

JOURNAL

Harry & Rose Samson Family **Jewish Community Center**

Creating Spaces. Building Opportunities. Inspiring Jewish Moments for Diverse Communities.

**Grow and Learn at
Your J This Spring!**



STAY CONNECTED

jccmilwaukee.org
[@JCCMilwaukee](https://www.instagram.com/JCCMilwaukee)



SPRING 2022 CLASSES

Patron Registration Opens Monday, March 21
Member Registration Opens Monday, March 28
Community Registration Opens Monday, April 4

Spring Session

Sunday, April 24 - Saturday, June 4

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
our online registration site



Call 414-964-4444 for
Registration Support

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



Read
JCC
policies

SPRING BUILDING HOURS

KARL COMMUNITY CAMPUS - WHITEFISH BAY

Peck (North) Entrance Hours

Monday-Thursday 5:00 AM-10:00 PM

Friday 5:00 AM-6:00 PM

Saturday & Sunday 8:00 AM-7:00 PM

Marcus (West) Entrance

Monday-Friday 7:00 AM-12:00 PM

Open additional hours for scheduled events in adjacent spaces.

Soref & Gan Ami (South) Entrances

Drop-off and pick-up for Gan Ami & Kids Center only.

** Peck Aquatic Center will close half hour prior to closing time
each day. Fridays Peck Aquatic Center closes at 4 PM.*

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

SPRING HOLIDAY HOURS

PASSOVER April 15-23

Friday, April 15

All facilities close at 4:00 PM (First Seder)

Saturday, April 16

All facilities closed

Thursday, April 21

All facilities close at 6:00 PM

Friday, April 22

All facilities closed

YOM HASHOAH Thursday, April 28

YOM HAZIKARON Wednesday, May 4

YOM HAATZMA'UT Thursday, May 5

Facilities open regular hours on all Yamim

LAG B'OMER Thursday, May 19

Facilities open regular hours

MEMORIAL DAY Monday, May 30

WFB facility open 8:00 AM - 3:00 PM

Education programs closed

SHAVUOT

Saturday, June 4

Facilities close at 6:00 PM

Sunday, June 5

All facilities closed



Jewish Life

Inspiring Jewish moments for diverse communities is at the core of our mission, and we invite you to join our community for educational and celebratory programs throughout the year.

Celebrate Passover April 15–23

Taste & Tradition: Passover

Platform: Zoom

Instructor: Mark Shapiro

REGISTER 

Taste & Tradition is celebrating Passover and this time you might want to use your goggles! Join JCC President and CEO, Mark Shapiro, as he shares his family recipe for chrain (home-made horseradish). Mark is famous for his unique flavors of chrain, so be prepared to try something new with your gefilte fish this year. Each participant will receive a key ingredient available to be picked up curbside at the JCC prior to the class.

DAY	DATE	TIME	FEE MEM/PTRN/COMM
MON	APRIL 5	7:00 PM	\$10/10/15



Enjoy the video above and visit pjllibrary.org to find more holiday resources for your family

Yom HaShoah
Holocaust Remembrance Day
Wednesday, April 27 • 6 pm



Yom HaZikaron
Israel's Day of Remembrance
Tuesday, May 3 • 6 pm



Yom HaAtzmaut
Israel's Independence Day
Sunday, May 15 • 2 pm



All events take place at the **Harry & Rose Samson Family Jewish Community Center**

REGISTER 

YAMIM 2022

**DAYS of
UNITY**

Three special days—**YAMIM**—for our community to come together to honor the resilience and miraculous journey of the Jewish people.

Annual Yamim funds come from these generous endowment funds of the Jewish Community Foundation of the Milwaukee Jewish Federation:



MILWAUKEE
JEWISH FEDERATION



Arthur & Rose Chrustowski Yom
HaShoah ICC Endowment Fund
Raye & David David Yom
HaShoah ICC Endowment Fund
Sam & Edith Kopel Family Yom
HaShoah ICC Endowment Fund

Eva & Leon Lepold Family Yom
HaShoah ICC Endowment Fund
William & Franka Neufeld
Holocaust Education Memorial
ICC Endowment Fund
Walter W. Peltz Memorial ICC
Endowment for Furthering
Holocaust Education

Luba Szlosberg Memorial
ICC Endowment Fund
Pincus & Bluma Weinstock Yom
HaShoah ICC Endowment Fund
Yom HaAtzmaut/Walk for
Israel - Schuster Metals/Atid
Properties ICC Endowment Fund

This program is proudly supported by the Israel Engagement Fund: A ICC Association of North America Program Accelerator



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!

Toddler Open Gym

Location: Family Gym

Facilitator: JCC Rec Staff

REGISTER



Looking for something to keep your little ones busy? Stop by the JCC on Sunday mornings and let your kids explore obstacles and gym activities in a structured environment. Each week they'll play on a different course and explore different sensory objects while practicing their social skills. *Registration is limited to 10 children per session and can be done on a week-by-week basis. Please register in advance to ensure there is space.*

Ages 12-24 months with adult

DAY	DATES	TIME	FEE PER DATE/PER CHILD MEM/PTRN/COMM
SUN	MAY 1 - 29	9:00-10:00 AM	\$3/0/5

Ages 24-36 months with adult

DAY	DATES	TIME	FEE PER DATE/PER CHILD MEM/PTRN/COMM
SUN	MAY 1 - 29	10:00-11:00 AM	\$3/0/5

Mini Gymnastics

Ages 1 - 2 yrs

Location: Family Gym

Instructor: Ronna Ruffin

REGISTER



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

DAY	DATES	TIME	FEE MEM/PTRN/COMM	# OF CLASSES
THU	APR 28-JUN 2	9:30-10:00 AM	\$66/0/90	6

Mighty Gymnastics

Ages 2 - 3 yrs

Location: Family Gym

Instructor: Ronna Ruffin

REGISTER



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.

DAY	DATES	TIME	FEE MEM/PTRN/COMM	# OF CLASSES
THU	APR 28-JUN 2	10:30-11:00 AM	\$66/0/90	6



Gan Ami Early Childhood Education

Infants • Toddlers • Twos • K3 • K4

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!



Karen Faust

Director, Mequon

Mequon

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

LEARN MORE



Heather Spencer

Director, Whitefish Bay

Whitefish Bay

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

LEARN MORE



Gan Ami is rated by the State of Wisconsin as a Youngstar 5-star provider and has earned national accreditation from the Association for Early Learning Leaders' National Accreditation Commission (NAC).



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!



Jake Klavens

Recreation Manager



Kristen Schmalfeldt

Rec & Aquatics Coordinator



Ronna Ruffin

Director of Youth Programs



Kristal Melbye

Instructor

Baby Ballet

Location: Yeladim Playroom

Instructor: Sydney Bannach

REGISTER



Baby Ballet is the first step in a dancer's journey. This class uses props like scarves, spots, and music to encourage children to learn concepts of music and dance in a warm and playful environment. The older class continues the basics of dance for older preschoolers and those who have completed the first class. We combine the use of a balance beam and basic ballet position with props and music to create a fun and warm dancing experience for little ones.

Ages 2 – 3 ½ years with adult

DAY	DATES	TIME	FEE MEM/PTRN/COMM	# OF CLASSES
TUE	APR 26-MAY 31	10:30-10:00 AM	\$66/0/90	6

Ages 3 ½ - 4 ½ yrs with adult

DAY	DATES	TIME	FEE MEM/PTRN/COMM	# OF CLASSES
TUE	APR 26-MAY 31	11:15-11:45 AM	\$66/0/90	6

Love & Logic Course

Location: Glazer Family Board Room

Instructor: Kristal Melbye

REGISTER



Gain the positive, loving tools you need to raise happy and well-behaved kids. The Love and Logic approach to parenting is built around the science of nurturing caring and respectful relationships and provides a variety of simple and effective strategies for parenting children from birth to adulthood.

This class will help parents learn to:

- Neutralize Arguing, Begging, Whining
- Keep the Parent Child Relationship Strong
- Use Empathy to Hold Children Responsible for their Mistakes without Losing their Love
- Give Lots of Little Choices within Healthy Boundaries
- Use Enforceable Statements to Always Follow Through
- Guide Kids to Own and Solve Their Problems
- Teach Kids to Complete Chores Without Reminders and Without Pay

DAY	DATES	TIME	FEE MEM/PTRN/COMM	# OF CLASSES
TUE	APR 26-MAY 31	6:30-8:30 PM	\$175/175/200	6



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

PJ Baby Group

Connect, commiserate, and celebrate with other parents of newborns in Jewish households.

Contact Rachel Pressman, PJ Library Baby Coordinator

CONTACT



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

CONTACT



PJ Western Suburb Group

For families looking to make Jewish connections in the Western Suburbs of Milwaukee.

Contact Danielle Romain, PJ Library Parent Connector

CONTACT



Shabbat Among Friends

A series of home-based Shabbat programs for families raising Jewish children in Milwaukee.

Contact Andrea Kitsis, PJ Library Shabbat Coordinator

CONTACT





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 afternoon with fun. Children enrolled in Kids Only classes must be fully potty trained.

Ninja Fun

Ages 3 - 5 yrs

Location: Family Gym

Instructor: Michelle Tipton

REGISTER



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.

DAY	DATES	TIME	FEE MEM/PTRN/COMM	# OF CLASSES
TUE	APR 26-MAY 31	1:00-1:45 PM	\$66/0/90	6

Movement & Games

Ages 3 - 5 yrs

Location: Family Gym

Instructor: JCC Rec Staff

REGISTER



Movement & games is the perfect opportunity to burn off energy! Each week participants will be introduced to new activities and games focusing on teamwork.

DAY	DATES	TIME	FEE MEM/PTRN/COMM	# OF CLASSES
THU	APR 28-JUN 2	1:00-1:45 PM	\$66/0/90	6

Sports Club

Ages 3 - 5 yrs

Location: Family Gym

Instructor: Michelle Tipton

REGISTER



Join your friends and learn to play soccer, t-ball, tennis and more!! All classes will have detailed, age-appropriate instruction in both a wide variety of skills. Teamwork and sportsmanship will be taught during this fun format which includes plenty of games! Arrive ready to listen and learn great games!

DAY	DATES	TIME	FEE MEM/PTRN/COMM	# OF CLASSES
TUE	APR 26-MAY 31	1:45-2:00 PM	\$66/0/90	6

LEGO Builders

Ages 3 - 5 yrs

Location: Yeladim Playroom

Instructor: Tami Kent

REGISTER



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.

DAY	DATES	TIME	FEE MEM/PTRN/COMM	# OF CLASSES
THU	APR 28-JUN 2 <i>No class 5/5</i>	1:45-2:30 PM	\$55/0/77	5

Ball Sports

Ages 3 - 5 yrs

Location: Family Gym

Instructor: JCC Rec Staff

REGISTER



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.

DAY	DATES	TIME	FEE MEM/PTRN/COMM	# OF CLASSES
WED	APR 27-JUN 1	1:00-1:45 PM	\$66/0/90	6



Kristen Schmalfeldt

Recreation & Aquatics Coordinator



Tami Kent

Instructor



Michelle Tipton

Instructor



Youth Recreation • Sun-day Fun-day

Kick start a new week with an active Sunday afternoon!

T-Ball Basics

Ages 3 - 5 yrs

Location: Athletic Fields on Karl Campus

Instructors: JCC Rec Staff

REGISTER



Learn the fundamentals of our national pastime! Throwing, catching, hitting and much more will be practiced through age-appropriate activities. Skills and drills will help the child's self-confidence, teamwork and knowledge of the game of baseball.

DAY	DATES	TIME	FEE MEM/PTRN/COMM	# OF CLASSES
SUN	MAY 1 - 29	1:15-2:00 PM	\$55/0/75	5

Baseball Basics

Ages 5 - 7 yrs

Location: Athletic Fields on Karl Campus

Instructors: JCC Rec Staff

REGISTER



Learn the fundamentals of our national pastime! Throwing, catching, hitting and much more will be practiced through age-appropriate activities. Skills and drills will help the child's self-confidence, teamwork and knowledge of the game of baseball.

DAY	DATES	TIME	FEE MEM/PTRN/COMM	# OF CLASSES
SUN	MAY 1 - 29	2:15-3:00 PM	\$55/0/75	5

Sunday S.T.A.R.S.

Ages 5- 15 yrs

Location: Family Gym

Instructor: Sarah McCutcheon & Elana Madlom

REGISTER



An active, inclusive program featuring different activities each month. The goal is to make all children feel welcome and to help them strive towards their own individual potential. This program strengthens social skills in a nurturing environment.

DAY	DATES	TIME	FEE PER DATE/PER CHILD MEM/PTRN/COMM
SUN	MAY 1	1:00-3:00 PM	\$20/0/25



Temkin Flag Football

Ages 7 - 10 yrs

Location: Athletic Fields on Karl Campus

Instructors: JCC Rec Staff

REGISTER



Looking to fine tune your football skills, come practice with the JCC staff. We will work on strengthening the fundamentals of the game to make you a better player while focusing on teamwork and sportsmanship.

DAY	DATES	TIME	FEE MEM/PTRN/COMM	# OF CLASSES
SUN	MAY 1 - 29	12:00-1:00 PM	\$60/0/80	5

*Youth Sports programs are made possible through
a generous grant from the JCC
Sherwood Temkin Youth Sports Endowment.*

Ability Open Gym

Youth & Adults ages 10+

Location: Marcus Gym

Facilitators: Ability Center & Sarah McCutcheon

REGISTER



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." We hope you'll join us to try something different — disability or not.

DAY	DATES	TIME	FEE MEM/PTRN/COMM
SUN	APRIL 3	1:00-3:00 PM	FREE



Youth Recreation • After School

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

Mini Ninjas * S.T.A.R.S. Friendly Ages 4 - 6 yrs

Location: Family Gym

Instructor: JCC Rec Staff

REGISTER



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.

DAY	DATES	TIME	FEE MEM/PTRN/COMM	# OF CLASSES
MON	MAY 2 - 23	5:30-6:00 PM	\$40/0/60	4

Mighty Ninjas * S.T.A.R.S. Friendly Ages 7 - 10 yrs

Location: Family Gym

Instructor: JCC Rec Staff

REGISTER



The JCC Mighty Ninja program is created to give your kid a fun approach to fitness as they work on strength, conditioning, flexibility, problem solving, team work, and coordination as they overcome obstacles designed for their skill levels.

DAY	DATES	TIME	FEE MEM/PTRN/COMM	# OF CLASSES
MON	MAY 2 - 23	4:00-4:30 PM	\$40/0/60	4

Master Ninjas * S.T.A.R.S. Friendly Ages 10 - 14 yrs

Location: Family Gym/Marcus Gym

Instructor: Jake Klavens & Sarah McCutcheon

REGISTER



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

DAY	DATES	TIME	FEE MEM/PTRN/COMM	# OF CLASSES
MON	MAY 2 - 23	4:45-5:15 PM	\$40/0/60	4

Intro to Basketball

Ages 3 - 5 yrs

Location: Family Gym

Instructor: JCC Rec Staff

REGISTER



Begin to learn the basic fundamentals of basketball in this fun and relaxed environment. Participants will learn how to dribble, pass, shoot, and work together as a team!

DAY	DATES	TIME	FEE MEM/PTRN/COMM	# OF CLASSES
WED	APR 27-JUN 1	4:00-4:30 PM	\$66/0/90	6

Basketball Basics

Ages 5- 7 yrs

Location: Family Gym

Instructor: JCC Rec Staff

REGISTER



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

DAY	DATES	TIME	FEE MEM/PTRN/COMM	# OF CLASSES
WED	APR 27-JUN 1	4:45-5:15 PM	\$66/0/90	6

Basketball Clinic

Ages 7 - 10 yrs

Location: Family Gym

Instructor: JCC Rec Staff

REGISTER



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

DAY	DATES	TIME	FEE MEM/PTRN/COMM	# OF CLASSES
WED	APR 27-JUN 1	5:30-6:00 PM	\$66/0/90	6



Jake Klavens

Recreation Manager



Kristen Schmalfeldt

Recreation & Aquatics
Coordinator



Sarah McCutcheon

Special Needs Coordinator



Youth Recreation • After School

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

Volleyball Clinic

Ages 7 - 10 yrs

Location: Marcus Gym

Instructor: JCC Rec Staff

Throughout the clinic, participants will work on the fundamental skills and strategy of volleyball including bumping, setting, and spiking. They will learn team strategy and practice their skills through gameplay.

DAY	DATES	TIME	FEE MEM/PTRN/COMM	# OF CLASSES
FRI	APR 29-JUN 3	4:15-5:15 PM	\$72/0/96	6

REGISTER



Middle School Basketball

Ages 10 - 14 yrs

Location: Marcus Gym

Instructor: JCC Rec Staff

Are you looking to hoop with your friends and kids your age through organized game-play? If so, this class is for you! In this 60 minute program, you will be fine-tuning your dribbling, passing, shooting, and rebounding skills through lots of running and interactive game-play.

DAY	DATES	TIME	FEE MEM/PTRN/COMM	# OF CLASSES
WED	APR 27-JUN 1	4:00-5:00 PM	\$66/0/90	6

REGISTER



GaGa

Ages 7 - 10 yrs

Location: Marcus Gym/Courtyard

Instructor: JCC Rec Staff

We are very excited to be offering Gaga at the JCC this Spring! Gaga is a very popular game that originated in Israel and has grown in popularity in the United States over the past few decades. Players start in a "pit", an octagon shaped court, hitting and rolling the ball with their hand to eliminate other players.

DAY	DATES	TIME	FEE MEM/PTRN/COMM	# OF CLASSES
THU	APR 28-JUN 2	4:00-4:30 PM	\$66/0/90	6

REGISTER



KIDSCENTER

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

LEARN MORE



Come experience Kids Center! 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 winter, 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 partner with our students and families throughout the school year to build 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, Glen Hills, Indian Hill, Lake Bluff, Maple Dale, Milwaukee Jewish Day School, Parkway, Richards, St. Monica, and Stormonth schools.



Ronna Ruffin

Director of
Youth Programs



Shea Beilke

Youth Program
Coordinator



Youth Recreation • After School

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

Intro to Jazz Dance

Ages 4 - 6 yrs

Location: Yeladim Playroom

Instructor: Sydney Bannach

REGISTER



Intro to Jazz introduces basic principles of Jazz dance with fun jumps, turns, and other technique while utilizing high energy and musical rhythms to create a dance together.

DAY	DATES	TIME	FEE MEM/PTRN/COMM	# OF CLASSES
FRI	MAY 6 - JUN 3	4:00-4:30 PM	\$55/0/75	5

Musical Theater Dance

Ages 7 - 10 yrs

Location: Yeladim Playroom

Instructor: Sydney Bannach

REGISTER



Experience the fun and energy of Broadway in this Musical Theatre Dance class. Kids will learn small portions of musical theatre style choreography to songs from Broadway shows like Matilda and Lion King.

DAY	DATES	TIME	FEE MEM/PTRN/COMM	# OF CLASSES
FRI	MAY 6 - JUN 3	4:45-5:15 PM	\$55/0/75	5

FOR PARENTS!

Love & Logic Course

Location: Glazer Family Board Room

Instructor: Kristal Melbye

REGISTER



Gain the positive, loving tools you need to raise happy and well-behaved kids. The Love and Logic approach to parenting is built around the science of nurturing caring and respectful relationships and provides a variety of simple and effective strategies for parenting children from birth to adulthood.

This class will help parents learn to:

- Neutralize Arguing, Begging, Whining
- Keep the Parent Child Relationship Strong
- Use Empathy to Hold Children Responsible for their Mistakes without Losing their Love
- Give Lots of Little Choices within Healthy Boundaries
- Use Enforceable Statements to Always Follow Through
- Guide Kids to Own and Solve Their Problems
- Teach Kids to Complete Chores Without Reminders and Without Pay

DAY	DATES	TIME	FEE MEM/PTRN/COMM	# OF CLASSES
TUE	APR 26-MAY 31	6:30-8:30 PM	\$175/175/200	6



Meet our new Recreation & Aquatics
Coordinator, Kristen Schmalfeldt!



Center for Inclusion & Special Needs

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.

S.T.A.R.S. Movement Madness

Ages 5-15 yrs

Location: Studio A

Instructor: Sarah McCutcheon & Elana Madlom

REGISTER



Do you have extra energy after school? Join us for Movement Madness. We'll learn simple dances to your favorite songs!

DAY	DATES	TIME	FEE MEM/PTRN/COMM	# OF CLASSES
THU	APR 28-JUN 2	4:00-4:30 PM	\$60/0/69	6

Sunday S.T.A.R.S.

Ages 5- 15 yrs

Location: Family Gym

Instructor: Sarah McCutcheon & Elana Madlom

REGISTER



An active, inclusive program featuring different activities each month. The goal is to make all children feel welcome and to help them strive towards their own individual potential. This program strengthens social skills in a nurturing environment.

DAY	DATES	TIME	FEE PER DATE/PER CHILD MEM/PTRN/COMM
SUN	MAY 1	1:00-3:00 PM	\$20/0/25

S.T.A.R.S. Paint Outside the Lines

Ages 5-18 yrs

Location: Art Studio

Instructor: Sarah McCutcheon

REGISTER



Wrap up your day in a creative way. Learn about different artists and new techniques by creating fun art projects.

DAY	DATES	TIME	FEE MEM/PTRN/COMM	# OF CLASSES
THU	APR 28-JUN 2	4:45-5:30 PM	\$87/0/96	6

Master Ninjas * S.T.A.R.S. Friendly

Ages 10 - 14 yrs

Location: Family Gym/Marcus Gym

Instructor: Jake Klavens & Sarah McCutcheon

REGISTER



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

DAY	DATES	TIME	FEE MEM/PTRN/COMM	# OF CLASSES
MON	MAY 2 - 23	4:45-5:15 PM	\$40/0/60	4



Meet our new Director of Inclusion & Special Needs, Renee Hundt!

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. MEM \$35/hr, COMM \$45/hr

Personal Training *Ages 12+*

Develop and increase gross motor skills. Kids will have fun while learning fundamental core skills. MEM \$35/hr, COMM \$45/hr

LEARN MORE





Center for Inclusion & Special Needs

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.

All Kinds of Creative

Ages 18+ yrs

Location: Yeladim Playroom

Instructor: Sarah McCutcheon

REGISTER



Join us for this NEW art class! All Kinds of Creative is a great way to get creative in the afternoon. Learn about different artists and techniques.

DAY	DATES	TIME	FEE MEM/PTRN/COMM	# OF CLASSES
TUE	APR 26-MAY 31	4:45-5:30 PM	\$87/0/96	6

Chaverim Adult Social Group

Adults ages 18+

Facilitator: Sarah McCutcheon

LEARN MORE



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.

DAYS	DATES	TIME	FEE MEM/PTRN/COMM
TUE & THU	Monthly calendar available	6:00 PM	Annual Fee \$50/50/50 Add'l fees for some programs.

Adaptive Aquatics

Ages 4 - 18 yrs

Location: Peck Aquatic Center

INQUIRE



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 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 Kristen Schmalfeldt, Recreation & Aquatics Coordinator at kschmalfeldt@jccmilwaukee.org or 414-967-8235.

Ability Open Gym

Youth & Adults ages 10+

Location: Marcus Gym

Facilitators: Ability Center & Sarah McCutcheon

REGISTER



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." We hope you'll join us to try something different — disability or not.

DAY	DATE	TIME	FEE MEM/PTRN/COMM
SUN	APRIL 3	1:00 - 3:00 PM	FREE



Sarah McCutcheon

Special Needs Coordinator



Kristen Schmalfeldt

Recreation & Aquatics
Coordinator

J Camps

Summer is coming sooner than you think, and the JCC has summer camp options for children of all ages, abilities, and interests. Don't delay in planning your child's best summer ever!



Steve & Shari Sadek Family Camp Interlaken JCC

For campers entering 3rd - 10th grades
106-acre residential camp on beautiful
Lake Finley in Eagle River, Wisconsin.

LEARN MORE

2022 Session Dates

Session 1 (4 weeks)
June 22 – July 18
Mini Session 1 (2 weeks)
June 22 – July 6
Session 2 (4 weeks)
July 20 – August 15
Mini Session 2 (2 weeks)
July 20 – August 3



Albert & Ann Deshur
JCC Rainbow Day Camp

Albert & Ann Deshur JCC Rainbow Day Camp

For campers entering K5 - 9th grade

Traditional day camp located on 110
adventurous acres in Fredonia with daily
bus stops in North Shore Milwaukee

LEARN MORE

2022 Session Dates

Session 1:	June 20-July 1
Session 2:	July 5- 19 <i>no camp 7/4</i>
Session 3:	July 18- 29
Session 4:	August 1- 12

Partial sessions also available

More Options

RDC Specialty Week:	June 13- 17
Trip to Interlaken:	July 11-15
Upstream Arts:	July 25-29

recreation



Morning Rec Camp at the JCC

For kids entering K5 - 3rd Grade

Spend your summer mornings at the JCC!
Ride your bike over or get dropped off to
meet your friends and add a little bit of
structure to those lazy summer days.

Week-by-week • June 13 - August 12
Half Day 9:00 AM - 12:00 PM

LEARN MORE



JCC Specialty Week • August 15-19

Wrap-up your summer at the JCC in Whitefish Bay with these
partnership specialty camps.

Full Day Programs 9:00 AM - 4:00 PM

Play Hard Hoops Basketball: Entering K5-8th Grade

Pink Umbrella Theater: Entering K5-8th Grade

Danceworks: Entering K5-5th Grade

Half Day Program Solar Rec Soccer

9:00-11:30 AM - K5-1st Grade / 1:00-4:00 PM - 2nd-5th Grade



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

REGISTER



Enjoy this special time to bond with your little one as you introduce them to the water! We will explore water adjustment, body awareness, coordination and safety through use of games, songs and repetition. All infants and toddlers must wear swim diapers or secure plastic pants over a cloth diaper. No disposable diapers are allowed. There is a maximum of one child per parent.

DAY	DATES	TIME	FEE MEM/PTRN/COMM	# OF CLASSES
SUN	APR 24-MAY 29	9:00-9:30 AM	\$72/0/96	6
SUN	APR 24-MAY 29	9:45-10:15 AM	\$72/0/96	6
SAT	APR 30-JUN 4	9:00-9:30 AM	\$72/0/96	6

Parent-Child Swim Skills

Ages 18 months - 3 years w/ adult

Location: Peck Aquatic Center

REGISTER



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.

DAY	DATES	TIME	FEE MEM/PTRN/COMM	# OF CLASSES
SUN	APR 24-MAY 29	10:30-11:00 AM	\$72/0/96	6
SAT	APR 30-JUN 4	9:45-10:15 AM	\$72/0/96	6

Discover the Peck Aquatic Center



Many of the JCC's swimming and recreational activities take place in the Peck Aquatics Center which was provided through a generous grant from the Milton & Lillian Peck Foundation.

All JCC Member Families

Family Swim

Small Pool: The small pool is open for family swim times throughout the day. During programming and other activities, the small pool will be closed to open swim. Please refer to the pool schedule at jccmilwaukee.org for available open swim times.

Large Pool: The large pool will be open for family swim time on Sundays from 2:00-5:00 PM, Wednesdays 6:00-8:00 PM and Saturdays 1:00 - 6:30 PM. We will make every effort to ensure the diving board is open during this time. Swimmers wishing to use the diving board or swim independently in the large pool will need to complete a swim check upon arrival.

POOL SCHEDULE



Jess Lanke

Director of
Recreation & Aquatics



Dave Wage

Aquatics Manager



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. *We realize that there are schedule changes and situations arise that may cause you or your child to miss a class, but to ensure a quality experience for both your child and the other children in classes, the JCC does not allow make up lessons or provide credits or refunds for missed or cancelled classes.*

CLICK TO VIEW FULL LESSON SCHEDULE

REGISTER



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 & back-stroke, 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, April 3 • 1:00 - 3:00 PM

FREE to Members and the Community

Contact Dave Wage, to reserve your spot! dwage@jccmilwaukee.org or 414-967-8191.

Can't make this date? Contact Dave to discuss the best swim level fit for your child before registering.



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. *We realize that there are schedule changes and situations arise that may cause you or your child to miss a class, but to ensure a quality experience for both your child and the other children in classes, the JCC does not allow make up lessons or provide credits or refunds for missed or cancelled classes.*

CLICK TO VIEW FULL LESSON SCHEDULE

REGISTER



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 five students depending on the level and the classes are taught in our big pool.

Youth Level 1

Beginner Level Class that combines the skills taught in Pre-School Level Program. 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.

J Specialized 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.



Mark Caballero

Instructor



Kristen Schmalfeldt

Recreation & Aquatics
Coordinator

Female Only & Male Only Swim Times

We respect the fact that there is a need to allow females & males swim in our pools at separate times either due to privacy or religious reasons.

Female Only Swim: Sundays 5:30 – 6:30 PM

Male Only Swim: Thursdays 8:30 – 9:30 PM

Individualized Stroke Refinement

Teens & Adults ages 14+

Location: Peck Aquatic Center

Instructor: Mark Caballero

REGISTER

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 individual 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 Dave Wage, Aquatics Manager at dwage@jccmilwaukee.org or 414-967-8235.

Triggerfish Swim Club

Ages 6 - 14 yrs

Location: Peck Aquatic Center

Head Coach: Dave Wage

REGISTER

Participants in this program must have passed all requirements of Youth Level 3 to be successful. The program is designed to introduce your child to the concept of a swim team, team building, good sportsmanship, and how to use swimming as a form of exercise. Workouts focus on proper warm-up and refinement of strokes through drills and direct instruction. All swimmers will review the basic components of the four competitive swimming strokes, starts, turns and training tactics. Please contact Head Coach, Dave Wage, with any questions at dwage@jccmilwaukee.org or 414-967-8191.

DAY	DATES	TIME	FEE MEM/PTRN/COMM	# OF CLASSES
TUE & THU	APR 26 - JUN 2	5:00-6:00 PM	\$168/0/120	12

Adaptive Aquatics

Ages 4 - 18 yrs

Location: Peck Aquatic Center

INQUIRE

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 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 Kristen Schmalfeldt, Recreation & Aquatics Coordinator at kschmalfeldt@jccmilwaukee.org or 414-967-8235.



Lifeguard Training

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.



American Red Cross

American Red Cross Lifeguard Recertification

Teens & Adults ages 15+

Location: Peck Aquatic Center

Instructor: Dave Wage

REGISTER



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.

Blended Learning - Participants will need to complete an online portion prior to start of first class (Option A by 5/21, Option B by 5/23).

	DAY	DATES	TIME	FEE MEM/PTRN/COMM
A	SAT & SUN	MAY 21 - 22 must attend both	8:00 AM- 6:00 PM	\$225/225/300
B	MON-THU	MAY 23 - 26 must attend all	4:00 - 9:00 PM	\$225/225/300

American Red Cross Lifeguard Recertification

Teens & Adults ages 15+

Location: Peck Aquatic Center

Instructor: Dave Wage

REGISTER



Interested in a great job or challenging career as a professional lifeguard but need your certification renewed? Join us for this one-day recertification clinic. Must hold a Current American Red Cross Lifeguard Certification

	DAY	DATES	TIME	FEE MEM/PTRN/COMM
	MON-WED	JUN 6 - 8 must attend all	4:00-7:00 PM	\$75/75/100

All JCC Members 14+

Lap Swim

We make every effort to ensure there are 2 lap lanes available at all times for lap swimmers, however; there may be times where there are more than two lanes available.

You can view our current pool schedule at ccmilwaukee.org or contact the Aquatic Office at (414) 967-8191.

POOL SCHEDULE



The JCC is Hiring Lifeguards for Summer 2022 at:

- JCC Water Park in Mequon
- Peck Aquatic Center in Whitefish Bay
- JCC Rainbow Day Camp in Fredonia

Did you know that all JCC staff, including lifeguards, receive full membership to the JCC as an employee benefit? Learn more about joining our staff family at jccmilwaukee.org/careers

LEARN MORE





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 to assess the class best for you - adenton@jccmilwaukee.org

Intro to 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!

DAY	DATES	TIME	INST	FEE MEM/PTRN/COMM	# OF CLASSES
WED	APR 27-JUN 1	8:00 AM	Jill	\$108/108/144	6

REGISTER



Intro to Classical Reformer

Adults ages 18+

Location: Pilates Studio

An introduction to classical Pilates that is based off of Joseph Pilates' original series I-V.

DAY	DATES	TIME	INST	FEE MEM/PTRN/COMM	# OF CLASSES
MON	APR 25-MAY 23	8:00 AM	Joanie	\$90/90/120	5
WED	APR 27-JUN 1	12:00 PM	Joanie	\$108/108/144	6

REGISTER



Mixed Level Reformer

Adults ages 18+

Location: Pilates Studio

This class is designed for beginner through intermediate level Pilates practitioners. Modifications and variations will be offered for safety and challenge.

DAY	DATES	TIME	INST	FEE MEM/PTRN/COMM	# OF CLASSES
FRI	APR 29-JUN 3	9:00 AM	Katie	\$108/108/144	6

REGISTER



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.

DAY	DATES	TIME	INST	FEE MEM/PTRN/COMM	# OF CLASSES
MON	APR 25-MAY 23	9:00 AM	Joanie	\$90/90/120	5
MON	APR 25-MAY 23	5:00 PM	Sarah	\$90/90/120	5
WED	APR 27-JUN 1	9:00 AM	Joanie	\$108/108/144	6
WED	APR 27-JUN 1	5:00 PM	Joanie	\$108/108/144	6

REGISTER



Intermediate Reformer

Adults ages 18+

Location: Pilates Studio

This class is designed for intermediate level Pilates practitioners. Modifications and variations will be offered for safety and challenge.

DAY	DATES	TIME	INST	FEE MEM/PTRN/COMM	# OF CLASSES
TUE	APR 26-MAY 31	8:15 AM	Ally	\$108/108/144	6
THU	APR 28-JUN 2	8:15 AM	Ally	\$108/108/144	6

REGISTER



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.

DAY	DATES	TIME	INST	FEE MEM/PTRN/COMM	# OF CLASSES
MON	APR 25-MAY 23	6:00 PM	Sarah	\$90/90/120	5

REGISTER



Wondering which Reformer class is best for you? Watch this video and let our Fitness Director, Ally Denton, help you pick the right class!



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 to assess the class best for you - adenton@jccmilwaukee.org

Pilates Tower

Adults ages 18+

Location: Pilates Studio

Individuals will sit, stand or lie down on a mat and work with resistive springs that are attached to a Tower to build strength, flexibility and muscular endurance

DAY	DATES	TIME	INST	FEE MEM/PTRN/COMM	# OF CLASSES
FRI	APR 29-JUN 3	8:00 AM	Stacey	\$108/108/144	6

REGISTER



Ally Denton

Fitness Director

Mixed Prop Pilates

Adults ages 18+

Location: Pilates Studio

Join us for a this class that utilizes the Chair, Tower, and other props to expand your Pilates practice.

DAY	DATES	TIME	INST	FEE MEM/PTRN/COMM	# OF CLASSES
SAT	APR 30-JUN 4	8:00 AM	Stacey	\$108/108/144	6

REGISTER



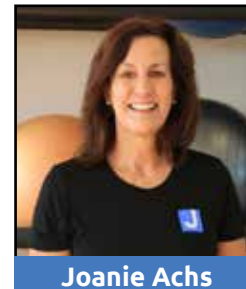
Sarah Cohen

Instructor



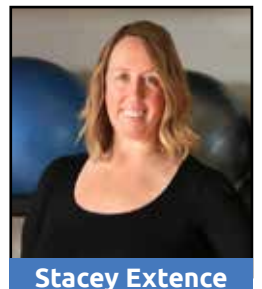
Jill Harris

Instructor



Joanie Achs

Instructor



Stacey Extence

Instructor

Personal Training & Pilates Training FOR JCC MEMBERS

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

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.

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 it a try with our introductory rate of 3 one-hour sessions for only \$99.



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.

Women on Weights

Adults ages 18+

Location: Studio A

Instructor: Denise Beckman

REGISTER



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.

DAY	DATES	TIME	FEE MEM/PTRN/COMM	# OF CLASSES
THU	APR 28-JUN 2	9:00 AM	\$96/96/156	6

Meet our new Fitness Coordinator, Jess Pool!



Mat Pilates

Adults ages 18+

Platform: Zoom

Instructor: Terri Stevens

REGISTER



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

DAY	DATES	TIME	FEE MEM/PTRN/COMM	# OF CLASSES
FRI	APR 29-JUN 3	11:00 AM	\$72/72/132	6



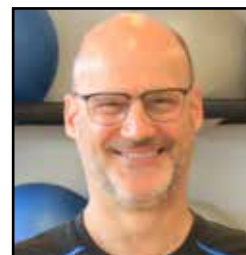
Denise Beckman

Instructor



Terri Stevens

Instructor



Steve White

Instructor

Yoga for Self-Care

Adults ages 18+

Location: Yoga Studio

Instructor: Steve White

REGISTER



This series offers an introduction to the deeper practices of yoga to manage conditions related to stress & anxiety. Over the course of six weeks, we explore the use of movement, breathing, and various meditation techniques to address the following areas: Basic Yoga Skills, Improving Focus, Reducing Anxiety, Addressing Sleeplessness, Chronic Stress, and Acute Stress. Each session is 60 minutes and is appropriate for people with little to no yoga or meditation experience. Each class will combine lecture, discussion, and both mat and seated practices.

DAY	DATES	TIME	FEE MEM/PTRN/COMM	# OF CLASSES
TUE	APR 5 - MAY 10	10:30 AM	\$18/18/28	6

Yoga Inversions Postures Workshop

Adults ages 18+

Location: Yoga Studio

Instructor: Steve White

REGISTER



This two-hour workshop will focus on four yoga postures under the category of "inversions," generally defined as the heart being elevated above the head. These poses can have numerous physical, physiological, and psychological benefits. We use the "krama" or step-wise method of building postures to adapt for different bodies and different proficiencies of practice.

Students should have at least two years of regular yoga practice. Class is limited to six participants. Please note that the instructor will be making respectful and appropriate hands-on adjustments to assist participants in maximizing their experience and understanding in these more challenging postures.

DAY	DATE	TIME	FEE MEM/PTRN/COMM
THU	MAR 31	10:30AM-12:30PM	\$30/30/40



FREE GROUP EXERCISE FOR JCC MEMBERS

There are many benefits to JCC Membership and access to personal training 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.



Join us for Spring Les Mills Launch Day! Sunday, April 3 • 9:00 AM - 12:00 PM

Les Mills workouts combine cutting-edge exercise science with the hottest music to keep your motivation (and heart rate!) up.

We have a special schedule of Les Mills classes for the day:

Sprint from 9:15 - 9:45 AM in Studio B

Body Pump from 10:00 - 11:00 AM in Studio A

Core from 11:15 - 11:45 AM in Studio A

Sign up for all three classes, or mix-and-match to design your perfect workout. Small prizes will be awarded between each class. One lucky winner will receive a Grand Prize at the end of the day! Light refreshments will be provided.

No registration required for Body Pump or Core classes.

Sprint class requires sign-up at the Peck Desk.

Not a JCC Member but want to try the classes?

Visit jccmilwaukee.org/try to get a trial pass and join us.

FREE GROUP EXERCISE CLASSES ARE OPEN TO JCC MEMBERS 14+

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

CARDIO

Zumba
Step Plus!
Barre
PiYO
Fitness Intervals
Fit 'n' Fun

STRENGTH

Les Mills Bodypump
Les Mills Core
Bootcamp
Body Blast
Power Yoga

CYCLE

Les Mills Sprint
Freestyle Cycle

WATER

Aquafit Shallow
Aquafit Deep
Splash

BALANCE

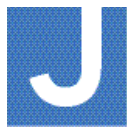
Yoga Explorations
Rise & Shine Yoga
Unwind Yoga
Slow Flow Yoga
Tai Chi
Nia

SCHEDULE



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!



Adult & Teen 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.

GYM SCHEDULE



Open Basketball

JCC Members 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.

AGES	DAY	DATES	TIME	FEE MEMBERS ONLY
18+	SUN	APR 24-MAY 29	8:00AM-12:00PM	\$0
18+	TUE	APR 26-MAY 31	6:00 - 8:30 PM	\$0
30+	WED	APR 27-JUN 1	6:30-8:30 PM	\$0

Open Volleyball

Teens & Adults ages 16+

Location: Marcus Gym

Stop by the Marcus gym for open Volleyball. Open to any and all ability levels. Pre-registration not required.

DAY	DATES	TIME	FEE PER DATE MEM/PTRN/COMM
SUN	APR 24-MAY 29	3:30 - 5:30PM	\$5
SAT	APR 30-JUN 4	1:00 - 3:00 PM	\$5

Open Catchball

Female-identifying teens & adults ages 16+

Location: Marcus Gym

Catchball is making a return to the JCC this spring! Catchball is an Israeli game played by women of all ages and athletic abilities. The game is similar to Volleyball, but players catch and throw the ball to one another. Come learn the basic rules and strategy in a fun and relaxed environment. This program is open to any and all ability levels. Pre-registration not required.

DAY	DATES	TIME	FEE PER DATE MEM/PTRN/COMM
MON	APR 25-MAY 23	6:00 - 7:30 PM	\$5

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 MEM \$4 / COMM \$7

5-pack MEM \$20 / COMM \$35

10-pack MEM \$36 / COMM \$60

20-pack MEM \$70 / COMM \$130

DAY	DATES	TIME
SUN	APR 24-MAY 29	1:00 - 3:00 PM
WED	APR 25-MAY 23	10:00 AM - 12:00 PM
THU	APR 28-JUN 2	1:00 - 4:00 PM
FRI	APR 29-JUN 3	1:00 - 3:00 PM
SAT	APR 30-JUN 4	9:00 AM - 12:00 PM



JCC Maccabi Games 2022

San Diego, CA • July 31–Aug 5

The JCC Maccabi Games are an Olympic-style sporting competition held each summer. Over 3,000 Jewish teens participate, making Maccabi Games one of the largest organized sports for Jewish teenagers in the world.

Join Team Milwaukee. We're currently looking for Jewish teens ages 13-16 to join our team and compete in San Diego this summer.

Which sport interests your teen?

- **Team Sports:** Baseball, Basketball, Flag Football, Ice Hockey, Soccer, Volleyball
- **Individual Sports:** Dance, Golf, Swimming, Table Tennis, Tennis

Interested in JCC Maccabi Games?

Contact JCC Recreation Manager, Jake Klavens

jklavens@jccmilwaukee.org | 414-967-8174



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.

Taste & Tradition: Passover

Platform: Zoom

Instructor: Mark Shapiro

REGISTER



Taste & Tradition is celebrating Passover and this time you might want to use your goggles! Join JCC President and CEO, Mark Shapiro, as he shares his family recipe for chrain (home-made horseradish). Mark is famous for his unique flavors of chrain, so be prepared to try something new with your gefilte fish this year. Each participant will receive a key ingredient available to be picked up curbside at the JCC prior to the class.

DAY	DATE	TIME	FEE MEM/PTRN/COMM
MON	APRIL 5	7:00 PM	\$10/10/15

Back to the Sources:

Bible, Midrash, Art: The Richness of Bible Stories

Adults ages 18+

Location: Glazer Family Board Room

Platform: Zoom

Instructor: Jody Hirsh

REGISTER



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 examine 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. Class will be a hybrid of in-person (Spaces & Places) and virtual (Beyond a Building)

DAY	DATES	TIME	FEE MEM/PTRN/COMM
THU	MAY 12-JUN 16	10:30 AM	\$72/0/94

Judaic Art & Mastery Class

Mosaic Ceramic Stepping Stones

Adults ages 18+

Location: Daniel M. Soref Community Hall

Instructor: Sarah McCutcheon

REGISTER



Get a head start on prepping your outdoor space for summer. We will guide you through the process of creating your own mosaic stepping stone. Explore colors & patterns and create something that is uniquely yours! All art supplies included with purchase of class.

DAY	DATE	TIME	FEE MEM/PTRN/COMM
TUE	APRIL 26	4:00-5:00 PM	\$25/16/30

Save the Date to Join Us for

KIDSHARE J 2022

Thursday, May 5
at the Pfister Hotel

It's time to get back to celebrating as a community.

Back to great food and even better company.

Back to standing up for the work in front of us,
and getting it done together.

LEARN MORE



KIDSHARE 2022 CHAIRS

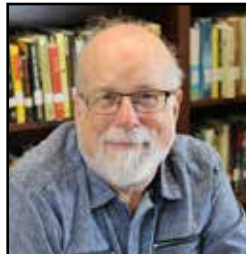
Mark & Kaye Kass • Joe & Michele Ellner



Mark Shapiro
President & CEO



Reva Fox
Arts & Culture Director



Jody Hirsh
Instructor



Sarah McCutcheon
Special Needs Coordinator
& Art Instructor



Arts & Ideas

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Red Sea Diving Resort Wrap-around Programs

Author Event: Rafi Berg

Book: The Red Sea Diving Resort
Platform: Zoom

REGISTER 

The complete, never-before-heard, gripping tale of a top-secret and often hazardous operation based at a luxury resort that saw the secret evacuation of thousands of Ethiopian Jews who had been languishing in refugee camps, and the spiriting of them to Israel. *Offered in partnership with the Israel Center of the Milwaukee Jewish Federation.*

DAY	DATE	TIME	FEE MEM/PTRN/COMM
TUE	MAY 17	12:00 PM	FREE

Film Screening:

Film: The Red Sea Diving Resort (2019)
Location: Daniel M. Soref Community Hall

REGISTER 

A 2019 spy thriller film about an Israeli Mossad agent who runs a covert operation that attempts to rescue Ethiopian-Jewish refugees from Sudan to safe haven in Israel. The film is loosely based on the events of Israel's Operation Moses and Operation Joshua in 1984- 1985. Starring Chris Evans, Michael Kenneth Williams, Haley Bennett, Alessandro Nivola, Michiel Huisman, Chris Chalk, MIRTHA Greg Kinnear, and Ben Kingsley.

DAY	DATE	TIME	FEE MEM/PTRN/COMM
WED	MAY 18	2:00 PM	FREE

Museum Morning Meanderings

Meet at the JCC West Entrance

REGISTER 

Join Tapestry Arts & Ideas for a Museum Morning. We will explore two museum exhibits that look at how the world changed during WWI and WWII, a time period that caused great change not only for the Jewish Community, but for other communities around the world. We will meet at the JCC for a bus ride downtown where we will start our morning at the Jewish Museum Milwaukee for a docent led tour of their current exhibit: *Then they Came for Me: Incarceration of Japanese Americans During WWII and the Demise of Civil Liberties*. We will then head up to the Charles Allis Museum for a very different exhibit, *Dressing the Abbey*, a costume exhibition that looks at the turbulence and changes of life in England during WWI and the period just after. We will return to the JCC in the early afternoon.

DAY	DATE	TIME	FEE MEM/PTRN/COMM
THU	APR 7	9:30 AM-12:30 PM	\$20/15/26

Lynden Sculpture Garden Tour

Meet at the JCC West Entrance

REGISTER 

Join Tapestry for a chance to see the Lynden Sculpture Garden as you've never seen it before. We will be guided by a knowledgeable docent through the Sculpture Garden's collection of 20th century monumental outdoor sculpture, arrayed across 40 acres of park, lake and woodland. There is also the possibility of touring the house and gallery.

DAY	DATE	TIME	FEE MEM/PTRN/COMM
THU	MAY 19	1:00-3:00PM	\$14/10/18

Riva Lehrer Author Event

Golem Girl: A Memoir

Platform: Zoom

REGISTER 

In 1958, Riva Lehrer was born with spina bifida. As an adult, she is invited to join a group of artists who are building Disability Culture. When Riva asks if she can paint their portraits, she invents an intimate and collaborative process that will transform the way she sees herself, others, and the world. *Offered in partnership with the JCC Center for Inclusion & Special Needs.*

DAY	DATE	TIME	FEE MEM/PTRN/COMM
TUE	JUN 14	7:30 PM	FREE



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.

Open Mah Jongg

Adults ages 18+

Location: Daniel M. Soref Community Hall

Facilitator: Jackie Blumberg

LEARN MORE



Open Mah Jongg will be every Monday starting in May (still alternating Mondays in April). 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.

DAY	DATES	TIME	FEE MEM/PTRN/COMM
MON	ONGOING	12:00-3:00 PM	\$2/2/3 per session

KOACH

Adults ages 55+

Platform: Zoom

Facilitators: Rachel Pressman & Jackie Blumberg

LEARN MORE



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.

All times are 1:00 - 2:00 PM.

ENTERTAINMENT	DATE	LOCATION	FEE
Fred Moyer	APR 25	Cong. Emanu-El B'Ne Jeshurun	\$8
Ada Trio	MAY 17	Cong. Sinai	\$8



Rachel Pressman
Community Programs
Coordinator



Jackie Blumberg
Instructor



Ken Stein
Men's Club Coordinator

The New Mahj Card

Adults ages 18+

Location: Daniel M. Soref Community Hall

Platform: Zoom

REGISTER



Karen Goen, author of *Searching for Bubbe Fischer: The Path to Mah Jongg Wisdom*, presents The New Mahj Card: a lecture about the overall Mahj philosophy, "Luck favors the prepared mind." The Mah Jongg Maven will explain the best ways to learn the new 2022 Mahj card, similarities and differences to the card, significant patterns, unique features, and shortcuts. There will be a Q&A session with Open Mahj following until 3:00 PM.

DAY	DATES	TIME	FEE MEM/PTRN/COMM
MON	MAY 2	12:00-1:00 PM	\$10/0/12

Men's Club

Adults ages 55+

Location: Daniel M. Soref Community Hall

Platform: Zoom

Facilitator: Ken Stein

LEARN MORE



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 \$45 • Community \$55

For more information about becoming a member of JCC Men's Club, or to enjoy a trial visit, contact Ken Stein at mensclub@jccmilwaukee.org.

All programs are offered both in-person and via Zoom on Thursdays 12:45 - 2:00 PM.

DATE	SPEAKER	TITLE
APR 5	Rob Henken	President of Wisconsin Policy Forum
APR 12	Dr. Dan Haumschild	Education Director Jewish Museum Milwaukee
APR 19	Marc Magliari	Public Relations Manager at Amtrak
MAY 3	Mark Kass	Editor-in Chief, Milwaukee Business Journal
MAY 10	Justin Carlisle	Chef/Owner Ardent's Restaurant
JUN 7	Jeffrey B. Norman	Milwaukee Police Chief



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.

Join the JCC in April

Last chance to get your Registration Fee waived before the JCC Water Park opens for Summer 2022!



Some restrictions may apply. See Membership Team for details. Offer expires 4/30/22.

Open mid-June to Labor Day

JCC Members enjoy summers lounging by the pool at the Hy & Richard Smith JCC Water Park. There is something here for everyone. Be sure to take advantage of this very unique feature of JCC membership this summer.

Fun in the Water

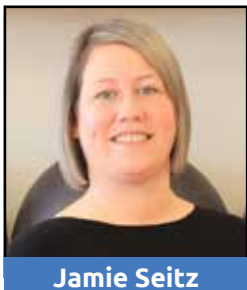
- Zero-entry splash pad
- Water play structure with slides & fountains
- Aqua basketball hoops
- Lily pad activity area
- Aqua climbing wall
- Diving board
- Swim lanes with time dedicated to adult lap swim

Fun on Dry Land

- Full-sized basketball court
- Sand volleyball court
- Tetherball
- Ga-ga pit
- Sand play structure
- Plenty of grass for open play

Amenities

- Shade structures
- Family locker rooms
- Showers



Jamie Seitz

General Manager
Membership & Fitness



Kiyla Irwin

Member Services
Manager



Matthew Bazelon

Membership Sales
Associate

Questions about JCC Membership?

- Visit jccmilwaukee.org/join
- Call 414-964-4444
- Contact Matthew Bazelon
mbazelon@jccmilwaukee.org

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



Nancy Kennedy Barnett

Chair, Board of Directors



Mark Shapiro

President & CEO

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The JCC is a partner in serving the community with the Milwaukee Jewish Federation, is affiliated with the JCC Association of North America and is a beneficiary agency of The United Way of Greater Milwaukee and Waukesha County.



MILWAUKEE
JEWISH FEDERATION



JCC Association
of North America



Greater Milwaukee
& Waukesha County

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*.

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