We Are a Strong JCC.
We Are Your JCC.
Join us for Fall 2021!
Learn more about our new Mission for a Strong JCC!

HOW TO USE THIS GUIDE
This online guide is digital and interactive! Look for videos and special links throughout that will lead you to learn more.

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

REGISTER

Watch Video demo of online registration site
Read JCC policies

FEE
MEM/PTRN/COMM
Look for Member and Community pricing throughout this guide.
MEM = JCC Member Value Fee
PTRN = JCC Patron Member Fee
COMM = Community Fee

FALL 2021 CLASSES
Patron Registration Opens Monday, August 9
Member Registration Opens Monday, August 16
Community Registration Opens Monday, August 23

Fall Session One
Sunday, September 12 - Saturday, October 9

Fall Session Two
Sunday, October 10 - Saturday, December 18

FALL BUILDING HOURS
KARL COMMUNITY CAMPUS - WHITEFISH BAY
Monday-Thursday 5:00 AM-10:00 PM
Friday 5:00 AM-6:00 PM
Close Fridays at 5:30 PM beginning Nov 7
Saturday & Sunday 8:00 AM-7:00 PM

* Peck Aquatic Center will close half hour prior to closing time each day. Habush Fitness Center and Marcus Gym will close 5 minutes prior to closing time each day.

FALL HOLIDAY HOURS
ALL JCC FACILITIES & PROGRAMS
LABOR DAY
Monday, Sept 6 • WFB Facility open 8AM - 4PM, Education programs closed, JCC Water Park closes at 4PM
ROSH HASHANAH
Monday Sept 6 • Facilities close at 4:00 PM
Tuesday, Sept 7 • All facilities closed
Wednesday, Sept 8 • All facilities closed
YOM KIPPUR
Wednesday, Sept 15 • Facilities close at 4:00 PM
Thursday, Sept 16 • All facilities closed
SUKKOT
Monday, Sept 20 • Facilities close at 6:00 PM
Tuesday, Sept 21 • All facilities closed
Wednesday, Sept 22 • Facilities open, no session classes
Thursday, Sept 23 • Facilities open, Session classes resume
Monday Sept 27 • Facilities close at 6:00 PM
SHEMINI ATZERET/SIMCHAT TORAH
Tuesday, Sept 28 • All facilities closed
Wednesday, Sept 29 • Facilities open, no session classes
Thursday, Sept 30 • Facilities open, Session classes resume
THANKSGIVING
Thursday, Nov 25 • WFB Facility open 8AM - 3PM, Education programs closed
HANUKKAH
Nov 28-Dec 6 • Facilities open
First candle Sunday, Nov 28
CHRISTMAS DAY
Saturday, Dec 25 • Facilities open 8:00 AM - 3:00 PM
NEW YEAR’S DAY
Saturday, Jan 1 • Facilities open 8:00 AM - 3:00 PM
Baby Ballet
*Ages 2 - 3 ½ yrs with adult*
Location: Yeladim Playroom
Instructor: Lyndsay Sorg

Baby Ballet is a first step in a dancer’s journey. The curriculum includes props such as scarves, spots and music which encourage the children to learn music and dance concepts in a warm and playful environment.

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Baby Ballet 2
*Ages 3 ½ - 4 ½ yrs with adult*
Location: Yeladim Playroom
Instructor: Lyndsay Sorg

Baby Ballet 2 continues the basics of dance with a target of older preschoolers and those who have completed Baby Ballet 1. Walking on the balance beam and basic ballet positions will combine with props and music to make the dancing experience one of fun and warmth.

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Creative Dance
*Ages 1½ - 3 yrs with adult*
Location: Yeladim Playroom
Instructor: Lyndsay Sorg

This class is designed as a fun, interactive way to introduce your child to dance. Through games and songs, participants will learn and practice balance, rhythm, movement, and coordination.

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Art for Littles
*Ages 1½ - 3 yrs with adult*
Location: Art Studio
Instructor: Andres Hernandez, JCC Art Specialist

What can you create together? This parent/child art class facilitates creativity and play. In this art class, you'll have the chance to explore different kinds of art, projects, and styles.

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Toddler Yoga
*Ages 1½ - 3 yrs with adult*
Location: Yoga Studio
Instructor: Senta Mentz

Attention cool caregivers and trendy toddlers, join us for some stretchy fun! Expect to use your imagination and connect to your little one through fun movement, partner poses, even balance. Small children can use yoga to learn meditation tricks and breathing techniques. This can help with big emotions, improving relationships, even help to focus and find calm. Namaste!

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Looking to spend some time with your little one in our ozone-treated aquatic center? Scroll to Page 13 for...

**Early Childhood Aquatics**
- **Parent-Tot Swim**
- **Parent-Child Swim Skills**
- **NEW! Terrific Twos Swim Development**

*Andres Hernandez*
Art Specialist

*Lyndsay Sorg*
Instructor

*Senta Mentz*
Instructor
Parent-Child

Mornings are a great time to connect with your little one and meet other parents with kids of similar age. Enjoy dance, art, and movement classes with a healthy dose of community-building fun!

**Mini Gymnastics**
*Ages 1 - 2 yrs*

Location: Family Gym  
Instructor: Ronna Ruffin

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.

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**Mighty Gymnastics**
*Ages 2 - 3 yrs*

Location: Family Gym  
Instructor: Ronna Ruffin

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

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**JCC Playgroup**
*Ages 1½ - 3 yrs*

Location: Family Gym  
Instructor: Jake Klavens

JCC Playgroup is designed to let your little one explore obstacles and gym activities in a structured environment. Each week they will be able to play on a different course while practicing their social skills.

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**PJ Library**

PJ Library is so much more than books. Through family engagement programs, we make PJ Library come to life for Jewish and interfaith families. Learn more about PJ Library at [jccmilwaukee.org/pjlibrary](http://jccmilwaukee.org/pjlibrary)

**PJ Baby Group**
Connect commiserate and celebrate with other parents of newborns in Jewish households.
Contact Rachel Pressman, PJ Library Baby Coordinator

**PJ Russian-speaking Families Group**
For Russian-speaking families with children from 6 months to 8 years old.
Contact Anna Vilinskiy, PJ Library Parent Coordinator

**PJ Western Suburb Group**
For families looking to make Jewish connections in the Western Suburbs of Milwaukee.
Contact Danielle Romain, PJ Library Parent Connector

**Shabbat Among Friends**
A series of home-based Shabbat programs for families raising Jewish children in Milwaukee.
Contact Andrea Kitsis, PJ Library Shabbat Coordinator
Preschool Enrichment • Ages 3-5 yrs

Whether your child is no longer napping or fresh off the K4 bus, these Kids Only classes will fill their afternoons with fun. Children enrolled in Kids Only classes must be fully potty trained.

**Ball Sports**  
*Ages 3 - 5 yrs*  
Location: Family Gym  
Instructor: Jake Klavens

Our ball sports classes will include using a wide variety of balls in activities and games to improve gross motor skills such as catching, throwing, striking, balancing, bouncing, etc.

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**Sports Fun**  
*Ages 3 - 5 yrs*  
Location: Family Gym  
Instructor: Michelle Tipton

Sports Fun is an introduction to sports of all sorts for those looking to work off some energy in the afternoons.

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**Ninja Fun**  
*Ages 3 - 5 yrs*  
Location: Family Gym  
Instructor: Michelle Tipton

In our JCC Mini Ninja program, kids will compete in all kinds of fun, physical challenges. There will be non-stop action from obstacle courses to progressive relays and team-based competitions.

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**Racket Sports**  
*Ages 3 - 5 yrs*  
Location: Family Gym  
Instructor: Jake Klavens

Get into the game! Racket Sports will introduce a variety of sports including tennis, pickleball, badminton, and ping pong. Come learn and play each sport individually as well as in teams.

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**Infants • Toddlers • Twos • K3 • K4**

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

Karen Faust  
Director, Mequon

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

Heather Spencer  
Director, Whitefish Bay

At Gan Ami Early Childhood Education, we are on a journey, or *masa* in Hebrew. 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!
Whether your child is no longer napping or fresh off the K4 bus, these Kids Only classes will fill their afternoon with fun. Children enrolled in Kids Only classes must be fully potty trained.

**Tap Dance**  
*Ages 3 - 5 yrs*  
Location: Family Gym  
Instructor: Lyndsay Sorg

Tap dance is designed to introduce your dancer to rhythm, style and sound. Participants will learn a variety of tap styles and focus on building flexibility, coordination, and speed of movement. Tap shoes required.

**Sports Variety**  
*Ages 3 - 5 yrs*  
Location: Family Gym  
Instructor: Jess Lanke

Sports Variety is designed to give your child a preview of all the classic sports. We will explore soccer, basketball, volleyball, floor hockey, and a variety of racket sports throughout the session.

**Painting**  
*Ages 3 - 5 yrs*  
Location: Art Studio  
Instructor: Andres Hernandez

Who doesn’t love an afternoon with a paintbrush? Did you know you can paint with more than just brushes? This beginning paint class is a chance to explore your inner painter.

**Legos**  
*Ages 3 - 5 yrs*  
Location: Yeladim Playroom  
Instructor: Tami Kent

Get your building skills ready. This lego class not only teaches patterns, counting, shapes, and numbers but will also harness your child’s inner master builder.

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**Register**

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**Tap Dance**

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**Sports Variety**

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**Painting**

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**Legos**

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**Instructor**

**Jess Lanke**  
Director of Recreation & Aquatics

**Jake Klavens**  
Recreation Manager

**Andres Hernandez**  
Art Specialist

**Lyndsay Sorg**  
Instructor

**Tami Kent**  
Instructor

**Michelle Tipton**  
Instructor
Youth Recreation • Ages 4-15 yrs

After school is a great time to burn off some energy, learn new skills, and just enjoy being a kid!

Clay Creations
Ages 4 - 8 yrs
Location: Art Studio
Instructor: Andres Hernandez

This popular clay class returns! Your artist will use a variety of materials; Crayola magic, oil based clay, and earthen clay to create their masterpieces.

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Homeschool Gym & Swim
Ages 4 - 15 yrs
Location: Marcus Gym & Peck Aquatic Center
Instructor: Jake Klavens & Dave Wage

Every child needs more physical education and every child should know how to swim. In Homeschool Gym, participants will rotate through a variety of gym games and have a chance to use different sports equipment. Homeschool Swim will help develop water confidence and skills over the course of the session. Building on the principles of the American Red Cross Learn to Swim Program, the instructors will customize the swim lessons to meet the needs of all participants.

Gym Only

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Swim Only

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Gym & Swim Combo

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Before & After School Care for K4-5th grade with Transportation

Come experience Kids Center re-imagined! From the moment the kids arrive, either on the JCC mini-bus or walking with a staff member across the Karl Campus property, they will find they have lots of options.

This fall, Kids Center kids will enjoy scheduled activities rotating between organized gym classes, swimming, art with our art specialist, classroom fun, and exploring their theatrical side with Pink Umbrella Theater Company. Children's theater programming is made possible through a generous grant from the Robyn Temkin Theater and School Endowment Fund.

We are ready to partner with our students and families as we start this new school year and look forward to building a safe environment full of values, friendship, and fun.

Before School Care 7:00 – 9:00 AM
After School Care 3:00 – 6:00 PM
(5:30 PM Fridays)

Currently serving Atwater, Bader Hillel Academy, Bayside Middle School, Cumberland, Indian Hill, Lake Bluff, Maple Dale, Maryland Ave. Montessori, Milwaukee Jewish Day School, New World Montessori, North Shore Montessori, Parkway, Richards, St. Monica, and Stormonth schools.

Ronna Ruffin
Director of Youth Programs
Youth Recreation • Ages 4-12 yrs

After school is a great time to burn off some energy, learn new skills, and just enjoy being a kid!

Mini Ninjas
*Ages 4 - 6 yrs*
Location: Family Gym
Instructor: Jake Klavens

In our JCC Mini Ninja program, kids will compete in all kinds of fun, physical challenges. There will be non-stop action from obstacle courses to progressive relays and team-based competitions.

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Basketball Basics
*Ages 4 - 6 yrs*
Location: Family Gym
Instructor: Jake Klavens

A skill-based class for kids looking to learn the game, develop the fundamentals, and discover the love for the game! Teamwork and sportsmanship will be taught during this fun format which includes plenty of game-like play!

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<td>5:30-6:00 PM</td>
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Master Ninjas
*Ages 7 - 10 yrs*
Location: Family Gym
Instructor: Jake Klavens

The Master Ninja program is created to give kids a fun approach to fitness as they work on strength, conditioning, flexibility, problem solving, teamwork, and coordination as they overcome obstacles designed for their skill levels.

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<th>SESSION</th>
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<tr>
<td>02</td>
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<td>OCT 11 - DEC 13</td>
<td>5:30-6:00 PM</td>
<td>$110/55/150</td>
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</tbody>
</table>

Basketball Clinic
*Ages 7 - 10 yrs*
Location: Family Gym
Instructor: Jake Klavens

Looking to harness your true basketball potential? This class will help you focus on the fundamentals: dribbling, passing, shooting, and overall game strategy.

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<th>SESSION</th>
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<td>4:45-5:15 PM</td>
<td>$99/45/135</td>
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Flag Football
*Ages 7-12 yrs*
Location: Marcus Gym
Instructor: Jake Klavens

It’s football season!! What better way to learn and review offensive and defensive skills and positions; along with teamwork, cooperation, and sportsmanship in practice and game-like settings.

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</table>

Meet Jake Klavens
Our New Recreation Manager
Youth Recreation • Ages 4-15 yrs

After school is a great time to burn off some energy, learn new skills, and just enjoy being a kid!

Parachute Games
Ages 4 - 6 yrs
Location: Family Gym
Instructor: Jake Klavens

Come join us in our parachute games!! We will playing a variety of fun and engaging games with our large parachutes, focusing on fine and gross motor skills, team-building, listening/attentive skills, and most importantly having a safe and exciting time!

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</table>

Parachute Games is designed to introduce your child to the basic strategy of soccer. Classes will have detailed, age-appropriate instruction in both offensive and defensive skills with a focus on teamwork and sportsmanship.

Register

Soccer Basics
Ages 4 - 6 yrs
Location: Family Gym
Instructor: Jake Klavens

Soccer Basics is designed to introduce your child to the basic strategy of soccer. Classes will have detailed, age-appropriate instruction in both offensive and defensive skills with a focus on teamwork and sportsmanship.

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</table>

Parachute Games will have No class 11/24.

Come join us in our parachute games!! We will playing a variety of fun and engaging games with our large parachutes, focusing on fine and gross motor skills, team-building, listening/attentive skills, and most importantly having a safe and exciting time!

Parachute Games
Ages 4 - 6 yrs
Location: Family Gym
Instructor: Jake Klavens

JCC Youth Recreation is proud to have strong recreational partners that bring their expertise to our JCC community!

We look forward to welcoming our partners from Danceworks back to our Spaces & Places for this fall. Look for their offerings on the following two pages!

This fall, we are excited to introduce a new partnership with Bavarian United Soccer Club. Bavarian United SC is a non-profit S01(c)(3) organization that creates a strong, unified soccer community for players and coaches of all skill levels and ages throughout Southeastern Wisconsin with the goal of instilling a love of the game and developing players at the earliest ages, for high school, college and beyond. Training is focused on fun, character development, responsibility and discipline and providing an environment that develops all players in a way that matches their desires and skill set.

Bavarian United SC has added the Athletic Fields on the Karl Community Campus as one of thir field locations for soccer programs that can be found on their website at bavarianunited.com

In addition, Bavarian United Soccer School will be offered FREE to students enrolled in Kids Center on Fridays!

Kids Center Soccer School with Bavarian United SC
6 Fridays | SEP 17 - OCT 22 | 4:15-5:15 PM
Contact Ronna Ruffin at rruffin@jccmilwaukee.org if you are interested in learning more about enrolling your K4-6th grader in Kids Center.
Dance • Ages 3-6 yrs

We are proud to partner with Danceworks, a local nonprofit with a mission of enhancing joy, health and creativity by engaging the community through dance. Dancework’s philosophy is to nurture and develop the spirit and the body through creative movement, physical discipline and self-expression. Their instructors are experienced professional dancers who have the knowledge necessary to teach varying ages and ability levels. Enjoyment, encouragement, enrichment and excitement are the tools used to carefully instruct all students—no matter their level.

To register visit visit danceworksmke.org • Questions? Call (414) 277-8480 ext. 6007 or contact abrinkman@danceworksmke.org

Creative Dance
*Ages 3-4 yrs*
Location: Studio B
Instructor: Danceworks Faculty

Fun and games that explore creativity and self-expression and develop dance skills that prepare students to move into other movement disciplines. Focuses on coordination, rhythm and creativity.

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<td>TUE</td>
<td>OCT 5 - DEC 14</td>
<td>4:15-5:00 PM</td>
<td>$143/132/154</td>
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Tap & Pre-Ballet
*Ages 4-6 yrs*
Location: Studio B
Instructor: Danceworks Faculty

This combination class will cover the basics of ballet and tap, with an emphasis on correct technique and terminology.

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<td>5-6 yrs</td>
<td>TUE</td>
<td>OCT 5 - DEC 14</td>
<td>5:00-6:00 PM</td>
<td>$143/132/154</td>
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Tiny Dancer
*Ages 2½ - 3 yrs*
Location: Studio B
Instructor: Danceworks Faculty

This class focuses on creativity in motion, imagination and motor skill development. Our faculty will guide students in a way that makes exploring movement and learning fun! Tiny Dancer is a great introduction to an independent dance class.

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<td>SEP 17 - DEC 17</td>
<td>11:00-11:45 AM</td>
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Tap & Creative Dance
*Ages 3-4 yrs*
Location: Studio B
Instructor: Danceworks Faculty

Introduces basic rhythm using simple tap steps along with coordination and movement skills that encourage creativity and prepares students or other movement disciplines. This class will cultivate a love for dance in a nurturing and fun-filled environment.

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<tr>
<td>3-4 yrs</td>
<td>FRI</td>
<td>SEP 17 - DEC 17</td>
<td>12:00-12:45 AM</td>
<td>$169/156/182</td>
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</table>

Dress Code for all Pre-Ballet, Ballet, Creative Dance and Tap & Pre-Ballet Combination Classes
Girls: Black leotard, pink or flesh-tone tights, appropriate shoes for style of class. Dance skirt is optional with permission from instructor.
Boys: Solid white t-shirt, black jazz pants or close-fitting sweat pants and appropriate shoes.

Dance Apparel and Shoes Are Sold at Danceworks • 1661 N. Water Street, Milwaukee
Student leotards, tights, demi-skirts and tap, ballet and jazz shoes are available at Danceworks! You can stop by to get fitted for shoes or dance attire anytime during our regular office hour M-F 3:30-7:00 PM or Saturday 9:00 AM-2:00 PM or call (414) 277-8480 if you have any questions.
Dance • Ages 7-13 yrs

We are proud to partner with Danceworks, a local nonprofit with a mission of enhancing joy, health and creativity by engaging the community through dance. Dancework’s philosophy is to nurture and develop the spirit and the body through creative movement, physical discipline and self-expression. Their instructors are experienced professional dancers who have the knowledge necessary to teach varying ages and ability levels. Enjoyment, encouragement, enrichment and excitement are the tools used to carefully instruct all students—no matter their level.

To register visit danceworksmke.org • Questions? Call (414) 277-8480 ext. 6007 or contact abrinkman@danceworksmke.org

**Tap & Jazz**  
*Ages 7-9 yrs*  
Location: Studio B  
Instructor: Danceworks Faculty

This combination class will cover the basics of jazz and tap, with an emphasis on correct technique and terminology. Each class will incorporate fun, upbeat choreography.

**Location: Studio B  
Instructor: Danceworks Faculty**

**Dress Code for Tap, Jazz & Contemporary**

Girls – Black jazz pants or leggings, solid colored close-fitting top and jazz and/or tap shoes.

Boy – Solid colored t-shirt, black dance pants or sweat pants, jazz and/or tap shoes.

Tap shoes must have sub-sunk screws or attachments to prevent damage to the wood floor

**Dress Code for Hip Hop**

Comfortable non-restricting clothing. Dance sneakers or street sneakers can be worn for all hip hop classes. All sneakers must be carried in and cannot be worn directly from the street. Wearing oversized clothing can be dangerous while dancing and should not be worn in any class.

**Intro to Hip Hop**  
*Ages 7-8 yrs*  
Location: Studio B  
Instructor: Danceworks Faculty

This class will focus on coordination and rhythm, and will teach hip hop dance basics in an energetic and fun-filled class environment. Each class is sure to get you on your feet and keep you on the beat!

**Location: Studio B  
Instructor: Danceworks Faculty**

**Contemporary**  
*Ages 9-13 yrs*  
Location: Studio B  
Instructor: Danceworks Faculty

Characterized by its versatility, contemporary dance can be performed to any style of music and is often blended with other dance forms to create a unique style of movement. This class will emphasize proper technique, body alignment and self-expression.

**Location: Studio B  
Instructor: Danceworks Faculty**

**Teen Hip Hop**  
*Ages 12+ yrs*  
Location: Studio B  
Instructor: Danceworks Faculty

This class will incorporate a variety of today’s trending hip hop dances. Classes will provide a structured method of learning choreography that will be set to today’s most popular music.

**Location: Studio B  
Instructor: Danceworks Faculty**
As an inclusive community center, we make our community stronger and offer opportunities for all of us to learn and grow together. The CISN provides important resources for individuals with special needs and their families by offering programs that are open to the whole community.

Meet Carisa Johnson
Our New Director of Special Needs & Inclusion

S.T.A.R.S. Yoga
Ages 5-18 yrs
Location: Yoga Studio
Instructor: Kari Foote

Your super STAR will build coordination and gross motor skills while moving to upbeat, contemporary music. The class promotes social interaction and personal expression in an active, fun-filled environment.

S.T.A.R.S. Paint Outside the Lines
Ages 5-18 yrs
Location: Art Studio
Instructor: Sarah McCutcheon

Join us for Paint Outside The Lines and wrap up your day in a creative way. Learn about different artists and new techniques by creating fun art projects.

Available Services
Contact smccutcheon@jccmilwaukee.org to learn more.

Tutoring Center
Ages 3-30 yrs
Tutoring Center is for kids who need academic assistance in one or more subject areas. We specialize in organizational skills which is often the foundation to academic success. Staffed by qualified, experienced special educators and assistants.

Personal Training
Ages 12+
Develop and increase gross motor skills. Kids will have fun while learning fundamental core skills.
As an inclusive community center, we make our community stronger and offer opportunities for all of us to learn and grow together. The CISN provides important resources for individuals with special needs and their families by offering programs that are open to the whole community.

See a sample of the types of activities Chaverim enjoys each month!

**Chaverim Adult Social Group**
*Adults ages 18+*
Facilitators: Sarah McCutcheon & Carisa Johnson

Chaverim, which means Friends in Hebrew, is a diverse group of adults who represent a wide range of ages, interests, and abilities. We enjoy social, recreational, educational, and Judaic opportunities 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.

**Ability Open Gym**
*Youth & Adults ages 10+*
Location: Marcus Gym
Facilitators: Sarah McCutcheon & Carisa Johnson

Wheelchair and adaptive sports can be scary — especially if it’s your first time. The Ability Center decided to remove the fear and offer our community an opportunity to play TOGETHER in an inclusive, non-competitive, friendly environment where your friends, family, peers and/or colleagues can join you to play in a “Different Pair of Shoes.” Everybody plays at TAC: Open Gym, we hope you’ll join us to try something different — disability or not Open Gym invites you to get in the game.

**Adaptive Aquatics**
*Ages 4-18 yrs*
Location: Peck Aquatic Center

This program is designed for participants ages 4-18 who identify with having a disability. Lessons are one-on-one with the instructor and focus on building comfort and proficiency in the water. Participants must go through a referral process prior to scheduling. This program accepts waivers. All lessons are ½ hour sessions scheduled once a week. Due to pool space, we may not be able to accommodate lessons Monday-Thursday 4:00 PM-6:00 PM. Lessons are scheduled based on instructor availability.

**Private Lessons** (1 swimmer)
1 lesson $25
3 lessons $73
6 lessons $143
12 lessons $270

**Semi-Private Lessons** (2-3 swimmers, siblings only)
1 lesson $12.50 per participant
3 lessons $36 per participant
6 lessons $71 per participant
12 lessons $135 per participant

To schedule a lesson or learn more, contact Jess Lanke at jlanke@jccmilwaukee.org or call 414-967-8194.
Early Childhood Aquatics

Early childhood is an excellent time to introduce your child to water play and safety skills.

Parent-Tot Swim
Ages 6 - 36 months w/ adult
Location: Peck Aquatic Center

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.

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<td>SUN</td>
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NEW!
Terrific Twos Swim Development
Ages 2 - 3 yrs
Location: Peck Aquatic Center
Instructor: Jess Lanke

This program is specially designed to work with children ages 2yrs - 3yrs who have participated in our Parent Child classes in the past but do not meet the age requirement for Pre-level 1. The class will focus work on all the skills that are introduced and taught in our Pre-school Level 1 class with the small class ratio of 1 instructor - 3 participants. Parents are not in the water during the lessons.

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<td>9:45-10:15 AM</td>
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Parent-Child Swim Skills
Ages 18 months - 3 years w/ adult
Location: Peck Aquatic Center

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.

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Explore the Peck Aquatic Center, the beautiful home of all JCC Fall Aquatics classes...
American Red Cross Learn To Swim

The JCC’s aquatics programs are based on the principles and methods established by the American Red Cross which is progressive; each skill builds on the skills mastered in the previous level. It is important and necessary to successfully complete each level in progression. Progress reports are handed out at the end of every session informing parents which skills were accomplished, which need continued progress, and a recommendation for subsequent enrollment levels. All lessons are taught in the Peck Aquatic Center on the JCC campus in Whitefish Bay.

Pre-school Age Aquatics • Ages 3 -5 yrs

Our pre-school age aquatic classes are structured with each 30 minutes lesson combining skill instruction and fun. To ensure a quality and safe lesson, there is a ratio of one instructor to a maximum of four students and the classes are taught in our teaching pool.

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

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

Pre-School Level 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.

Swim Evaluation Day
New to our program? Not sure what level to enroll your child? Reserve a spot during a swim evaluation block and meet our wonderful instructors. We will work with your child to do a swim evaluation and recommend a level to enroll in the American Red Cross Learn to Swim Program.

Peck Aquatic Center • Sunday, August 15 • 3:00-5:00 PM
FREE to Members and the Community
Contact Director of Recreation & Aquatics, Jess Lanke, to reserve your spot! jlanke@Jccmilwaukee.org or 414-967-8194
American Red Cross Learn To Swim

The JCC’s aquatics programs are based on the principles and methods established by the American Red Cross which is progressive; each skill builds on the skills mastered in the previous level. It is important and necessary to successfully complete each level in progression. Progress reports are handed out at the end of every session informing parents which skills were accomplished, which need continued progress, and a recommendation for subsequent enrollment levels. All lessons are taught in the Peck Aquatic Center on the JCC campus in Whitefish Bay.

Youth Age Aquatics • Ages 6+ yrs

Our youth aquatic classes are structured for children 6 years old and up with each lesson 30 minutes in length combining skill instruction with fun. To ensure a quality and safe lesson, there is a ratio of one instructor to a maximum of 5-6 students depending on the level and the classes are taught in our big pool.

**Youth Level 1**
Participants enrolled in this class will become familiar with all of the skills in the Pre-School Lesson Program. This level is designed for the older child to begin in an age appropriate lesson. This lesson will be taught in the large pool.

**Youth Level 2**
*Next step after Pre-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/float water 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.

**Youth Level 6**
Participants in this class must be able to do the following activity (minimally)
A) Dive into deep water, swim the front crawl for 100 yards and then swim backstroke for 100 yards. B) Swim 25 yards breaststroke and butterfly and demonstrate feet first and headfirst surface dives. Participants must also demonstrate proper turns including flip turns. Activities will include swim race etiquette, such as proper starts, breakouts, turns, finishes, and use of the pace clock. Swimmers will also learn basic lifeguarding techniques and prerequisites as well as the fundamentals of swimming for fitness.
Specialized Youth Aquatics

Discover the difference when you swim year-round in the indoor Peck Aquatic Center’s ozone-filtered, 6-lane, 25-yard lap pool and small teaching pool. The virtually chlorine free, odor free water is gentler on skin and eyes and a must for people with chlorine allergies.

NEW!
Adaptive Aquatics
*Ages 4 - 18 yrs*
Location: Peck Aquatic Center

This program is designed for participants ages 4-18 who identify with having a disability. Lessons are one-on-one with the instructor and focus on building comfort and proficiency in the water. Participants must go through a referral process prior to scheduling. This program accepts waivers. All lessons are ½ hour sessions scheduled once a week. Due to pool space, we may not be able to accommodate lessons Monday-Thursday 4:00 PM-6:00 PM. Lessons are scheduled based on instructor availability.

Adaptive Lessons (1 swimmer)
- 1 lesson $25
- 3 lessons $73
- 6 lessons $143
- 12 lessons $270

Co-adaptive Lessons (2-3 swimmers, siblings only)
- 1 lesson $12.50 per participant
- 3 lessons $36 per participant
- 6 lessons $71 per participant
- 12 lessons $135 per participant

To schedule a lesson or learn more, contact Jess Lanke at jlanke@jccmilwaukee.org or call 414-967-8194.

Triggerfish Swim Club
*Ages 6 - 14 yrs*
Location: Peck Aquatic Center
Head Coach: Dave Wage

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.

<table>
<thead>
<tr>
<th>SESSION</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE MEM/PTRN/COMM</th>
</tr>
</thead>
<tbody>
<tr>
<td>02</td>
<td>TUE &amp; THU</td>
<td>Oct 12 - Dec 16</td>
<td>5:00-6:00 PM</td>
<td>$190/80/266</td>
</tr>
</tbody>
</table>

Triggerfish Pre-season Stroke Clinic
*Ages 6 - 14 yrs*
Location: Peck Aquatic Center
Head Coach: Dave Wage

This clinic is three days long and will focus developing and refining all four competitive swim strokes as well as key areas of racing such as starts, flips/turns, and finishes. Participants will work with our experienced swim coaches who specialize in teaching their competitive stroke.

<table>
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<tr>
<th>SESSION</th>
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</tr>
</thead>
<tbody>
<tr>
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<td>Sep 23 - Oct 7</td>
<td>5:00-6:00 PM</td>
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</tr>
</tbody>
</table>

Questions? Contact Head Coach, Dave Wage
dwage@jccmilwaukee.org | 414-967-8191

Adaptive Lessons
(1 swimmer)
- 1 lesson $25
- 3 lessons $73
- 6 lessons $143
- 12 lessons $270

Co-adaptive Lessons (2-3 swimmers, siblings only)
- 1 lesson $12.50 per participant
- 3 lessons $36 per participant
- 6 lessons $71 per participant
- 12 lessons $135 per participant

To schedule a lesson or learn more, contact Jess Lanke at jlanke@jccmilwaukee.org or call 414-967-8194.

Questions? Contact Head Coach, Dave Wage
dwage@jccmilwaukee.org | 414-967-8191

All JCC Member Pups are invited to the

**Dog Swim**

**Thursday, September 9 • 5:00-7:00 PM**

at the Hy & Richard Smith JCC Water Park

All dogs must be accompanied by an adult 18+. No humans allowed in the water. Must sign waiver and show proof of rabies vaccination (Milwaukee County Park Tags accepted). JCC Members only.
Teen & Adult Aquatics

Discover the difference when you swim year-round in the indoor Peck Aquatic Center’s ozone-filtered, 6-lane, 25-yard lap pool and small teaching pool. The virtually chlorine free, odor free water is gentler on skin and eyes and a must for people with chlorine allergies.

Individualized Stroke Refinement
 Teens & Adults ages 14+
 Location: Peck Aquatic Center
 Instructor: Mark Caballero

Instructor Mark Caballero, M.S. works with triathletes and swimmers looking to make changes to their front crawl swim form. With his knowledge and experience he will be able to help prepare you for your next event or improve your lap swim efficiency. For those looking to be able to swim with less risk of injury or enjoy more speed for the same energy, Mark brings his technical background to break down the stroke to find your optimal swim form. Lesson packages expire after one calendar year and must be purchased prior to the first lesson. Lessons are scheduled on an indivual basis. Due to other programming, lessons may be limited during certain times of the day. All packages must be purchased through the Aquatics office.

Packages for JCC Members:
1 session - $65
4 session - $250
8 sessions - $476
12 sessions - $681

To schedule lessons, contact Jess Lanke, Director of Recreation and Aquatics at jlanke@jccmilwaukee.org or 414-967-8194.

Arthritis Aquatics
 Adults ages 18+
 Location: Peck Aquatic Center, 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.

<table>
<thead>
<tr>
<th>SESSION</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
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</thead>
<tbody>
<tr>
<td>02</td>
<td>MON</td>
<td>OCT 11-DEC 13</td>
<td>10:00 AM</td>
<td>$60/60/160</td>
</tr>
</tbody>
</table>

American Red Cross Lifeguard Training
 Teens & Adults ages 15+
 Location: Peck Aquatic Center
 Instructor: Dave Wage

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

Prerequisites: Must be at least 15 years old and pass certain swimming requirements including a continuous 300 yard swim, retrieval of a 10lb object from 10-12ft of water, and treading water without the use of your hands for 2 min. Students who cannot pass the prerequisite swimming skills will be refunded the course fee minus a $25 swim test fee.

<table>
<thead>
<tr>
<th>OPTION</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>SUN</td>
<td>OCT 10-DEC 12</td>
<td>1:00-3:30 PM</td>
<td>$225/225/300</td>
</tr>
<tr>
<td>B</td>
<td>Online</td>
<td>Done by 11/11</td>
<td>On own time</td>
<td>$225/225/300</td>
</tr>
<tr>
<td></td>
<td>THU</td>
<td>NOV 11</td>
<td>4:00-9:00 PM</td>
<td></td>
</tr>
<tr>
<td></td>
<td>SAT</td>
<td>NOV 13</td>
<td>10:00AM-6:00PM</td>
<td></td>
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<tr>
<td></td>
<td>SUN</td>
<td>NOV 14</td>
<td>10:00AM-6:00PM</td>
<td></td>
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</tbody>
</table>

**must attend all sessions**
Pilates Reformer

Pilates Reformer is a comprehensive exercise and rehabilitation program that works to lengthen, strengthen, and balance the body using the Pilates reformer apparatus. Benefits include increased core strength, improved flexibility, better posture, improved joint mobility, and enhanced muscular endurance.

Contact Ally Denton for September Drop-in class schedule - adenton@jccmilwaukee.org

### Beginning Pilates Reformer

**Adults ages 18+**

**Location: Pilates Studio**

Take that first step to a leaner, stronger you! Learn how to use the Pilates Reformer apparatus to lengthen, strengthen, and balance your body. Pilates is perfect for EVERY BODY!

<table>
<thead>
<tr>
<th>SESSION</th>
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<th>DATES</th>
<th>TIME</th>
<th>INST.</th>
<th>FEE MEM/PTRN/COMM</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>MON</td>
<td>Ask about SEPT Drop-ins</td>
<td>9:00 AM</td>
<td>Ally</td>
<td>$162/162/216</td>
</tr>
<tr>
<td>02</td>
<td>WED</td>
<td>Oct 13-Dec 15</td>
<td>5:00 PM</td>
<td>Ally</td>
<td>$162/162/216</td>
</tr>
<tr>
<td>02</td>
<td>WED</td>
<td>Oct 12-Dec 14</td>
<td>8:15 AM</td>
<td>Ally</td>
<td>$180/180/240</td>
</tr>
<tr>
<td>02</td>
<td>WED</td>
<td>Oct 13-Dec 15</td>
<td>9:00 AM</td>
<td>Ally</td>
<td>$180/180/240</td>
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<tr>
<td>01</td>
<td>TUE</td>
<td>Ask about SEPT Drop-ins</td>
<td>8:15 AM</td>
<td>Ally</td>
<td>$162/162/216</td>
</tr>
<tr>
<td>02</td>
<td>TUE</td>
<td>Oct 12-Dec 14</td>
<td>8:15 AM</td>
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<td>02</td>
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<td>Oct 13-Dec 15</td>
<td>9:00 AM</td>
<td>Ally</td>
<td>$162/162/216</td>
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<tr>
<td>01</td>
<td>THU</td>
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<td>8:15 AM</td>
<td>Ally</td>
<td>$180/180/240</td>
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<tr>
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<td>Oct 14-Dec 16 No class 11/25</td>
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<td>Ally</td>
<td>$216/216/288</td>
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<tr>
<td>01</td>
<td>FRI</td>
<td>Ask about SEPT Drop-ins</td>
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<td>Ally</td>
<td>$234/234/312</td>
</tr>
<tr>
<td>02</td>
<td>FRI</td>
<td>Oct 16-Dec 15</td>
<td>9:00 AM</td>
<td>Ally</td>
<td>$234/234/312</td>
</tr>
<tr>
<td>01</td>
<td>FRI</td>
<td>Ask about SEPT Drop-ins</td>
<td>10:00 AM</td>
<td>Jill</td>
<td>$234/234/312</td>
</tr>
<tr>
<td>02</td>
<td>FRI</td>
<td>Oct 16-Dec 15</td>
<td>10:00 AM</td>
<td>Jill</td>
<td>$234/234/312</td>
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</table>

### Intermediate Classical Reformer

**Adults ages 18+**

**Location: Pilates Studio**

Classical Reformer classes are based on Joseph Pilates’ original series I-V. Prior Reformer experience required.

<table>
<thead>
<tr>
<th>SESSION</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>INST.</th>
<th>FEE MEM/PTRN/COMM</th>
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</thead>
<tbody>
<tr>
<td>01</td>
<td>MON</td>
<td>Ask about SEPT Drop-ins</td>
<td>5:00 PM</td>
<td>Sarah</td>
<td>Per class rate $18/18/24</td>
</tr>
<tr>
<td>02</td>
<td>MON</td>
<td>Oct 11-Dec 13</td>
<td>5:00 PM</td>
<td>Sarah</td>
<td>$180/180/240</td>
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</tbody>
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### Advanced Classical Reformer

**Adults ages 18+**

**Location: Pilates Studio**

Classical Reformer classes are based on Joseph Pilates’ original series I-V. Prior Reformer experience required.

<table>
<thead>
<tr>
<th>SESSION</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>INST.</th>
<th>FEE MEM/PTRN/COMM</th>
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<tbody>
<tr>
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<td>MON</td>
<td>Ask about SEPT Drop-ins</td>
<td>6:00 PM</td>
<td>Sarah</td>
<td>Per class rate $18/18/24</td>
</tr>
<tr>
<td>02</td>
<td>MON</td>
<td>Oct 11-Dec 13</td>
<td>6:00 PM</td>
<td>Sarah</td>
<td>$180/180/240</td>
</tr>
</tbody>
</table>

Private and semi-private lessons with our Pilates instructors can get you started on your Pilates journey or give seasoned enthusiasts the personal attention they deserve.

New to Personal Training at the JCC? Give Reformer a try with our introductory rate of 3 one-hour sessions for only $99. Visit jccmilwaukee.org/personaltraining, call 414-964-4444, or contact Ally Denton at adenton@jccmilwaukee.org.

Ally Denton
Asst. Fitness Director

Sarah Cohen
Instructor

Jill Harris
Instructor
Group Training

Are you ready to challenge your body? Try one of the JCC’s group training classes. Each class is goal-specific, providing you with maximum results in a small group setting.

Wondering if a Burn workout is for you? Try one at home before you register!

Burn
Adults ages 18+
Location: Marcus Gym

Burn is a high-intensity interval training (HIIT) workout that alternates between intense bursts of activity and fixed periods of less-intense activity or rest for maximum fat burning.

60 minute class / 40 second exercise / 20 second rest per interval

<table>
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<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>SAT</td>
<td>SEP 18-OCT 9</td>
<td>9:00 AM</td>
<td>Gwen</td>
<td>$48/48/88</td>
</tr>
<tr>
<td>02</td>
<td>SAT</td>
<td>OCT 16-DEC 18</td>
<td>9:00 AM</td>
<td>Gwen</td>
<td>$120/120/220</td>
</tr>
<tr>
<td>01</td>
<td>SUN</td>
<td>SEP 12-OCT 3</td>
<td>1:00 PM</td>
<td>Sam</td>
<td>$48/48/88</td>
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<tr>
<td>02</td>
<td>SUN</td>
<td>OCT 10-NOV 21</td>
<td>1:00 PM</td>
<td>Sam</td>
<td>$84/84/154</td>
</tr>
</tbody>
</table>

Women on Weights
Adults ages 18+
Location: Studio A

Building strength is the foundation to increasing your fitness level. Learn to properly lift using barbells, dumbbells and the cable machines under the supervision of a certified personal trainer specializing in strength training.

<table>
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<tr>
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<th>DATES</th>
<th>TIME</th>
<th>INST.</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>THU</td>
<td>SEP 2-OCT 7</td>
<td>9:00 AM</td>
<td>Denise</td>
<td>$64/64/104</td>
</tr>
<tr>
<td>02</td>
<td>THU</td>
<td>OCT 14 - DEC 16</td>
<td>9:00 AM</td>
<td>Denise</td>
<td>$144/144/234</td>
</tr>
</tbody>
</table>

Mat Pilates
Adults ages 18+
Location: Varies, see below

Mixed level Mat Pilates builds core strength and increases muscular endurance. Variations offered to challenge and modifications for injury and limitations.

<table>
<thead>
<tr>
<th>SESSION</th>
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<th>DATES</th>
<th>TIME</th>
<th>INST.</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>FRI</td>
<td>SEP 17-OCT 8</td>
<td>10:00 AM</td>
<td>Terri</td>
<td>$32/32/72</td>
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<td>02</td>
<td>FRI</td>
<td>Oct 16-Dec 15</td>
<td>10:00 AM</td>
<td>Terri</td>
<td>$72/72/162</td>
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Burn Location: Yoga Studio

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<th>INST.</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>SAT</td>
<td>SEP 18-OCT 9</td>
<td>9:00 AM</td>
<td>Sara</td>
<td>$32/32/72</td>
</tr>
<tr>
<td>02</td>
<td>SAT</td>
<td>Oct 16-Dec 18</td>
<td>9:00 AM</td>
<td>Sara</td>
<td>$120/120/220</td>
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Saturday Location: Pilates Studio

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<tr>
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<th>FEE</th>
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<tbody>
<tr>
<td>01</td>
<td>SAT</td>
<td>SEP 18-OCT 9</td>
<td>9:00 AM</td>
<td>Sara</td>
<td>$32/32/72</td>
</tr>
<tr>
<td>02</td>
<td>SAT</td>
<td>Oct 16-Dec 18</td>
<td>9:00 AM</td>
<td>Sara</td>
<td>$120/120/220</td>
</tr>
</tbody>
</table>

Instructor

Gwendolyn Bland
Denise Beckman
Terri Stevens
Sara Kornberger
JCC MEMBER BENEFITS

There are many benefits to JCC Membership and access to personal training, hourly childcare, and free group exercise classes are just a few. Not yet a JCC Member? Membership is open to the whole community! See page 27 to learn more.

Personal Training

All new JCC Members receive 3 free sessions with a Personal Trainer!

Our professional trainers have the knowledge and expertise to:

- Assess your current level of fitness
- Create an individualized workout plan based on your goals
- Teach you the proper way to perform each movement
- Keep you accountable and motivated
- Make the most of your workout time and increase your efficiency

Learn more about our new Level system for Trainers. Rates for JCC Personal Trainers are based on the level of training, certification, and experience that each trainer holds.

Free Group Exercise

Open to JCC Members 14+

Cardio, Strength, Indoor Cycling, Yoga, and Aqua fitness classes are free to JCC Members and offered throughout the week. Some favorites include:

- Les Mills Body Pump
- Boot Camp
- Zumba
- Slow Flow Yoga
- Freestyle Cycling
- Fitness Intervals
- Aquafit Deep

Stay up-to-date with our online class schedule, drop-in, and try something new! Want to bring a friend? Ask at the desk about getting a guest pass so you can introduce a friend to the JCC!

Meet Sam Brink

New Full Time Personal Trainer

Hourly Childcare

For JCC Member families with children ages 6 months to 6 years

While you work (out), your kids can play! Hourly Childcare is open 7 days a week with daily hours corresponding with our most popular fitness class offerings.

Block 1: 9:15-10:45 AM
Block 2: 11:00 AM-12:30 PM
Rate $5.00/per child per time block

Reservations are required up to 3 days in advance using the online reservation system at jccmilwaukee.org/member or by calling 414-964-4444. To cancel a reservation or check on last minute availability, call 414-964-4444

Questions? Contact Laura Slatky-Verkuilen, Hourly Childcare Coordinator at LSlatky-Verkuilen@jccmilwaukee.org

Laura Slatky-Verkuilen
Hourly Childcare Coordinator
Adult Recreation
No matter your age, leading an active life is a lot more fun with friends. What better place than a community center to find your squad! Join a league or just drop-in to play in our Marcus Gym.

Meet Jake Klavens
Our New Recreation Manager

Open Basketball
Adults ages 18+ or 30+ (as listed below)
Location: Marcus Gym

Drop in basketball play for JCC Members only. No guests. Stop by and shoot some hoops! No registration required.

<table>
<thead>
<tr>
<th>AGES</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>18+</td>
<td>SUN</td>
<td>SEP &amp; OCT ONLY</td>
<td>8:00-12:00 PM</td>
<td>$0</td>
</tr>
<tr>
<td>18+</td>
<td>TUE</td>
<td>SEP-DEC</td>
<td>11:00-1:00 PM</td>
<td>$0</td>
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<tr>
<td>30+</td>
<td>WED</td>
<td>SEP-DEC</td>
<td>6:30-8:30 PM</td>
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<tr>
<td>18+</td>
<td>THU</td>
<td>SEP-DEC</td>
<td>11:00-1:00 PM</td>
<td>$0</td>
</tr>
</tbody>
</table>

NEW! Open Pickleball
Teens & Adults ages 16+
Location: Marcus Gym

Pickleball is a fun and competitive sport that is a mash up of tennis, ping pong, wiffle ball, and badminton. It’s one of the fastest growing sports in America. Feel free to bring your own pickleball equipment, although equipment will also be provided on site.

An electronic punch card system will be used. Punch cards are non-refundable but can be carried over for future use.

- 1-pack $4/7
- 5-pack $20/35
- 10-pack $36/66
- 20-pack $70/$130

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<thead>
<tr>
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<tr>
<td>SUN</td>
<td>SEP-DEC</td>
<td>1:00-3:00 PM</td>
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<tr>
<td>MON</td>
<td>SEP-DEC</td>
<td>10:00-12:00 PM</td>
</tr>
<tr>
<td>THU</td>
<td>SEP-DEC</td>
<td>1:30-3:30 PM</td>
</tr>
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</table>

Want to learn more about Pickleball? Learn more about the sport and see if you are ready to give it a try!

Men’s Basketball Open League
Adults ages 18+
Location: Marcus Gym & MJDS Fieldhouse

Players must be JCC Members in order to participate.
Registration Deadline: OCT 4
Draft Date: OCT 5 at 7:00 PM
Interested in being a team captain? Reach out to Jake Klavens at jklavens@jccmilwaukee.org or 414-967-8174.

<table>
<thead>
<tr>
<th>AGES</th>
<th>DAY</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
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</thead>
<tbody>
<tr>
<td>18+</td>
<td>SUN</td>
<td>NOV 7-MAR 13 No games 11/28, 12/26, and 1/2</td>
<td>8:00-12:00 PM</td>
<td>$90 Early Bird Special $80 before 9/19</td>
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</table>
Arts & Ideas

More than a fun night out, a beautiful painting on the wall, or a good read, arts and ideas is a connection – through generations, across geography, and beyond our differences. Our cornerstone program, Tapestry, is about celebration, exploration, and building a community through the arts.

Arts & Ideas: Visual Arts

Black Cat Alley Mural Street Art Tour
Adults ages 18+
Location: JCC West Entrance

Private guided tour of Milwaukee’s own Black Cat Alley, led by one of the mural artists, we will view the contemporary art work and discuss its connection to Jewish themes such as Tikun Olam and Immigration. We will also look at what street art means to a community. Fee includes bus ride to and from East Side. Space is limited.

<table>
<thead>
<tr>
<th>DAY</th>
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<th>FEE MEM/PTRN/COMM</th>
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<tbody>
<tr>
<td>THU</td>
<td>OCT 14</td>
<td>12:30 PM</td>
<td>$12/6/16</td>
</tr>
</tbody>
</table>

Kohler Art Preserve Tour
Adults ages 18+
Location: JCC West Entrance

Private guided tour of the new Kohler Art Preserve. A look at this brand-new type of art space, both preserving the large scale art work of community artists and also a museum space that allows the public to interact and move amongst the art pieces. A look at what preserving our art and community means to us all in our ever changing world. Fee includes a boxed lunch and bus ride to and from Kohler. Space is limited.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>FEE MEM/PTRN/COMM</th>
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</thead>
<tbody>
<tr>
<td>WED</td>
<td>NOV 10</td>
<td>Depart 9 AM Return 2:15</td>
<td>$25/19/30</td>
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Zachor Photography Exhibit Opening
Location: Surlow Promenade

This portrait exhibit, shown in partnership with the Nathan & Esther Pelz Holocaust Education Resource Center and Zachor - The Holocaust Memory Project, serves as a visual representation of Survivors whose history we wish to preserve. The Jewish photographers featured in this exhibit believe that it is important to document these stories to be shared with coming generations and that these portraits can be a powerful instrument to carry yesterday into tomorrow. As this exhibit pivoted through the influence of the pandemic, these porch portraits became a symbol of survival in challenging times. Exhibit will remain open throughout the fall.

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<th>DAY</th>
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<tbody>
<tr>
<td>WIN</td>
<td>OCT 14</td>
<td>12:30 PM</td>
<td>$12/6/16</td>
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</table>

Judaic Art & Mastery Class
Shards of Light for the Festival of Lights
Adults ages 18+
Location: Daniel M. Soref Community Hall
Instructor: Andres Hernandez

This Hanukkah, we are going to make two miniature sculptures! One to keep (or gift) and one to place out in the world! What, you say? Well, Kabbalah teaches us that Humans not only contain the light, but also reflect the light back and it is our job to bring light to the broken shards. With this in mind, our Arts and Mastery program will be making miniature sculptures, one for you to keep and one for you to put out in the world for someone else to find! Spread a little joy and wonder this fall. All art supplies included with purchase of class.

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<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
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<tbody>
<tr>
<td>THU</td>
<td>NOV 18</td>
<td>4:00-5:30 PM</td>
<td>$25/16/30</td>
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</tbody>
</table>

Meet Reva Fox
Our New Arts & Culture Director

REGISTER

REGISTER

REGISTER

REGISTER

Rabbi Shari Shamah
Community Services & Program Director

Andres Hernandez
Art Specialist

Jody Hirsh
Instructor
Arts & Ideas: Culinary Arts

The Art of Challah
Beyond a Building Platform: Zoom
Instructors: Rabbi Shari Shamah & Marc Tasman

Join Rabbi Shari Shamah and Artist Marc Tasman as they take us through a virtual program where you will learn the art of braiding and filling challah. Enjoy your creation for the High Holy Days, learn some new tips and tricks, and also enjoy being with your community as we prepare for the new year to come. Includes curbside pick-up of Challah dough.

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<th>FEE MEM/PTRN/COMM</th>
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<tbody>
<tr>
<td>THU</td>
<td>SEP 2</td>
<td>5:00 PM</td>
<td>$10/5/15</td>
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</table>

Jake Cohen Cookbook Program
Beyond a Building Platform: Zoom

Chef Jake Cohen will kibbitz and demo a recipe from his new cookbook “Jew-ish.” Copies of his cookbook will be available to purchase and pick up prior to the event.

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<th>DAY</th>
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<tbody>
<tr>
<td>TUE</td>
<td>OCT 5</td>
<td>7:30 PM</td>
<td>FREE</td>
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</table>

Taste & Tradition Cooking Class
Beyond a Building Platform: Zoom

Taste & Tradition is back with a TWIST! Join in this 5-part cooking series led by Chef Michael Solovey, owner of Sage Harvest Cooking School. Chef Michael’s pedagogy implements approachable science to help his students understand why different cooking techniques render a variety of results in the kitchen. He will lead us through various cuisines all with Jewish relevance. Each class is 1 hour long and will provide thorough instruction and expertise with Chef in the comfort of your home so you will be sure to learn a lot and eat some newly created meals! Each participant will also receive a key ingredient available to be picked up curbside at the JCC prior to the class.

<table>
<thead>
<tr>
<th>DISH</th>
<th>DATE</th>
<th>TIME</th>
<th>FEE MEM/PTRN/COMM</th>
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<tbody>
<tr>
<td>Fall Tzimmes with Chicken Sausage</td>
<td>NOV 4</td>
<td>5:00 PM</td>
<td>$18/14/23</td>
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<tr>
<td>Smoked Salmon Salad Pumpernickel Crostini</td>
<td>Dec 9</td>
<td>5:00 PM</td>
<td>$18/14/23</td>
</tr>
<tr>
<td>Ukrainian Beetroot Borscht</td>
<td>JAN 20</td>
<td>5:00 PM</td>
<td>$18/14/23</td>
</tr>
<tr>
<td>Shakshuka</td>
<td>FEB 10</td>
<td>5:00 PM</td>
<td>$18/14/23</td>
</tr>
<tr>
<td>Jeweled Quinoa Acorn Squash Bowl</td>
<td>MAR 8</td>
<td>5:00 PM</td>
<td>$18/14/23</td>
</tr>
<tr>
<td>FULL SERIES</td>
<td>NOV-MAR</td>
<td>5:00 PM</td>
<td>$80/60/105</td>
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Arts & Ideas: Film

Milwaukee Jewish Film Festival • October 17-28

A Starry Sky Over the Roman Ghetto
Sunday, October 17 • Opening Night Event at Marcus North Shore with Talkback OR Stream at home on Eventive Sunday, October 17-Wednesday, October 20

Here We Are
Monday, October 18 • Live Screening at Marcus North Shore with Talkback OR Stream at home on Eventive Monday, October 18-Thursday, October 21

Labyrinth of Peace (6 one-hour episodes)
Tuesday October 19, Wednesday, October 20, Thursday, October 21
Watch on the big screen at the JCC. 2 episodes shown each night. Talkback on last night. OR Stream at home on Eventive Wednesday, October 20 - Tuesday, October 26

Tango Shalom
Monday, October 25 • Closing Night Event at Marcus North Shore with Talkback OR Stream at home on Eventive Monday, October 25 - Thursday, October 28

Visit jccmilwaukee.org/filmfestival
So many Bible stories have captured our imaginations and have fascinated humanity throughout all the generations: Adam and Eve, Cain and Abel, Jacob's Ladder, Joseph in Egypt, Moses on Mount Sinai, and more. This year we will study twelve stories, and dive into traditional Narrative Midrash (Rabbinic interpretations that are themselves stories) as well as examining how artists of all types (painters, writers, musicians, playwrights, sculptors, dancers, etc.) have interpreted these stories. Both traditional Judaism, and more modern art, have deepened the meaning of these deceptively simple tales. There will be a second six week semester in the Winter Session. Class will be a hybrid of in-person (Spaces & Places) and virtual (Beyond a Building).

**Back to the Sources Class**
Bible, Midrash, Art: The Richness of Bible Stories  
Adults ages 18+  
Location: Glazer Family Board Room  
Instructor: Jody Hirsh

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**Alan Hlad Author Event**
Beyond a Building Platform: Zoom
Online discussion with Author Alan Hlad about his book, Churchill's Secret Messenger, which tells the story of a young British woman recruited from Churchill's typing pool to become an undercover spy in Nazi occupied France. Come hear Alan discuss this epic love story that spans all of WWII.

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<tr>
<td>MON</td>
<td>NOV 15</td>
<td>7:30 PM</td>
<td>FREE</td>
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**Hanukkah & Hanukkiahs Class**
Adults ages 18+
Spaces & Places Location: Daniel M. Soref Community Hall  
Beyond a Building Platform: Zoom
Come celebrate the Holiday with the Tapestry Program and the Jewish Museum Milwaukee as we learn about the holiday and the blessing of bringing light into the darkness with beautiful Hanukkiahs.

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<tr>
<td>TUE</td>
<td>DEC 2</td>
<td>10:00-11:00 AM</td>
<td>$10/5/15</td>
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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 a partnership between the JCC and 5 Milwaukee synagogues: Congregations Beth Israel Ner Tamid, Emanu-El Jeshurun, Shalom, Sinai, and Temple Menorah. When lunch is provided with the program, there is an $8 fee. When we are not able to offer lunch, the program will be free.

KOACH
Adults ages 55+
Beyond a Building Platform: Zoom
Facilitator: Rachel Pressman

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 a partnership between the JCC and 5 Milwaukee synagogues: Congregations Beth Israel Ner Tamid, Emanu-El Jeshurun, Shalom, Sinai, and Temple Menorah. When lunch is provided with the program, there is an $8 fee. When we are not able to offer lunch, the program will be free.

KOACH
Adults ages 55+
Beyond a Building Platform: Zoom
Facilitator: Rachel Pressman


Open Mah Jongg
Adults ages 18+
Location: JCC Courtyard or Community Hall
Facilitator: Jackie Blumberg

Monday Open Mah Jongg is back every other week at the JCC! Come play and schmooze with new and old friends! Coordinate with your tablemates to bring a mah jongg set. Light snack and water will be provided.

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<tbody>
<tr>
<td>MON</td>
<td>ONGOING</td>
<td>12:30-2:00 PM</td>
<td>$2/2/3 per session</td>
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Beginners Mah Jongg Class
Adults ages 18+
Location: Daniel M. Soref Community Hall (A)
Facilitator: Jackie Blumberg

New to the game of Mah Jongg or just need a refresher? Come join our Beginners Mah Jongg class at the JCC and learn from our maven Jackie Blumberg. 2021 Mah Jongg card included in class enrollment.

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<tr>
<td>SUN</td>
<td>OCT 3-31</td>
<td>10:00-12:30 PM</td>
<td>$34/34/42</td>
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<td>OCT 3-31</td>
<td>10:00-12:30 PM</td>
<td>$34/34/42</td>
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Men’s Club
Adults ages 55+
Spaces & Places Location: Daniel M. Soref Community Hall
Beyond a Building Platform: Zoom
Facilitator: Ken Stein

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. This fall we will be using a hybrid format with the option of coming in-person or joining us on Zoom.

Annual Membership:
JCC Members $35 • Community $45

For more information about becoming a member of JCC Men’s Club, or to enjoy a trial visit, contact Rachel Pressman at rpressman@jccmilwaukee.org.

<table>
<thead>
<tr>
<th>SPEAKER</th>
<th>DAY</th>
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<tbody>
<tr>
<td>Jeff Katz</td>
<td>Thursday</td>
<td>SEP 14</td>
<td>12:45-2:00 PM</td>
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<tr>
<td>Rick Rocamora</td>
<td>Thursday</td>
<td>OCT 5</td>
<td>12:45-2:00 PM</td>
</tr>
<tr>
<td>Mitch Nelles</td>
<td>Thursday</td>
<td>OCT 12</td>
<td>12:45-2:00 PM</td>
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<tr>
<td>Dr. Steve Moffic</td>
<td>Thursday</td>
<td>OCT 19</td>
<td>12:45-2:00 PM</td>
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Community

It’s a diverse community, so it stands to reason that we’re a diverse community center. The JCC is a destination for excellent programs and services, but it’s first and foremost a non-profit, social-services agency committed to serving the ever-changing needs of the entire community.
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 a full schedule of free group exercise classes.

Bring Your Family for Free this Fall!
Join the JCC and begin a new family membership in September, and you will only pay the individual membership rate for the whole fall session (through December 2021). Each adult will also receive 3 free sessions with a personal trainer.

JOIN

Already a Member? THANK YOU!
Refer a Friend to join in September and get a Free Month of Membership.

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

Some restrictions may apply. See Membership Team for details. Offer expires 9/30/21.
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.