B’ruchim HaBaim! Welcome!

A year ago, we sent out our Spring Journal filled with classes and stories and full of the promise of a new season. That publication arrived in your homes just days after our building closed in support of community health.

Here we are a year later, and this 2021 Spring Journal is also filled with the promise of spring in Wisconsin. We know the snow will melt, the temperatures will rise, and we will gradually return to use of our outdoor spaces. But as you look through these pages, be sure to note how our program offerings have grown and become more innovative over the course of the past year. As a home for inclusive wellness, education, and community programs, the JCC has created new spaces, moments, and opportunities for everyone to live their lives Jewishly whether that be from the comfort and safety of their homes or in the indoor and outdoor spaces of one of our six unique locations throughout the state of Wisconsin.

Spring is a time of renewal and hope. Renew your commitment to your own physical, mental, or spiritual health by trying something new this spring. Take a class, work with a trainer, expand your perspective. No matter how you choose to grow this spring, your community is right here to support you and cheer you on!
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

SPRING HOLIDAY HOURS

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

Yom HaShoah
APR 8 - Open as usual

Yom HaZikaron
APR 14 - Open as usual

Yom HaAtzma'ut
APR 15 - Open as usual

Lag B’omer
APR 30 - Open as usual

Shavuot
MAY 16 - All facilities & programs close 6PM
MAY 17 - All facilities & programs closed
MAY 18 - Facilities open, no session classes

Memorial Day
MAY 31 - Open 8AM-3PM
All Education programs closed

Expanded Spring building hours go into effect as of April 5, 2021.
* The Fitness Center and Gym will close 5 minutes prior to closing time. The Pool will close 1/2 hour prior to closing time.
Not yet a JCC Member?

YOU BELONG HERE!

Not only do JCC Members receive priority registration and discounted pricing for the classes and programs found in this guide, but they also enjoy member access to our state-of-the-art fitness & aquatics facilities, the Hy & Richard Smith JCC Water Park in Mequon, Gan Ami Early Childhood Education, and free group exercise classes both in our Spaces & Places and Beyond a Building.

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

Questions about JCC Membership? Contact Jamie Seitz at jseitz@jccmilwaukee.org

JOIN

STAY CONNECTED

jccmilwaukee.org
@JCCMilwaukee

HARRY & ROSE SAMSON FAMILY JEWISH COMMUNITY CENTER • jccmilwaukee.org • SPRING 2021
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.

Click here to learn more about enhanced cleaning and physical distancing policies that allow us to keep our community safe and healthy.

Masks are required for ages 5+ when entering any JCC facility and throughout your visit.

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 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.

Explore our NEW! On Demand Video Gallery with exclusive class content for our JCC Members

Engage with our online communities for Fitness & Recreation, Arts & Ideas, Education, Camp & Families... and more!
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

Gym Reservations  
_Free to all JCC Members_

Reserve one hoop in a portion of the Marcus Gym for individual use. Members must bring their own basketball (ages 14+).

OR reserve family play time in the Family Gym. Families must bring their own equipment.

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

**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 or call 414-964-4444
Commit to Be Fit – On Demand
12 Week online program for ages 18+
Commit to be Fit is the JCC’s healthy habits and weight loss training program. Our main goal is to provide healthy lifestyle tools that will last a lifetime, not just 12-weeks. You’ll receive the tools needed to successfully complete the program with tracking tools, videos and coaching. Participants receive:
• 3 phases of workouts - each phase contains 3-7 workouts. Participants have access to the content for 1 year on jccmilwaukee.org
• 6 meetings with health coach Katie Nickel
• 2 meetings with registered dietician Sarah Sherman
12 weeks, Apr 4 - Jun 26
MEM $240 / PTRN $240 / COMM $360

Burn - HIIT Training at the J
In-person or virtual class for ages 14+
Burn is back in person! High Intensity Interval Training (HIIT) using spin bikes, TRX, and weights. Expect an intense 45 minute workout to test your endurance and strength. When registering, pick one time slot and you will have access to all classes with your registration. Your registration also includes all the virtual content!

**SESSION 1**
- Tuesdays 9:00-9:45 AM
- 4 weeks, Apr 6-27
- Instructor: Ally Denton
- MEM $48 / PTRN $48 / COMM $88

**SESSION 2**
- Tuesdays 9:00-9:45 AM
- 4 weeks, May 4-Jun 1 (no class 5/18)
- Instructor: Ally Denton
- MEM $48 / PTRN $48 / COMM $88

- Wednesday 7:00-7:45 AM
- 4 weeks, Apr 7-28
- Instructor: Kira Nehmer
- MEM $48 / PTRN $48 / COMM $88

- Wednesday 7:00-7:45 AM
- 4 weeks, May 5-26
- Instructor: Kira Nehmer
- MEM $48 / PTRN $48 / COMM $88

- Saturday 10:00-10:45 AM
- 4 weeks, Apr 10-May 1
- Instructor: Gwendolyn Bland
- MEM $48 / PTRN $48 / COMM $88

- Saturday 10:00-10:45 AM
- 4 weeks, May 8-29
- Instructor: Gwendolyn Bland
- MEM $48 / PTRN $48 / COMM $88

**Virtual Only Option:** 12 weeks of virtual programming including boxing, HIIT and Power Yoga classes plus weekly workout cards and health hacks!
MEM $40/PTRN $40/ COMM $70
FITNESS & RECREATION - yoga + mat pilates

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 2
4 Wednesdays, May 5-Jun 2
MEM $50 / PTRN $50 / COMM $75
Free for Gan Ami Parents/Guardians

Spring into Yoga: Course for Beginners
Ages 18+
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.

4 Wednesdays, Apr 7-28
MEM $48 / PTRN $48 / COMM $88

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
4 Fridays, Apr 9-30
MEM $32 / PTRN $32 / COMM $60
SESSION 2
5 Fridays, May 7-Jun 4
MEM $40 / PTRN $40 / COMM $75

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
Beginner Reformer Pilates Ages 14+
In-person: Pilates Studio
Begin to learn Pilates based on Joseph Pilates’ original series starting with level 1.

Mondays at 5:00 PM
Instructor: Sarah Cohen
7 Mondays, Apr 5-May 24
No class: 5/17
MEM $126 / PTRN $126 / COMM $168

Wednesdays 5:00 PM
Instructor: Ally Denton
SESSION 1: 4 Wednesdays Apr 7-28
MEM $72 / PTRN $72 / COMM $96
SESSION 2: 5 Wednesdays, May 5-Jun 2
MEM $90 / PTRN $90 / COMM $120

Friday 9:00 AM
Instructor: Katie Nickel
SESSION 1: 4 Fridays, Apr 9-30
MEM $72 / PTRN $72 / COMM $96
SESSION 2: 5 Fridays, May 7-Jun 4
MEM $90 / PTRN $90 / COMM $120

Mixed Level Reformer Pilates Ages 14+
In-person: Pilates Studio
Instructor: Ally Denton

Tuesdays at 8:00 AM
SESSION 1: 4 Tuesdays, Apr 6-27
MEM $72 / PTRN $72 / COMM $96
SESSION 2: 4 Tuesdays, May 4-Jun 1
No class: 5/18
MEM $72 / PTRN $72 / COMM $96

Wednesdays at 9:00 AM
SESSION 1: 4 Wednesdays, Apr 7-28
MEM $72 / PTRN $72 / COMM $96
SESSION 2: 5 Wednesdays, May 5-Jun 2
MEM $90 / PTRN $90 / COMM $120

Thursdays at 8:00 AM
SESSION 1: 4 Thursdays, Apr 8-29
MEM $72 / PTRN $72 / COMM $96
SESSION 2: 5 Thursdays, May 6-Jun 3
MEM $90 / PTRN $90 / COMM $120

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.
7 Mondays, Apr 5-May 24
No class: 5/17
MEM $126 / PTRN $126 / COMM $168

Power Pilates Ages 18+
In-person: Pilates Studio
A class that combines your traditional Reformer Pilates work with the TRX® suspension training system and the rowing machine! This blended class makes daily movements more efficient, keeps your heart rate up and is a great compliment to your current fitness routine.

Wednesdays 10:00 AM
Instructor: Katie Nickel
SESSION 1: 4 Wednesdays Apr 7-28
MEM $72 / PTRN $72 / COMM $96
SESSION 2: 5 Wednesdays, May 5-Jun 2
MEM $90 / PTRN $90 / COMM $120

Fridays 10:00 AM
Instructor: Ally Denton
SESSION 1: 4 Fridays, Apr 9-30
MEM $72 / PTRN $72 / COMM $96
SESSION 2: 5 Fridays, May 7-Jun 4
MEM $90 / PTRN $90 / COMM $120
FITNESS & RECREATION

Spring Wellness Workshops
Look for more details to be announced on these upcoming programs in our weekly communications or contact knickel@jccmilwaukee.org to learn more.

Bike Check-Ups & Safety Workshop
DATE/TIME TBD
The JCC is partnering with Wheel and Sprocket to provide a bike check up, just in time to start riding outdoors! Bring your bike in to the JCC where bike experts from Wheel and Sprocket will recommend the appropriate bike tune up needed for you! They will also be doing helmet safety checks for kids.
FREE to Members & Community

Functional Movement Screening
by Froedtert Physical Therapists
Are you experiencing pain, tightness, or a lack a results from your workout? Look for FREE Functional Movement Screenings to be provided by Froedtert physical therapist and JCC personal trainers. This screen reviews 7 movement patterns that identify areas of imbalance and weakness. By identifying these areas you’ll be able to properly focusing on specific movements to enhance your overall workout!
FREE to Members & Community

SPRING FITNESS SPECIALS

APRIL
Register for On-Demand Commit to be Fit and receive three 30 min personal training sessions

MAY
Purchase a Try Pack for $99
3 one hour personal training sessions
and receive $20 off your next Pilates class registration or Pilates personal training package

JUNE
Complete all 3 Youth Strength Training Sessions and qualify for two Try Packs
3 one hour personal training sessions each

For ages 12-14 yrs. See details on page 14.
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.

Fridays 9:00-9:30 & 9:45-10:15 AM
4 Fridays. Apr 9 - 30
MEM $44/COMM $60

Saturdays 9:45-10:15 AM
7 Saturdays, Apr 10 - May 22
MEM $77/ COMM $105

Sundays 9:00-9:30 AM
7 Sundays, Apr 11 - May 23
MEM $77/ COMM $105

Parent-Child Swim Skills
Ages 18 months - 3 years w/ adult
Max Capacity 6 tots (1 child per parent)

Is your child too old or advanced for the Parent-Tot class but not quite ready to start Preschool 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 Preschool 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.

Fridays 10:30-11:00 AM
4 Fridays. Apr 9 - 30
MEM $44/COMM $60

Sundays 11:15-11:45 AM
7 Sundays, Apr 11 - May 23
MEM $77/ COMM $105

Saturdays 11:15-11:45 AM
7 Saturdays, Apr 10 - May 22
MEM $77/ COMM $105

Arthritis Aquatics
Ages 14+
Mondays 10:00 AM
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.
7 Mondays, Apr 5-May 24
No class: 5/17
MEM $35 / PTRN $35 / COMM $105

SAVE THE DATE!
Hy & Richard Smith JCC Water Park in Mequon will open for the season on June 11 for our JCC Members
Pre-School Level 1
Ages 3-5 yrs w/adult • Max Capacity 3
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
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.

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 instruction with fun. 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 transitioning 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: Children enrolled in Gan Ami or Kids Center will not be walked to classes by JCC staff.

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.

FITNESS & RECREATION - aquatics 3-5 yrs

CLICK TO REGISTER FOR LESSONS

VIEW DATES, PRICING & POLICIES FOR ALL SWIM LESSONS

JSPACES & PLACES

HARRY & ROSE SAMSON FAMILY JEWISH COMMUNITY CENTER • jccmilwaukee.org • SPRING 2021
Ages 6 & up • Max Capacity 4

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: Children enrolled in Gan Ami or Kids Center 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 towards swimming one length of the pool from 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.
Gan Ami Early Childhood Education

Infants • Toddlers • Twos • K3 • K4

At Gan Ami Early Childhood Education, we are on a journey, or masa.

This journey is one we take in connection with one another – from the littlest infant to the most confident of K4 kiddos – from the newest and most nervous parent to the most experienced educators with decades of experience.

We know our most important job is cultivating relationships – between teachers and children, teachers and families, and the school and our community.

While these relationships may look different behind a mask or through the lens of a computer, this strong and beautifully intimate connection is deeply felt and treasured by us all.

Gan Ami is family, our mishpacha. We invite you to join our family and come on a journey of discovery.

Now Enrolling for 2021-22 School Year beginning in June

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

JBEYOND 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/week through May
JCC Members $200/month
Community $300/month
**Parent-Child Classes**

To ensure a healthy and fun experience, each class capacity is set at 4 children, and one adult per child is invited to join us for class each week. All adult participants and staff will wear masks and follow physical distancing protocols.

**Gymnastics Minis**

**Wednesdays 9:00-9:30 AM**  
*Ages 6 - 12 months*  
*Location: Family Gym*

This tumbling class is geared toward infants crawling or almost crawling. We will explore new objects to help develop coordination, balance and skill to continue their crawling and begin to strengthen their core and legs to prepare for walking. This class requires adult participation.

4 Wednesdays, April 14-May 5  
MEM $44 / PTRN Free / COMM $60

**Gymnastics Littles**

**Wednesdays 9:45-10:15 AM**  
*Ages 12 - 24 months*  
*Location: Family Gym*

This tumbling class is geared toward our newest walkers that are able to move around unassisted. They will have soft mats to move on and over, as well play with age-appropriate toys to help develop their fine and gross motor skills. This class requires adult participation.

4 Wednesdays, April 14-May 5  
MEM $44 / PTRN Free / COMM $60

**Gymnastics Bigs**

**Wednesdays 10:30-11:00 AM**  
*Ages 24 - 36 months*  
*Location: Family Gym*

This tumbling class is for our seasoned walkers. We will explore the family gym space and learn to move our bodies while walking on balancing on a beam, rolling and moving over mats, and exploring the fun of jumping. This class requires adult participation.

4 Wednesdays, April 14-May 5  
MEM $44 / PTRN Free / COMM $60
After School is Back!
for kids in K5-3rd grade

Explore the Spaces & Places of the JCC after school with gym time, swim, art, and outdoor fun!

3:00-6:00 PM (5:30 Fridays)
Weekly schedules offered coincide with your school’s in-person days.

4 Days per week w/transportation
MEM $366/mo. • COMM $406/mo.

5 Days per week, Karl Campus Schools
MEM $273/mo. • COMM $313/mo.

All children and staff will wear masks and follow physical distancing protocols for a healthy and fun experience.

CLICK TO LEARN MORE

In September 2020, the JCC launched Student Center to support our member families with children attending fully virtual and hybrid elementary school programs. As the majority of our school district partners are now transitioning back to in-person instruction, we are pleased to announce that Kids Center After School Programs, Youth Rec classes, and Spring Break Camps will return in March for both our members and our community!

Youth Strength Training
Ages 12-14 yrs

The Habush Fitness Floor is reserved for members ages 14 and up, but 12-13 year old members can receive early access to the fitness floor after taking these three 45-minute personal training sessions. The sessions are focused on coaching preteens to use the fitness floor in a safe and effective way.

To schedule an individualized session, contact Jack Chevremont at jchevremont@jccmilwaukee.org or ask at the Peck desk.

JCC Member Only $99

Spring Break Camps
Held at the JCC
for kids in K5-3rd grade

Two options:
Monday, March 22 - Thursday, March 25
Tuesday, March 30 - Friday, April 2

Spend your Spring Break week at the J with a different theme for each day! Children will remain in designated groups throughout the week. All children and staff will wear masks and follow physical distancing protocols for a safe and fun experience.

Each Session will include 4 Daily Themes:
• Nature & Science Exploration Day
• Mystery Mayhem Day
• Olympic Challenge Day
• Taste the Rainbow Day

4 Weekdays • 7:45 AM - 4:30 PM
JCC Members $299/week
Community $335/week
**S.T.A.R.S. Spring Digital Subscription**
Ages 5-21 yrs, all abilities
Platform: Zoom Meeting
Instructors: Sarah McCutcheon, Jody Margolis, Kari Foote & Jack Chevremont
All supplies included and delivered to your home.

**One class:**
- JCC Members $80 / Patron $80 / Community $95

**Two classes:**
- JCC Members $150 / Patron $150 / Community $180

**Three classes:**
- JCC Members $220 / Patron $220 / Community $265

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**Movement Madness**
Tuesdays 5:00-5:35 PM
7 Tuesdays, Apr 13-Jun 1
(no class 5/18)
Get off your feet with Sarah and Jody for yoga, dancing and more! Movement Madness will get you feeling great, you may even break a sweat!

**Edible Science**
Wednesdays 5:00-5:30 PM
8 Wednesdays, Apr 14-Jun 2
Hands on science experiments and projects are always a blast! Edible Science will teach you about science from the kitchen, and, of course, enjoy a yummy educational treat afterwards.

**Paint Outside the Lines**
Thursdays 5:00-5:30 PM
8 Thursdays, Apr 15-Jun 3
Join us to wrap up your day in a creative way. Learn about different artists and new techniques without leaving your house. All supplies are included and dropped off.

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**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, Apr 15-Jun 3
- MEM $80 / PTRN $80 / COMM $95

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**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.

- Ongoing Tuesdays & Thursdays
- $50/month for digital subscription
- $18/year for Chaverim membership

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**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

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CLICK TO CONTACT US

jmargolis@jccmilwaukee.org
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**BEYOND a BUILDING**

**J**
RECLAIM SUMMER
at JCC Day Camps

Your children deserve a summer of fun. They deserve to laugh, play games, explore nature, and break free from the screens that have dominated this year of virtual school at a camp that follows guidelines and makes camper health and safety a top priority.

2021 Camp Dates
Specialty Programs: June 14-18
Two-week Sessions
- Session 1: June 21-July 2
- Session 2: July 6-July 16
- Session 3: July 19-July 30
- Session 4: August 2-13
Specialty Programs: August 16-20

K5 - 9TH GRADE
All camp programs take place at JCC Rainbow Day Camp in Fredonia.
Bus transportation to camp included and offered at 3 bus stops: Whitefish Bay • Mequon • Grafton

VISIT
JCCMILWAUKEE.ORG / DAYCAMP
Milwaukee area families raising Jewish children now have more opportunities to participate in Jewish life, thanks to grants awarded by PJ Library, the flagship program of the Harold Grinspoon Foundation that provides free books to families raising Jewish children all over the world.

Follow us on Facebook @PJLibraryMilwaukee

Shabbat Among Friends
A series of home-based Shabbat programs for families raising Jewish children in Milwaukee.
To learn more, contact akitsis@jccmilwaukee.org

PJ New Baby Group
Connect, commiserate, and celebrate with other parents of newborns in Jewish households.
To learn more, contact rpressman@jccmilwaukee.org

PJ Russian-speaking Families Group
For Russian-speaking families with children from 6 months to 8 years old.
To learn more, contact sshamah@jccmilwaukee.org

PJ Western Suburb Group
For families looking to make Jewish connections in the Western Suburbs.
To learn more, contact dromain@jccmilwaukee.org

YAMIM 2021
STRENGTH IN COMMUNITY

Yom HaShoah
Holocaust Remembrance Day
Sunday, April 11 • 3 p.m.

Yom HaZikaron
Israel’s Day of Remembrance
Tuesday, April 13 • 6 p.m.

Yom HaAtzmaut
Israeli Independence Day
Sunday, April 18 • 2 p.m.
**ARTS & IDEAS**

**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.

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**Reunions: A Pandemic Trilogy**
March 4 at 7:00 PM on Zoom

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 buildup 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

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**Author Events**
Author Events are Free with advance registration on Zoom. Books available for purchase prior to event through our partnership with Boswell Books. Book pick-up at the JCC Peck Desk.

- **March 8 • 7:30 PM**
  **Shlomo Levin**
  *Human Rights Haggadah*

- **April 20 • 7:30 PM**
  **Rachel Biale**
  *Growing up Below Sea Level: A Kibbutz Childhood*

- **June 8 • 7:30 PM**
  **Jo Ivester**
  *Once a Girl, Always a Boy: A Family Memoir of a Transgender Journey*

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**Milwaukee Jewish Film**

**Kiss Me Kosher**
A subversive love story between clashing cultures and families. Kiss Me Kosher is romantic misadventure crossing all borders. When two generations of Israeli women fall for a German woman and a Palestinian man, chaos follows.

**Streaming on Eventive March 4-7**
**Zoom Talkback March 7 at 7:30 PM**
$12 per household
Visit mkejewishfilm.eventive.org

*Shown in cooperation with the Israel Center of the Milwaukee Jewish Federation*
Art & Ideas

Judaic Art and Mastery @ Home
Instructor: Andres Hernandez.
We will be decorating ceramic Passover seder plates and bowls just in time to display on your Passover seder table! Participants will be provided with all supplies via curbside pick-up at the JCC.

Passover Ceramics
2 Wednesdays, Mar 10 & 17
4:00 PM via Zoom
Two class series: MEM $20 / COMM $25

Be a Bouquet Pro!
Thursday, March 25
4:30 PM Curbside pickup
7:30 PM Online class
Chelsea from Botanical Creative Studio will teach us how to make our own floral arrangements right in time for the Passover Seder Table. Opt in to donate a second bouquet to Ovation Jewish Home, and the JCC will coordinate the donation.

Kits include flowers, vase, and clippers.

Single Bouquet: MEM $18 / COMM $20
Double Bouquet to make donation MEM $36 / COMM $40
Registration Deadline March 18

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!

April 29 at 5:00 PM
Make Green Machine Pizza with Third Coast Provisions

May 25 at 5:00 PM
Make soft pretzels with Milwaukee Pretzel Company

June 23 at 5:00 PM
Make Signature Sweets with Food Network Star, Kimberly Hall

One class: MEM $10 / COMM $15    Three class series: MEM $26 / COMM $39

Tapestry U: Arts & Ideas
Adults 18+
Select Mondays 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:
March 1: Professor Joel Berkowitz, Director, Sam & Helen Stahl Center for Jewish Studies
March 15: Dr. Rachel Baum, Deputy Director, Sam & Helen Stahl Center for Jewish Studies, UWM
April 5: Amanda Ruppenthal Stein, Lecturer in Music, Carroll University
May 3: Professor Gillian Rodger, The Peck School of the Arts, UWM
June 14: Michael Unger, Artistic Director, The Skylight Music Theatre

5 Class Series: MEM $36 / COMM $47
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
Community $140 semester

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.

SEMESTER 2:
1st Friday of each month, Mar 5 - Jun 6
April class held on 4/16
JCC Members $40 / Community $50
**JBEYOND a BUILDING**

**Virtual Recharge:**
**Brain Health Series**
*Presented in partnership with Ovation Communities*

**Wednesdays in April**
**1:30-3:00 PM on Zoom**
FREE to JCC Members and Community

**April 7**
What are the original Blue Zones on Earth? Explore what can be learned and applied; our direct application provides a positive effect on the brain.

**April 14**
Memory techniques and mental fitness exercises. This interactive session will teach memory strategies and simple novel ways to use your brain every day.

**April 21**
Neurobics are like chocolate to the brain! Experience the components of a well-established, research-based brain fitness program.

**April 28**
"Exercising our brains systematically is as important as exercising our bodies." Dr. Elkhonon Goldberg, Ph.D. Neuroscientist “Use it and get more of it.” Understand the benefits of combining regular cognitive exercise with physical exercise.

*Participants are encouraged to attend all 4 sessions*

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**JSPACES & PLACES**

**Volunteers Needed**
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**
*Some indoor but mostly outdoor options*
Shift 1: 7:45 AM – 10:00 AM
Shift 2: 10:00 AM – 12:15PM

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

**CLICK TO LEARN MORE**

**JSPACES & PLACES**

**Versiti Blood Drive**
**Wednesday, March 24 • 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.*
COMMUNITY

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**

**March 11**
Ellie Gettinger, Jewish Museum Milwaukee, Golda Meir presentation

**April 15**
Lam Wong, pianist

**May 6**
Keshena Armon, Jazz & Reggae

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

**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.

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:**

March 2: Rick Rocamora
March 9: Jill Gershan PhD Biochemistry Immunologist, MCW
March 16: Dr. Steve Moffic, Psychiatrist
April 6: TBD
April 13: Elizabeth Brenner, Milwaukee Journal Sentinel
April 20: Noam, Milwaukee’s newest Shin Shin

CLICK TO CONTACT KOACH

CONTACT MEN’S CLUB
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 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.