 Thursdays, Sept 17-Dec 17
No class 11/26
MEM $130 / PTRN $130 / COMM $130

Versiti Blood Drive
Wednesday, September 30
1:00 - 6:00 PM
Daniel M. Soref Community Hall (enter at West Entrance)

NEW! At this next drive, Versiti will also be testing for COVID antibodies.

Our JCC is partnering with Versiti - Blood Center of Wisconsin for a blood drive. Your donation ensures that we have enough blood to meet demand in our communities. There is no artificial substitution for human blood. People need people, we need you!

To help manage social distancing, we are strongly recommending all donors schedule an appointment. Click icon above to donate or call 877-232-4376

Please note: All donors are required to wear a face mask as a precautionary measure.
FOR OUR JCC MEMBERS

JCC FAMILY MOVIE NIGHT
Parking Lot Edition
Sunday, August 30

Sponsored by the Sue & Rick Strait PJ Library Young Family Engagement Endowment Fund

CLICK TO LEARN MORE

Jammin' at the JCC
Thursday, September 10 • 6:30-8:00pm

Live Music by MixTape
Starts at 7:00 PM
Food available for purchase from JVR Catering Food Truck
(DanDan, Fauntleroy, EsterEv, Batches)

Rain Date: September 16

CLICK TO LEARN MORE
With partners like you, we stand together and say yes to everything that makes our community stronger. From inclusive community wellness programs that build healthy bodies, to the high quality education opportunities that build strong minds and futures – we deliver comprehensive social services that build strong souls.

The JCC remains a destination for high-impact, highly accountable investment. Our donors expect nothing less, and our community deserves even more.

Thank you to all of our JCC members and donors who continue to actively support our mission and programs. Our community grows stronger and healthier together.

We are grateful for the support we receive from all of our donors, partners, and lay leaders. In addition, many programs throughout this guide are made possible by a generous a grant from the MJF/Fund for Jewish Milwaukee of the Jewish Community Foundation which has allowed us to continue to serve our community *Beyond a Building*.