



J WINTER 2021

Programs & Classes for our Members & Community

B'ruchim HaBaim! Welcome!

As we get ready to put 2020 to bed (yes, please!) we look ahead to a winter that will look different in some ways and be all too familiar in others. Snow will still fall, kids will still lose multiple pairs of mittens, and the JCC will still be here meeting our members and our community where they are.

In this digital guide to winter classes and programs, you will find virtual and in-person options to keep your whole household engaged this winter – swim lessons, fitness offerings, arts classes for all ages and abilities, and so much more.

Links throughout this guide will help you learn more or jump in and register for programs that run from January - March. 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!

In addition to the programs the JCC is offering to keep our community connected right now, we are also looking ahead to ensure future generations have access to important programs and services that keep our community strong. Beyond one program, beyond one cause, an investment in the Campaign for a Strong JCC is an investment in everything the JCC stands for. Learn more on page 3.

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HARRY & ROSE SAMSON FAMILY JEWISH COMMUNITY CENTER

Karl Jewish Community Campus • 6255 N. Santa Monica Blvd., Whitefish Bay
 Gan Ami Early Childhood Education Karl Campus • 6255 N. Santa Monica Blvd., Whitefish Bay
 Linda & Fred Wein Family Center for Gan Ami Early Childhood • 10813 N. Port Washington Rd., Mequon
 Hy & Richard Smith JCC Water Park • 11015 N. Market St., Mequon
 Albert & Ann Deshur JCC Rainbow Day Camp • W3985 Trails End Rd., Fredonia
 Daniel M. Soref Education & Retreat Center • W3985 Trails End Rd., Fredonia
 Steve & Shari Sadek Family Camp Interlaken JCC • 7050 Old Highway 70, Eagle River
 Jewish Community Pantry • 2900 W. Center St., Milwaukee

Karl Community Campus - Whitefish Bay
Winter Building Hours
 Sunday 8:00 AM-5:00 PM
 Monday 5:00 AM-7:00 PM
 Tuesday 5:00 AM-7:00 PM
 Wednesday 5:00 AM-7:00 PM
 Thursday 5:00 AM-7:00 PM
 Friday 5:00 AM-5:30 PM
 Saturday 8:00 AM-5:00 PM

BOARD OF DIRECTORS

STAFF DIRECTORY



WINTER HOLIDAY HOURS

Hanukkah

DEC 11 - 18 - Open as usual
First candle Dec 10 at sundown
 Community-wide Hanukkah details on pg 15

Winter Break

DEC 24 - Facilities close at 6PM
(Student Center Closed, Gan Ami Closes at 3PM)
DEC 25 - Facilities open 8AM-3PM
(Gan Ami, Student Center Closed)
DEC 31 - Facilities close at 6PM
(Gan Ami, Student Center Close at 3PM)
JAN 1 - Facilities open 8AM-3PM
(Gan Ami, Student Center Closed)

Tu Bishvat

JAN 28 - Open as usual

Purim

FEB 26 - Open as usual

Passover

MAR 27 - All facilities & programs close 4PM
MAR 28 - All facilities & programs closed
MAR 29 - Facilities open, no session classes
APR 2 - All facilities & programs close 6PM
APR 3 - All facilities & programs closed
APR 4 - Facilities open, no session classes





For over a hundred years, the Harry & Rose Samson Family Jewish Community Center has served as an inclusive destination for exceptional wellness, education, and community services.

Right now, the JCC is challenged like never before.

We need your help to innovate our service, to respond to this moment in time, to build upon the successes of the past to meet the needs of the present. Consider all the ways the community of the JCC has been there for you over the course of your life.

The Campaign for a Strong JCC serves one goal – to build the resources necessary to continue this important work, to ensure future generations have access to programs and services, and to invite the entire community to invest in our shared future.

However you've invested in the past, investments that are deeply appreciated and have played a meaningful role in our community's growth, we're asking for an investment in all of the JCC's service areas. We know that if any community can meet the challenge, it's this one.

**Today is the day to stand up for a Strong JCC.
For Today. For Tomorrow. For Each Other.**

DONATE NOW

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 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*.

**TRIBUTE
DONORS**
August 26
thru
November 19

**ENDOWMENTS
CORPORATE PARTNERS
SUPPORTING MEMBERS
LEGACY DONORS
SPONSORS**



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?

Start the New Year early!

Join the JCC in December or January for just \$20.21 and pay NO DUES UNTIL FEB 1 or individuals can try out our fitness & aquatics facilities for 30 days for only \$30.

All new adult members receive 3 free in-person or virtual personal training sessions.

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

JOIN



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

J SPACES & 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.



J BEYOND a BUILDING

Denotes online class or program

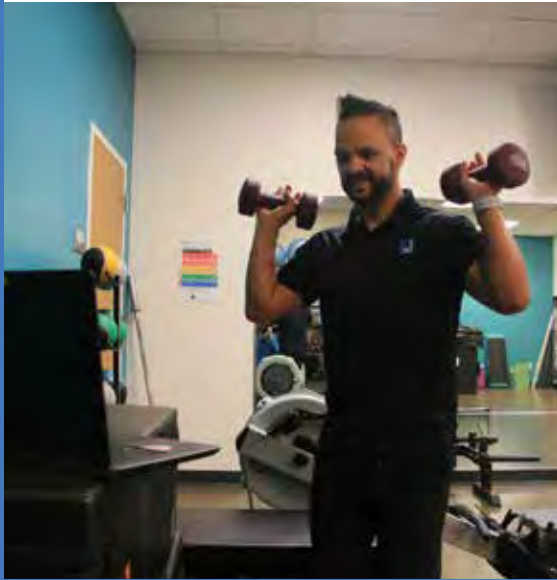
As we do in every season, we are partnering to build a healthier Milwaukee by meeting our members where they are. Our JCC exists wherever our community gathers, and in this moment in time, we are looking forward to inspiring Jewish journeys beyond a building and bringing community into your homes. Watch 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](https://twitter.com/JCCMilwaukee)



J BEYOND a BUILDING



Commit to Be Fit – Home Edition

12 Week Virtual Class for ages 18+

Commit to be Fit is the JCC's healthy habits and weight loss training program. Participants receive:

- Weekly: one live Zoom training session, one on-demand workout, one written strength, cardio and core/restorative workout per week
- Weeks 1 & 12: 2 health coaching sessions and fitness screens before and after
- Throughout the program: 4 live Zoom nutrition sessions with a registered dietician and Commit to be Fit tracking guide

All materials will be accessible online.

Tuesdays at 10:00 AM

Instructor: Kira Nehmer
12 Tuesdays
MEM \$240 / PTRN \$240 / COMM \$360

Wednesdays at 6:00 PM

Instructor: Greg
12 Wednesdays
MEM \$240 / PTRN \$240 / COMM \$360

Thursdays at 6:30 AM

Instructor: Neila Bond
12 Thursdays
MEM \$240 / PTRN \$240 / COMM \$360

On Demand Option

12 Weeks
MEM \$240 / PTRN \$240 / COMM \$360



J BEYOND a BUILDING

Burn - HIIT Training

Virtual class for ages 14+
Equipment included



High Intensity Interval Training (HIIT) in a small group setting that focuses on delivering results and improving athletic abilities. Test your heart rate, strength and stamina with this 45 minute workout. All materials will be accessible online. Your registration includes access to any of the Zoom and in-person classes, pre/post fitness test, In-Body scans, 2 On Demand workouts per week, wellness course (kitchen makeover and mini-movement) AND an in-home equipment pack. Contact knickel@jccmilwaukee.org to try out Burn for free before the start of each 5 week session.

January Classes

MEM \$0 / COMM \$0

February Classes

MEM \$60 / PTRN \$60 / COMM \$120

Weekly Schedule

Tuesdays 6:00PM with Gwendolyn

Wednesdays 10:00AM with Kira



J BEYOND a BUILDING

Yoga for Stress Relief Workshop Ages 14+



Choose Your Date:

Monday, Jan 4 • 6:00-7:30 PM

Saturday, Jan 23 • 12:00-1:30 PM

Sunday, Feb 14 • 1:00-2:30 PM

Platform: Zoom

Instructor: Kira Nehmer

Relax and unwind by spending an afternoon or evening learning to use Yoga as a tool for stress relief. We'll explore tapping into the parasympathetic nervous system to encourage mind and body to relax. This 90 minute session will include 15 minutes for Q and A at the end. Take what you experience off the mat and into the rest of your life. No prior yoga experience necessary.

One 90 minute workshop

MEM \$20/PTRN \$20/ COMM \$30



Yoga: Beginner's Series Ages 14+



Wednesdays at 12:00 PM

Platform: Zoom

Instructor: Kari Foote

Are you new to yoga or looking for a gentle yoga class? In Beginner/Gentle Yoga, the participants will be exposed to the foundations of poses (asana), breath work (pranayama), alignment and mindful meditation. The practice will be active, yet gentle for new and beginner level students. Modifications will be offered throughout the yoga experience.

Session 1: 4 Wednesdays, Jan 6-Jan 27

MEM \$48 / PTRN \$48 / COMM \$60

Session 2: 4 Wednesdays, Mar 3- Mar 24

MEM \$48 / PTRN \$48 / COMM \$60

J SPACES & PLACES

Yoga/Pilates Workshop



Ages 14+

Fridays at 9:30 AM

Location: Yoga studio/Pilates Studio

Instructors: Kira Nehmer & Ally Koller

Yoga and Pilates don't have to be two separate practices. In this workshop you will learn how they can work together to help strengthen your core, lengthen your side body, and improve your alignment.

4 classes, Jan 15 - Week of Feb 1

MEM \$50/ PTRN \$50/ COMM \$90

Health Center Members \$30

(must call 414-964-4444 to complete your registration with HC discount)

Friday, Jan 15 at 9:30AM

Yoga and Pilates combo class

Friday, Jan 22 at 9:30AM

Yoga class with Kira

Friday, Jan 29 at 9:30AM

Reformer Pilates class with Ally

Week of February 1

Participants' choice between yoga or Reformer Pilates. Ally and Kira will place you in an existing class to continue either practice after the workshop.

Pre & Post Natal Yoga Ages 18+



Wednesdays at 7:15 PM

Platform: Zoom

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 Wednesdays, Jan 6- Jan 27

MEM FREE / PTRN FREE / COMM \$60

Session 2: 4 Wednesdays, Mar 3-Mar 24

MEM FREE / PTRN FREE / COMM \$60

J BEYOND a BUILDING

Mat Pilates

Virtual Class for ages 14+



Fridays at 10:00 AM

Platform: Zoom

Instructor: Terri Stevens

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

SESSION 1:

6 Fridays, Jan 8-Feb 12

MEM \$48 / PTRN \$48 / COMM \$90

SESSION 2:

6 Fridays, Feb 19-Mar 26

MEM \$48 / PTRN \$48 / COMM \$90





J SPACES & PLACES

Reformer Pilates

Ages 14+

In-person: Pilates Studio
Instructor: Ally Koller



Tuesdays at 8:00 AM

SESSION 1: 6 Tuesdays, Jan 5-Feb 9
MEM \$108 / PTRN \$108 / COMM \$144
SESSION 2: 6 Tuesdays, Feb 16-Mar 23
MEM \$108 / PTRN \$108 / COMM \$144

Wednesdays at 9:00 AM

SESSION 1: 6 Wednesdays, Jan 6-Feb 10
MEM \$108 / PTRN \$108 / COMM \$144
SESSION 2: 6 Wednesdays, Feb 17-Mar 24
MEM \$108 / PTRN \$108 / COMM \$144

Wednesdays at 5:00 PM

SESSION 1: 6 Wednesdays, Jan 6-Feb 10
MEM \$108 / PTRN \$108 / COMM \$144
SESSION 2: 6 Wednesdays, Feb 17-Mar 24
MEM \$108 / PTRN \$108 / COMM \$144

Thursdays at 8:00 AM

SESSION 1: 6 Thursdays, Jan 7-Feb 11
MEM \$108 / PTRN \$108 / COMM \$144
SESSION 2: 6 Thursdays, Feb 18-Mar 25
MEM \$108 / PTRN \$108 / COMM \$144

Fridays at 9:00 AM

SESSION 1: 6 Fridays, Jan 8-Feb 12
MEM \$108 / PTRN \$108 / COMM \$144
SESSION 2: 6 Fridays, Feb 19-Mar 26
MEM \$108 / PTRN \$108 / COMM \$144

Beginner Reformer Pilates

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 1.

SESSION 1: 6 Mondays, Jan 4-Feb 8
MEM \$108 / PTRN \$108 / COMM \$144
SESSION 2: 5 Mondays, Feb 15 - Mar 15
MEM \$108 / PTRN \$108 / COMM \$144

Advanced Reformer Pilates

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 Monday,s Jan 4-Feb 8
MEM \$108 / PTRN \$108 / COMM \$144
SESSION 2: 5 Mondays, Feb 15 - Mar 15
MEM \$108 / PTRN \$108 / COMM \$144

Personal Training

Virtual & In-person options

[LEARN MORE](#)

Our professional trainers:

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

Winter Special!

Personal Training & Private Pilates Reformer Training

Bring a Friend to Personal Training or Private Pilates Reformer Training for 3 sessions in a row at no additional cost. This is the perfect opportunity to see what it's like to train with your spouse, friend, relative or neighbor! If you decide to continue partner training you'll receive \$15 off your first package! Contact your trainer or call 414-964-4444 for more information.



J SPACES & PLACES

As a community center, providing a safe and inclusive gathering space is among our primary goals – and we’re uniquely prepared and trained to ensure that experience even in challenging environments. We remain committed to keeping JCC programs and services open and accessible to the entire community, unless circumstances dictate otherwise, and will depend on the support of our community to meet that goal and minimize any service interruptions. [Click here](#) to learn more about enhanced cleaning and physical distancing policies that allow us to keep our community safe and health.

Masks are required when entering any JCC facility and throughout your visit.

You will be required to check-in and have your temperature taken prior to turnstile entry.

All reservation spots will open for online registration 3 days prior at 8:00 AM.



Lap & Family Swim

Free to all JCC Members

Lap Lanes for ages 14+

Swimmers are limited to one 30 minute lap swim reservation a day and a maximum of 4 reservations in a week (Sunday - Saturday).

Family Swim Time

30 minute family swim blocks in our small pool must be reserved in advance. Groups are limited to 6 total individuals per swim block.

Group Exercise Classes

Free to all JCC Members

- Les Mills BodyPump
- Les Mills Sprint (cycling)
- Freestyle Cycle
- Fitness Intervals
- Bootcamp
- Zumba
- Yoga
- Step

Find dates & times at jccmilwaukee.org/schedules

Basketball Hoop Time

Free to all JCC Members

One hoop in a portion of the Marcus Gym is available for individual use, in reserved 30 minute allocation by members (ages 14+).

Members must bring their own basketball.

ACCESS ONLINE RESERVATIONS

To access the online reservation system:

- Click the button above; visit jccmilwaukee.org and click on 'My Account' in the top right corner; or use the direct link jccmilwaukee.org/member
- Enter your login and password
- If you don't have an online account, click "Do Not Have A Login." You will need your membership account number, found on your most recent billing statement, to create an account.
- Once you have logged in, you will see 3 options: Group Exercise, Program Registration, and Manage Your Account.

To reserve swim time, hoop time, or a spot in a group ex class:

- Click on 'Group Exercise'
- Select the day, category, class in the search section to find your desired class, swim time, or hoop time.
- Once you find the desired item, click on Enroll.
- You will be asked to select the individual in your family for whom you are making the reservation.
- Click 'Register' to complete your reservation.
- To ensure that all members have access to these programs, we ask that you only make reservations you know you can use and notify us if your plans change.

[Visit jccmilwaukee.org/cancel](http://jccmilwaukee.org/cancel) or call 414-964-4444





J SPACES & PLACES

Arthritis Aquatics

Ages 14+

Monday 10am

Location: Small Pool

Instructor: Sandy Ingram



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

SESSION 1: 6 Mondays, Jan 4-Feb 8

MEM \$36 / PTRN \$36 / COMM \$96

SESSION 2: 6 Mondays, Feb 15-Mar 22

MEM \$36 / PTRN \$36 / COMM \$96

J SPACES & PLACES

Parent-Tot Swim

Ages 6 - 36 months w/ adult

Max Capacity 6 tots (1 child per parent)



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.

Sundays 9:00-9:30 AM

SESSION 1:

6 Sundays, Jan 3 - Feb 7

MEM \$66/ COMM \$90

SESSION 2:

6 Sundays, Feb 14 - Mar 21

MEM \$66/ COMM \$90

Saturdays 9:45-10:15 AM

SESSION 1:

6 Saturdays, Jan 9 - Feb 13

MEM \$66/ COMM \$90

SESSION 2:

5 Saturdays, Feb 20 - Mar 20

MEM \$55/ COMM \$75

Parent-Child Swim Skills

Ages 18 months - 3 years w/ adult

Max Capacity 6 tots (1 child per parent)



Sundays 11:15-11:45 AM

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 in to independent lessons for the future. The instructor will teach the participants, and parents will assist their child in practicing the given skills.

SESSION 1: 6 Sundays, Jan 3 - Feb 7

MEM \$66/ COMM \$90

SESSION 2: 6 Sundays, Feb 14 - Mar 21

MEM \$66/ COMM \$90





J SPACES & PLACES

The JCC is the Place for Swim Lessons

- Class capacities have been adjusted 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.



VIEW DATES, PRICING & POLICIES FOR ALL SWIM LESSONS



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 winter, 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.

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.

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.



CLICK TO REGISTER FOR LESSONS



SPACES & PLACES



JCC Triggerfish Swim Team

Ages 6 -14 yrs

Max Capacity 6 swimmers/time block & 1 swimmer/lane

Tuesdays & Thursdays

Block 1: 5:00-5:30 PM

Block 2: 5:30-6:00 PM

Block 3: 6:00-6:30 PM



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, team building, good sportsmanship, and how to use swimming as a form of exercise. Workouts focus on proper warm-up and refinement of strokes through drills and direct instruction. All swimmers will review the basic components of the four competitive swimming strokes, starts, turns and training tactics. Please contact Head Coach, Dave Wage, with any questions at dwage@jccmilwaukee.org or 414-967-8191.

SESSION 1: 12 weeks, Tuesdays & Thursdays, Jan 5 - Mar 25

JCC Members \$216 / Community \$312



American Red Cross - Learn to Swim Program • Youth Age Aquatics

Ages 6 & up • Max Capacity 3

Our youth aquatics classes are structured for children 6 years old and up with each lesson 30 minutes in length combining skill instruction with fun.. Due to the need for our instructors to maintain physical distance, some youth level classes will be taught in the small training pool and instructors may teach from the pool deck throughout the lesson. Class capacity has also been reduced to a ratio of one instructor to a maximum of 3-4 students to ensure a quality, safe lesson. *Please Note: This fall, children enrolled in Gan Ami, Student Center, or MJDS Afterschool will not be walked to classes by JCC staff.*

Youth Level 1 - Beginners

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

The next step after Pre-School Level 3. Participants enrolled in this class must be able to swim front & backstroke for ¼ length of the large pool (coordinated arm & leg action). Activities will include refining coordinated arm & leg action with an introduction to rotary breathing (breathing to the side while swimming on front), swimming on side and treading water. Participants will work towards independent swimming both front & backstroke ½ the length of the large pool.

Youth Level 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

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

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.



VIEW DATES, PRICING & POLICIES FOR ALL SWIM LESSONS



J SPACES & PLACES



Gan Ami Early Childhood Education

Gan Ami has flourished since reopening our schools in June 2020. We continue to be inclusively Jewish while 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 reimagined 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.



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

J BEYOND a BUILDING

Beyond the Gan Virtual Preschool

Ages 2 - 4 yrs with an adult

Weekdays 10:00 - 10:40 AM

Platform: Zoom

Instructor: Michelle Samson

Gan Ami Early Childhood Education has designed an online, interactive virtual preschool program to bring the joy and magic of our school into your home. Guided by a highly qualified early childhood educator, in conjunction with you, the parent, this program will provide structured opportunities for learning with age-appropriate time-frames and with deep understanding as to how young children learn. All necessary supplies are included and will be delivered to your home or offered for pick-up each month.

5 days/wk • December - June

JCC Members \$200/month

Community \$300/month



Art for Lil Ones @ Home

Ages 18 mos - 3 yrs with an adult

Tuesdays 10:00 - 10:30 AM

Platform: Zoom

Instructor: Andres Hernandez

Andres is back for more fun with this popular art class just for our little artists. We will explore all forms of art; painting, watercolor, paper, and clay. Learn to cut and glue like a pro, and how to use those fine motor skills to grow and develop as an artist. This class will be an interactive class between the teacher, the student, and parent or caregiver. All supplies provided via curbside pick up.

6 Tuesdays, Jan 12 - Feb 16

MEM \$60 / PTRN \$30 / COMM \$78



J SPACES & PLACES

J STUDENT CENTER
School Year • School Day Support

CLICK TO
LEARN MORE



Serving JCC Members with children in K5-5th grade currently enrolled in neighboring districts.

At Student Center, your child can:

- Interact with other kids
- Run & play in indoor & outdoor spaces
- Rediscover free play that is screen-free
- Enjoy free swim in our aquatics center
- Visit JCC Rainbow Day Camp

While parents and caregivers can:

- Focus on responsibilities at work, home, or in the community

Our dedicated educators offer:

- Safe, enriching environment that promotes learning
- Academic support with a focus on reading, writing and math
- Time management assistance
- Oversight of student's accountability for completed school work

Supporting your child's learning and social-emotional health is our #1 priority. Let us offer your child a place to belong in a time of uncertainty.

NEW! Winter 2020 Dates
Six 2-week sessions
Nov 30-Feb 26

with Special Programs during
School Winter break 12/21 – 12/31

Scholarships are available.

J BEYOND a BUILDING

Lego Winter Wonderland

For K4 - 1st grade

Tuesdays, 4:00-4:40 PM

Platform: Zoom

Instructor: Tami Kent

Wondering what to do to entertain your kiddo this winter? Try engaging winter themed Lego builds where your child can stay warm and have lots of creative fun@home learning to create winter themed projects. This class will help them begin to start thinking about how they can free-build Legos by using a theme. Don't let them get stir crazy this winter, let them use their creativity!

2 Tuesdays, January 12 & 19

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



Colorful Sculptures & Creations

For K5-2nd grade

Mondays, 4:00-4:40 PM

Platform: Zoom

Instructor: Andres Hernandez

Take a step out of the world of paper and step into a world of sculptures and 3D art. Take some clay and make some whacky creatures, cut cardboard into building and sculptures. The pieces you can make are only limited by your imagination and the size of your room. This class will include sculpting, building and a lot of glue. We will take household items and materials to make art into something that you can do anytime and anywhere. All supplies for this class offered via curbside pickup.

4 Mondays, Jan 11-Feb 8

No class: 1/18

MEM \$40 / PTRN \$20 / COMM \$52



BEYOND a BUILDING



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 winter 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. We will focus on The Art of Grief, Loss, and Change. This course uses interaction with and through the arts to explore and recognize the emotions that come with the grief, loss, and transitions we all experience throughout our lifetimes.

8 Wednesdays, Jan 20 - Mar 10

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 Jan 21- March 11

No class 11/26

JCC Members \$80 / Community \$95

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 8 Tuesdays, Jan 19-Mar 9

Get on your feet for yoga, dancing and more. This class will get you feeling great, and you may even break a sweat!

Paint Outside the Lines • Thursdays 5:00-5:30 PM 8 Thursdays, Jan 21-Mar 11

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.

One class: JCC Members \$80 / Community \$95

Two classes: JCC Members \$150 / Community \$180

All supplies included and delivered to your home.



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.

Tuesdays & Thursdays, Jan - Mar

\$36/month for digital subscription

\$30/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.

One hour personal training session:

JCC Members \$35 / Community \$45

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



J BEYOND a BUILDING

Milwaukee Community-wide
hanukkah @ home

Our Community-Wide Hanukkah Celebration will look a little different this year. While you are safely at home, our community is organizing a one-stop shop for all your Hanukkah needs and activities. Look for holiday posts from the JCC and our community partners Dec 10-18.

Join the Hanukkah MKE Facebook Group at facebook.com/groups/jewishholidaysmke

J SPACES & PLACES

Volunteers Needed This Winter

The Jewish Community Pantry is looking for volunteers to help pack bags of food, stock shelves, and load boxes of food in cars at our drive-through Pantry.

Thursdays – drive-thru service day
Some indoor but mostly outdoor options
Shift 1: 7:45 AM – 10:00 AM
Shift 2: 10:00 AM – 12:15PM

Tuesdays – packing/sorting day
Indoor work only
9:00 AM – 12:00 PM

CLICK TO LEARN MORE



J BEYOND a BUILDING



Broadway Jazz live with The Milwaukee Jazz Institute Quartet Tuesday, January 26 7:30 PM via Zoom

The Milwaukee Jazz Institute Quartet, featuring guitarist Paul Silbergleit, pianist Mark Davis, bassist Jeff Hamann, and drummer Dave Bayles, will perform jazz renditions of songs by the brilliant Jewish American composers who wrote extensively for Broadway musicals. These songs by Jerome Kern, George Gershwin, Richard Rodgers, and others now comprise what is referred to as "The Great American Songbook."

This concert is possible thanks to the caring support of Bruce Weiss and Melinda Steffey.

JCC Member \$10 / Community \$15

Author Events

Author Events are Free with advance registration on Zoom. Books available prior to event for curbside pick-up at the JCC.

January 12

Ian Michael Black

Meet the author of *A Better Man*
7:30 PM on Zoom

February 9

Ronald Balson

Meet the author of *Eli's Promise*
7:30 PM on Zoom

March 9 at 7:30 PM on Zoom

Shlomo Levin

Meet the author of
Human Rights Haggadah
7:30 PM on Zoom



Playhouse J

Modeled after live theater broadcasts in the 1950s infancy of Television, Playhouse J is the newest initiative of Tapestry: Arts & Ideas at the JCC. We will be presenting a series of live play readings through the magic of Zoom! All performances will feature well known Milwaukee based professional talent.

Winter Event:

Reunions a Pandemic Trilogy



Thursday, February 18 at 7:30 PM

This world premiere of an evening of live theater by Jody Hirsh chronicles the Covid-19 pandemic in our own time featuring a trilogy of short plays about Pandemic reunions: A young couple renews their friendship while searching for yeast during the build-up to the Covid lockdown, Elijah the prophet visits a divorcee's solitary Seder during the lockdown itself, and years after the pandemic, an elderly father reunites with his estranged son.

*Partially funded by
Dr. Steven and Rusti Moffic*

JCC Member \$10 / Community \$15



Milwaukee Jewish Film

On Broadway

An all-star cast tells the inside story of Broadway theater coming back from the brink thanks to innovative work, inclusion, and an uneasy balance between art and commerce. A hurly burly ride down the main street of American show business.

Streaming on Eventive January 12-14

Zoom Talkback January 14 at 7:30 PM

\$12 per household

Visit mkejewishfilm.eventive.org

Additional Movies Coming in February & March!



J BEYOND a BUILDING



Taste and Tradition: Winter Cooking Series via Zoom

Tapestry's popular Taste & Traditions series continues with chefs from popular Milwaukee restaurants offering their take on Jewish and Israeli cooking. 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!

January 19 at 5:00 PM

Make homemade bagels & cream cheese with Allie Boys Bagelry & Luncheonette

February 17 at 5:00 PM

Make Grilled Cheese & Tomato Soup with Soup Market (their Kidshare Classic)

March 24 at 5:00 PM

Make flourless chocolate cake. Bakery TBD.

One class: MEM \$10 / COMM \$15 Three class series: MEM \$24 / COMM \$39

Tapestry U: Arts and Ideas

Adults 18+



First Monday of the month 7:00 PM

Platform: Zoom meeting

This special new Tapestry initiative features local university and arts professionals in a series of classes about the diversity of Jewish engagement in the arts. Each session is one hour. Our faculty includes:

February 1: Dr. Rachel Baum, Deputy Director, Sam & Helen Stahl Center for Jewish Studies, UWM

March 1: Professor Joel Berkowitz, Director, Sam & Helen Stahl Center for Jewish Studies

April 5: Amanda Ruppenthal Stein, Lecturer in Music, Carroll University

May 3: Professor Gillian Rodger, The Peck School of the Arts, UWM

June 7: Michael Unger, Artistic Director, The Skylight Music Theatre

5 Class Series: MEM \$36 / COMM \$40

Individual Class: MEM \$8 / COMM \$12

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 2:

15 Thursdays, Mar 4-June 25

No class 4/1, 4/15

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



Judaic Art and Mastery @ Home

Create beautiful artistic pieces from the comfort of your home with the assistance of the JCC art specialist, Andres Hernandez. Participants will be provided with all supplies via curbside pick-up at the JCC.

Glass Mosaics

2 Wednesdays, Jan 6 & 13

4:00 PM via Zoom

Two class series: MEM \$20 / COMM \$25



Stenciling Ceramic Coasters

2 Wednesdays, Mar 10 & 17

4:00 PM via Zoom

Two class series: MEM \$20 / COMM \$25

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.

ONGOING

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

April class held on 4/16

JCC Members \$80 / Community \$100



J BEYOND a BUILDING

Men's Club

Adults 65+

Tuesdays 12:45pm

Platform: Zoom Meeting

Facilitator: Ken Stein

Annual Membership:

JCC Members \$20

Community \$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:

DECEMBER 1

Ellie Gettinger

Educator, Jewish Museum Milwaukee

DECEMBER 8

Dr. Ellen Censky

CEO, Milwaukee Public Museum

DECEMBER 15

Robert Hughes

Federal Bureau of Investigations
Milwaukee Special Agent in Charge

JANUARY 12

David Crowley

Milwaukee County Executive

**CONTACT
MEN'S CLUB**

J BEYOND a BUILDING

KOACH

Adults 55+

Thursdays 1:00 PM

Platform: Zoom Meeting

Free program



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

Upcoming Meetings

December 10: Brett Lipshutz and Monica Steger

January 14: Yuri and David Beliaevsky

February 11: "Jeff and Janis"

March: 11: Ellie Gettinger, Jewish Museum Milwaukee - Golda Meir presentation

April 8: Lam Wong

**CLICK TO
CONTACT KOACH**

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

Parkinson's Dance Class

Thursdays 1:00-2:00 PM

Platform: Zoom

Instructor: Susanne Carter

This online class is for anyone with Parkinson's Disease who wants to move to the beat of the music, dance while finding beauty and joy through a variety of musical genres and expressive movement. Come and join in the fun. Caregivers are welcome. Movements can be done in the chair and/or standing. Through the art of dance we can heal and be together at this time of COVID. Questions? Contact Susanne at carterproductions@sbcglobal.net

10 Thursdays, Jan 7-Mar 11

Free and open to the community

**CONTACT
SUSANNE**

Versiti Blood Drive

Wednesday, January 20 • 1:00 - 6:00 PM

Enter JCC at West Entrance



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! Click on the link above to donate or call 877-232-4376

Please note: All donors are required to wear a face mask as a precautionary measure. To help manage social distancing, we are strongly recommending all donors schedule an appointment.

