

JOURNAL

Harry & Rose Samson Family Jewish Community Center

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



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STAY CONNECTED

jccmilwaukee.org
@JCCMilwaukee



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 2022 CLASSES

Member Registration Opens Monday, August 15

Community Registration Opens Monday, August 22

Fall Session One

Sunday, September 11 - Saturday, October 29

Fall Session Two

Sunday, October 30 - Saturday, December 17

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 6

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

MON, Sept 5 • WFB Facility open 8:00 AM - 3:00 PM,
Education programs closed, JCC Water Park open regular hrs

ROSH HASHANAH

SUN, Sept 25 • Facilities close at 4:00 PM

MON, Sept 26 • All facilities closed

TUE, Sept 27 • All facilities closed

YOM KIPPUR

TUE, Oct 4 • Facilities close at 4:00 PM

WED, Oct 5 • All facilities closed

SUKKOT

SUN, Oct 9 • Facilities close at 6:00 PM

MON, Oct 10 • All facilities closed

TUE, Oct 11 • Facilities open, no session classes

SUN, Oct 16 • Facilities close at 6:00 PM

SHEMINI ATZERET/SIMCHAT TORAH

MON, Oct 17 • All facilities closed

TUE, Oct 18 • Facilities open, no session classes

THANKSGIVING

THU, Nov 24 • WFB Facility open 8:00 AM - 3:00 PM,
Education programs closed Nov 24 & 25

HANUKKAH

Dec 19 - 26 • Facilities open

First candle Sunday, Dec 18

CHRISTMAS EVE

SAT, Dec 24 • Facility open 8:00 AM - 5:30 PM

CHRISTMAS DAY

SUN, Dec 25 • Facilities open 8:00 AM - 3:00 PM

NEW YEAR'S DAY

SUN, Jan 1 • Facilities open 8:00 AM - 3:00 PM
Education programs closed



JCC Night Market

Tuesday September 6
Tuesday September 13
Tuesday September 20

5:00 - 7:00PM

Harry & Rose Samson Family Jewish Community Center
Free and Open to the Community

Introducing the first-ever JCC Night Market! For three weeks in September, the JCC will hold a night market with live music and vendors selling food, crafts, art, and more. You'll find goodies from local Milwaukee shops specific to women-owned and minority-owned businesses and opportunities to prepare for the upcoming High Holidays. Connect with friends while supporting amazing local vendors!



Milwaukee Jewish Festival

OCTOBER 23 - NOVEMBER 6

Films Showing at Marcus North Shore Cinema
and Streaming on Eventive

The Milwaukee Jewish Film Festival celebrates the quality, diversity, and innovation of Jewish film making from around the world. Narrative or documentary, new or old, the Film Festival finds the highest quality films that speak to the Jewish experience, tell uniquely Jewish stories, or come from the finest Jewish filmmakers across the globe.

For More Information Visit
jccmilwaukee.org/filmfestival



Fall Family Fun Days

For families with children 2-5 yrs

Location: JCC Whitefish Bay

Cost per family: JCC Members \$8 / Community \$10

Sunday, October 2 11:00 AM - 12:30 PM

Let's get ready for Sukkot! Join us to create your own sukkah decorations, paint pumpkins & gourds for the sukkah table, and get our wiggles and giggles out with some baby ninja obstacle course.

Sunday, November 13 10:00 AM - 12:00 PM

Join the JCC as we partner with Drag Queen Story Hour MKE! Drag queens will read books related to social justice in this fun and inclusive environment. We'll also be doing mitzvah projects for the Jewish Community Pantry!

Sunday, December 10 5:00 - 7:00 PM

Offered in partnership with Gan Ami Early Childhood Education, we are bringing back Family Fun Night! Kiddos can come in their comfiest jammies and bring blankets & sleeping bags for a cozy pizza and movie night with their favorite Gan Ami teachers.



Library®

Bring Jewish stories home

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 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 Among Friends Coordinator

CONTACT



PJ Library Rosh Hashanah Kits

Families with children ages 0-9 yrs

Get ready for Rosh Hashanah with PJ Library! Families can enjoy take-home kits containing treats, crafts, and more. Families will have an opportunity to pick-up kits in September that contain holiday treats, crafts, and more! Families enrolled in PJ Library will receive date and pick-up location details via email.

PJ Library Baby Stroller Fitness

Families with children ages birth & up

Location: JCC Whitefish Bay

Join PJ Library and your fellow new(ish) parents for stroller fitness! Bring your little ones & your strollers and we'll get walking (and chatting). Though this class will provide information for postpartum mothers, it's inclusive for all parents and there's no age cap for kiddos – all will be able to enjoy and get moving!

DAY	DATES	TIME	FEE MEM/PTRN/COMM
SUN	SEP 18	10:30 - 11:30 AM	FREE



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!

Infant Massage Class

Ages 6 - 12 mos

Location: TBD

Instructor: Angie Biersach

Infant massage can benefit parents, caregivers, and babies. Help your baby sleep longer and better, learn how to ease any pains, and help ease gas and constipation while bonding with your little one. This class is also a great opportunity to meet other families in the community. Best for newborns to 6 month olds.

DAY	DATES	TIME	FEE MEM/PTRN/COMM
FRI	SEP 16	11:00 - 12:00 PM	\$40/0/55
FRI	OCT 7	11:00 - 12:00 PM	\$40/0/55
FRI	NOV 4	11:00 - 12:00 PM	\$40/0/55
FRI	DEC 2	11:00 - 12:00 PM	\$40/0/55

Art for Littles

Ages 18 mos - 3 yrs

Location: 1J16 Art Studio

Instructor: Casey J.

Art is a great tool for sensory exploration. Budding artists can explore color, touch, music, and a whole lot more!

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
2	TUE	NOV 1 - DEC 13	10:00 - 10:30 AM	\$91/0/119



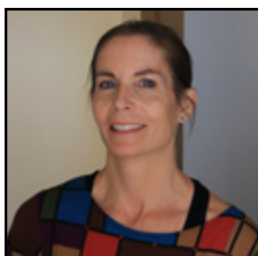
Jake Klavens

Recreation Manager



Ronna Ruffin

Director of
Youth Programs



Angie Biersach

Instructor

REGISTER



JCC Playgroup

Ages 18 - 36 mos

Location: Family Gym

Instructor: JCC Rec Staff

JCC Playgroup is designed to let your little ones explore obstacles and gym activities in a structured environment. Each week kids will explore a different activity while practicing their social skills.

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
1	WED	SEP 14 - OCT 26 <i>No class 10/5</i>	10:30 - 11:00 PM	\$72/0/96
2	WED	NOV 2 - DEC 14 <i>No class 11/23</i>	10:30 - 11:00 PM	\$72/0/96

REGISTER



Baby Ballet I

Ages 2 - 3 1/2 yrs with adult

Location: TBD

Instructor: JCC Rec Staff

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

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
2	MON	OCT 31 - DEC 12	9:30-10:00AM	\$84/0/112

REGISTER



Baby Ballet II

Ages 3 1/2 - 4 1/2 yrs with adult

Location: TBD

Instructor: JCC Rec Staff

Baby Ballet II continues the basics of dance with a target of older preschoolers and those who have completed Baby Ballet I. 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.

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
2	MON	OCT 31 - DEC 12	10:15-10:45 AM	\$84/0/112

REGISTER





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!

Baby Ninja Adventures

Ages 12 - 24 mos

Location: Family Gym

Instructor: JCC Rec Staff

REGISTER



Bring your little ones to the JCC to crawl, climb, and slide around different obstacles through a fun-filled open gym adventure. Parent(s) must always be with their children to help navigate the various obstacles and play areas.

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
1	SUN	SEP 11 - OCT 23	10:00-10:30 AM	\$84/0/112
2	SUN	OCT 30 - DEC 11	10:00-10:30 AM	\$84/0/112

Toddler Ninja Adventures

Ages 24 - 36 mos

Location: Family Gym

Instructor: JCC Rec Staff

REGISTER



Bring your little ones to the JCC to crawl, climb, and slide around different obstacles through a fun-filled open gym adventure. Parent(s) must always be with their children to help navigate the various obstacles and play areas.

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
1	SUN	SEP 11 - OCT 23	11:00-11:30 AM	\$84/0/112
2	SUN	OCT 30 - DEC 11	11:00-11:30 AM	\$84/0/112
NEW! 2	SUN	OCT 30 - DEC 11	11:45-12:15 AM	\$84/0/112

Mini Gymnastics

Ages 12 - 24 mos w/ adult

Location: Family Gym

Instructor: Ronna Ruffin

REGISTER



This tumbling class is geared towards our newest walkers able to move around unassisted. Kids 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 required adult participation.

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
1	THU	SEP 15 - OCT 27	9:30 - 10:00 AM	\$84/0/112
2	THU	NOV 3 - DEC 15 No class 11/24	9:30 - 10:00 AM	\$72/0/96

Mighty Gymnastics

Ages 24 - 36 mos w/ adult

Location: Family Gym

Instructor: Ronna Ruffin

REGISTER



This tumbling class is geared towards our seasoned walkers. Kids will explore the Family Gym space and learn to move their bodies while walking on a balancing beam, rolling on and moving over mats, and exploring the fun of jumping. This class requires adult participation.

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
1	THU	SEP 15 - OCT 27 No class 9/16	10:30 - 11:00 AM	\$72/0/96
2	THU	NOV 3 - DEC 15 No class 11/24	10:30 - 11:00 AM	\$72/0/96



Challah & Community

Save the Date • Fall Series

Free & Open to the Community

JCC Cafe Seating Area

Oct 21 • 10:45 AM

With Hazzan Jeremy Stein

Nov 11 • 10:45 AM

With Brian Avner

Dec 16 • 10:45 AM

With Mara Kleiman

RSVP





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.

Gym Games

Ages 3 - 5 yrs

Location: Family Gym

Instructor: JCC Rec Staff

REGISTER



If PE is your child's favorite part of the school day, they won't want to miss Gym Games at the JCC! Gym Games is filled with all the most exciting and popular gym activities in today's schools.

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
2	MON	OCT 31 - DEC 12	1:00 - 1:30 PM	\$84/0/112

Ball Sports

Ages 3 - 5 yrs

Location: Family Gym

Instructor: JCC Rec Staff

REGISTER



Is your child looking to get involved in sports but doesn't quite know where to start? Ball Sports provides a basic introduction to a variety of sports including basketball, soccer, hockey, bowling, tennis, volleyball, kickball, baseball, and much more.

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
2	MON	OCT 31 - DEC 12	1:30 - 2:00 PM	\$84/0/112

Music and Movement

Ages 3 - 5 yrs

Location: Family Gym

Instructor: Elise C.

REGISTER



It's time to get moving and grooving! Participants will get to listen to and create music with a variety of instruments and explore connecting movement with the beat through games and activities.

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
2	MON	OCT 31 - DEC 12	2:00 - 2:30 PM	\$84/0/112

Mini Ninjas

Ages 3 - 5 yrs

Location: Family Gym

Instructor: Jake Klavens

REGISTER



Mini Ninjas is one of our most popular classes – and for good reason! Kids explore and compete in all kinds of fun and physical challenges. From obstacle courses to progressive relays and team-based competitions, there's plenty of non-stop action!

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
2	MON	OCT 31 - DEC 12	4:00 - 4:30 PM	\$84/0/112

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.

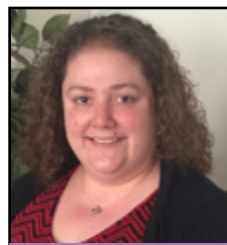
We know our most important job is cultivating relationships – between teachers and children, teachers and families, and the school and our community.

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



**Gan Ami
Early Childhood
Education**

Infants • Toddlers • Twos • K3 • K4



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





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

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

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
2	TUE	NOV 1 - DEC 13	1:00 - 1:45 PM	\$91/0/119

REGISTER



Scooter Games

Ages 3-5 yrs

Location: Family Gym

Instructor: JCC Rec Staff

Come and play some exciting scooter games! From basketball to soccer and other team-based sports and games, this class will be comprised of tons of fun and exercise.

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
1	WED	SEP 14 - OCT 26 No class 10/5	1:00 - 1:30 PM	\$72/0/96
2	WED	NOV 2 - DEC 14 No class 11/23	1:00 - 1:30 PM	\$72/0/96

REGISTER



Clay Creations

Ages 3 - 5 yrs

Location: 1J16 Art Studio

Instructor: Maya G.

It's time to get messy! Get your hands on some clay and learn how to shape, mold, cut, and paint your own ceramic art. Build a magical creature, beautiful pieces, and colorful creations.

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
2	TUE	NOV 1 - DEC 13	1:45 - 2:30 PM	\$91/0/119

REGISTER



Intro to Basketball

Ages 3-5 yrs

Location: Family Gym

Instructor: JCC Rec Staff

Learn the fundamentals of basketball in a fun and relaxed environment. Participants will focus on dribbling, passing, shooting, and teamwork.

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
1	WED	SEP 14 - OCT 26 No class 10/5	1:30 - 2:00 PM	\$72/0/96
2	WED	NOV 2 - DEC 14 No class 11/23	1:30 - 2:00 PM	\$72/0/96

REGISTER



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 extra energy. Come prepared for non-stop fun and action!

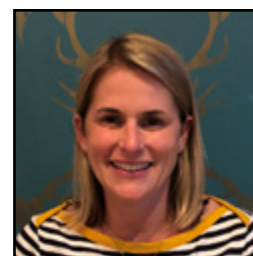
SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
2	TUE	NOV 1 - DEC 13	1:45 - 2:30 PM	\$91/0/119

REGISTER



Michelle Tipton

Instructor



Tami Kent

Instructor



Kristen Schmalfeldt

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

Rhythm & Dance

Ages 3 - 5 yrs

Location: Family Gym

Instructor: JCC Rec Staff

REGISTER



Get ready to move to the beat! Participants will explore different music styles and learn basic dance moves through a combination of direct instruction and skill-building games.

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
1	WED	SEP 14 - OCT 26 <i>No class 10/5</i>	2:00 - 2:30 PM	\$72/0/96
2	WED	NOV 2 - DEC 14 <i>No class 11/23</i>	2:00 - 2:30 PM	\$72/0/96

Tag Games

Ages 3 - 5 yrs

Location: Family Gym

Instructor: JCC Rec Staff

REGISTER



Tag, you're it! This class comprises of various tag games where kids will have an amazing time as they begin to understand the strategy to help their gameplay.

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
1	THU	SEP 15 - OCT 27	1:00 - 1:30 PM	\$84/0/112
2	THU	NOV 3 - DEC 15 <i>No class 11/24</i>	1:00 - 1:30 PM	\$72/0/96

Sensory Exploration

Ages 3 - 5 yrs

Location: TBD

Instructor: Tami Kent

REGISTER



Get your building skills ready! This exploratory class teaches patterns, counting, shapes, and numbers while harnessing your child's inner master builder as they participate in a variety of activities.

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
1	THU	SEP 15 - OCT 27	1:45 - 2:30 PM	\$84/0/112
2	THU	NOV 3 - DEC 15 <i>No class 11/24</i>	1:45 - 2:30 PM	\$72/0/96

Parachute Games

Ages 3 - 5 yrs

Location: Family Gym

Instructor: JCC Rec Staff

REGISTER



Join us for Parachute Games and enjoy a variety of fun and engaging games with our large parachutes. We'll focus on improving fine and gross motor skills, team building, listening & attentive skills, and, most importantly, having a safe and exciting time.

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
1	THU	SEP 15 - OCT 27	2:30 - 3:00 PM	\$84/0/112
2	THU	NOV 3 - DEC 15 <i>No class 11/24</i>	2:30 - 3:00 PM	\$72/0/96

NEW! Fall Art

Ages 2 - 3 yrs

Location: 2J01

Instructor: Casey J.

Feel that chill in the air? Fall is officially here! Young artists can explore the changing season with fun, fall-themed art projects that use found items like leaves and pinecones, as well as other fall-inspired materials.

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
2	MON	OCT 31 - DEC 12	1:00 - 1:30 PM	\$91/0/119

REGISTER



NEW! Disney Musical Theater

Ages 4 - 6yrs

Location: Yeladim Playroom

Instructor: Elise C.

Through drama games, movement, music, and improvisation, kids will explore the themes of Disney movies & musicals like Encanto, Frozen, and Aladdin. The course will culminate in a loosely staged performance.

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
2	MON	OCT 31 - DEC 12	2:45 - 3:15 PM	\$84/0/112

REGISTER



NEW! Sing Along Dance Party

Ages 3 - 5 yrs

Location: Yeladim Playroom

Instructor: Elise C.

Sing and dance to your favorite songs from the most popular kid's movies like Encanto, Sing, Frozen, and much more. This party is one you definitely won't want to miss!

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
2	MON	OCT 31 - DEC 12	2:45 - 3:15 PM	\$84/0/112

REGISTER



NEW! Music Basics

Ages 4 - 6 yrs

Location: Ritz Theater

Instructor: Hunter L.

Aspiring musicians will learn the fundamentals of music in a fun and colorful environment. Kids will gain an understanding of the solfege scale, basic rudimentary rhythm, notes of the staff, sight reading for vocals, and the wonderful feeling of performing with an ensemble.

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
2	THU	NOV 3 - DEC 15 No class 11/24	3:30 - 4:00 PM	\$72/0/96

REGISTER



NEW! Painting by Numbers

Ages 3 - 5 yrs

Location: Art Studio

Instructor: Maya G.

New to painting but want to learn more? Join us for this beginner-friendly course! Using fun, color-coded canvases, we'll create our own works of art while building confidence and getting familiar with using a paint brush.

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
2	TUE	NOV 1 - DEC 13	2:45 - 3:15 PM	\$91/0/119

REGISTER



NEW! Watercolor Art

Ages 3 - 5 yrs

Location: 2J01

Instructor: Casey J.

Your budding artist can explore the basics of watercolor painting by experimenting with different techniques and subjects each week, all while slowly building complexity and having fun!

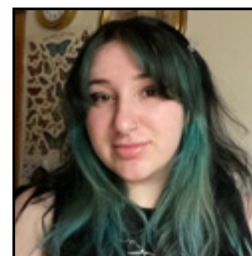
SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
2	THU	NOV 3 - DEC 15 No class 11/24	9:00 - 9:30 AM	\$78/0/102

REGISTER



Elise Cismesia

Instructor



Maya Gatenio

Instructor



Casey Jordi

Instructor



Hunter LoBianco

Instructor

NEW! Private Vocal & Piano Lessons

Ages 7yrs+

Location: Ritz Theater

Instructor: Elise C.

INQUIRE 

Interested in vocal or piano lessons? Whether you're 7 or 77, it's never too early or too late to fine-tune your vocal cords or piano skills. Contact Elise to schedule your 30 or 60-minute private lesson.

To schedule a lesson or learn more, contact Jake Klavens at jklavens@jccmilwaukee.org or call 414-967-8174.

SESSION	DAY	DATES	TIME	FEE 30 Mins/ 60 Mins
2	MON	OCT 31 - DEC 12	9:00 - 2:00 PM	\$35/65
2	MON	OCT 31 - DEC 12	5:00 - 6:00 PM	\$35/65

NEW! Disney Musical Theater

Ages 7 - 10yrs

Location: Yeladim Playroom

Instructor: Elise C.

REGISTER 

Through drama games, movement, music, and improvisation, kids will explore the themes of Disney movies & musicals like Encanto, Frozen, and Aladdin. The course will culminate in a loosely staged performance.

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
2	MON	OCT 31 - DEC 12	4:15 - 5:00 PM	\$84/0/112

NEW! Private Music Lessons

Ages 10yrs+

Location: Ritz Theater

Instructor: Hunter L.

INQUIRE 

Have you always wanted to learn an instrument or hone your musical skills? Join Hunter for 30 to 60-minute private lessons. Hunter is experienced in guitar, bass, piano, percussion, banjo, mandolin, harmonica, ukulele, synthesizers, xylophone, glockenspiel, marimba, and more, and is well-versed in Jazz, Country, Folk, Rock, Classical, and Contemporary genres. Contact Hunter to schedule your private lessons. Please bring your instrument to all lessons. All instruments listed above will be on-site for use for those that need access to an instrument.

To schedule a lesson or learn more, contact Jake Klavens at jklavens@jccmilwaukee.org or call 414-967-8174.

SESSION	DAY	DATES	TIME	FEE 30 Mins/ 60 Mins
2	THU	NOV 3 - DEC 15 No class 11/24	9:00 - 3:00 PM	\$35/65
2	THU	NOV 3 - DEC 15 No class 11/24	5:00 - 8:00 PM	\$35/65

NEW! Fundamental of Music

Ages 7 - 10 yrs

Location: Ritz Theater

Instructor: Hunter L.

REGISTER 

Kids will learn beginner and novice skills in music fundamentals that will help them on their musical journey. Lessons will focus on aural skills, reading staff (bass & treble clef), chord building, understanding piano notes, basic and rudimentary time signatures, instrument identification, basic scales, and vocal exercises. Participants will refine their musical vocabulary and apply themselves to the music they play, listen to, and perform.

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
2	THU	NOV 3 - DEC 15 No class 11/24	4:15 - 5:00 PM	\$72/0/96



Youth Recreation • Ages 4-6 yrs

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



Temkin Youth Indoor Soccer League (K4-1st Grade)

Ages 4 - 6 yrs

Location: Marcus Gym

Instructor: JCC Rec Staff

REGISTER

Calling all K4-1st grade soccer players! Join us for an indoor soccer league this fall! This 9-week indoor league will teach players the basics of dribbling, passing, and shooting in game settings, along with the importance of teamwork and sportsmanship. Players will be split into teams. There will be 3 different periods of games from 12:00-12:45 PM, 1:00-1:45 PM, and 2:00-2:45 PM. Game periods will be determined based on enrollment amount.

Parents interested in volunteering to coach should contact Jake Klavens, Recreation Manager, at jklavens@jccmilwaukee.org

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
2	SUN	OCT 9 - DEC 11	12:00-3:00 PM No class 11/27	\$108/0/144

Mighty Ninjas

Ages 4 - 6 yrs

Location: Family Gym

Instructor: Jake Klavens

REGISTER

Mighty Ninjas is one of our most popular classes – and for good reason! Kids explore and compete in all kinds of fun and physical challenges. From obstacle courses to progressive relays and team-based competitions, there's plenty of non-stop action!

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
2	MON	OCT 31 - DEC 12	4:45 - 5:15 PM	\$84/0/112

Open Art Studio

Ages 4 - 6 yrs

Location: 1J16 Art Studio

Instructor: Maya G.

REGISTER

Open Art Studio is a chance for aspiring artists to explore their own areas of interest, including working with clay, drawing, painting, cartooning, and more.

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
2	TUE	NOV 1 - DEC 13	3:30 - 4:15 PM	\$91/0/119

Basketball Basics

Ages 4-6 yrs

Location: Family Gym

Instructor: JCC Rec Staff

REGISTER

Basketball Basics is a skill-based class for kids looking to learn the game, develop the fundamentals, and discover a love for the game. Teamwork and sportsmanship are taught during this fun format which includes plenty of game-like play!

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
1	WED	SEP 14 - OCT 26 No class 10/5	4:45 - 5:15 PM	\$72/0/96
2	WED	NOV 2 - DEC 14 No class 11/23	4:45 - 5:15 PM	\$72/0/96

Intro to Running

Ages 4 - 6 yrs

Location: JCC Karl Campus

Instructor: JCC Rec Staff

REGISTER

Love to run or just looking to burn off extra energy? This class introduces your child to the basics of running. Participants will work on a combination of running skills such as sprints, distance running, and relays as well as learning how to correctly stretch, warm up, and cool down.

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
1	THU	SEP 15 - OCT 27	3:30 - 4:00 PM	\$84/0/112
2	THU	NOV 3 - DEC 15 No class 11/24	3:30 - 4:00 PM	\$72/0/96



Jake Klavens

Recreation Manager



Kristen Schmalfeldt

Recreation & Aquatics
Coordinator



Youth Recreation • Ages 7-14 yrs

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

Flag Football

Ages 9 - 12 yrs

Location: JCC Athletic Field

Instructor: JCC Rec Staff

REGISTER



Football season is back! Learn and review offensive and defensive skills and positions along with teamwork, cooperation, and sportsmanship in practice and game-like settings.

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
1	SUN	SEP 11 - OCT 23	3:30-4:30 PM	\$84/0/112
2	SUN	OCT 30 - DEC 11	3:30-4:30 PM	\$84/0/112

Master Ninjas

Ages 7 - 10 yrs

Location: Family Gym

Instructor: Jake Klavens

REGISTER



Master Ninjas is one of our most popular classes – and for good reason! Kids explore and compete in all kinds of fun and physical challenges. From obstacle courses to progressive relays and team-based competitions, there's plenty of non-stop action!

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
2	MON	OCT 31 - DEC 12	5:30 - 6:00 PM	\$84/0/112

Open Art Studio

Ages 7 - 10 yrs

Location: 1J16 Art Studio

Instructor: Maya G.

REGISTER



Open Art Studio is a chance for aspiring artists to explore their own areas of interest, including working with clay, drawing, painting, cartooning, and more.

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
2	TUE	NOV 1 - DEC 13	5:30 - 6:30 PM	\$91/0/119

SNL

SATURDAY NIGHT LIVE & SUNDAY NOON LIVE

For Kids in 1ST - 6TH Grade

KIDSCENTER



Saturday Night Live returns to the JCC... with a twist! Bring your kids to the JCC for an evening or afternoon of fun while you enjoy some downtime.

SUNDAY, OCT 2 • 1:00 - 3:00 PM
Ability Center Open Gym & Sukkot Crafts

SUNDAY, NOV 13 • 3:00 - 6:00 PM
Tailgate Party & Packers Game

SATURDAY, DEC 17 • Time TBD
Holiday Crafts & Projects

Questions? Contact:

Shea Beilke, Youth Programs Coordinator,
at sbeilke@jccmilwaukee.org



Youth Recreation • Ages 7-14 yrs

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

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 like dribbling, passing, shooting, and overall game strategy.

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
1	WED	SEP 14 - OCT 26 <i>No class 10/5</i>	5:30 - 6:00 PM	\$72/0/96
2	WED	NOV 2 - DEC 14 <i>No class 11/23</i>	5:30 - 6:00 PM	\$72/0/96

Cross Country Running

Ages 7 - 10 yrs

Location: JCC Karl Campus

Instructor: JCC Rec Staff

REGISTER



Looking to build stamina and increase cardiovascular endurance? We'll focus on getting into tip-top running shape as we learn how to properly stretch and pace ourselves in a fun, team-bonding environment through running. We'll even have our own little Color Run on the last day of class!

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
1	THU	SEP 15 - OCT 27	4:00 - 4:30 PM	\$84/0/112
2	THU	NOV 3 - DEC 15 <i>No class 11/24</i>	4:00 - 4:30 PM	\$72/0/96

Dodgeball Games

Location: Outside Marcus Gym

Instructor: JCC Rec Staff

REGISTER



Get ready for the 5 D's of Dodgeball: dodge, dip, duck, dive, and dodge. Participants will receive direct instruction and focus on building strategy through various forms of game play!

AGES 7 - 10 YRS

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
1	THU	SEP 15 - OCT 27	4:45 - 5:15 PM	\$84/0/112
2	THU	NOV 3 - DEC 15 <i>No class 11/24</i>	4:45 - 4:15 PM	\$72/0/96

AGES 11 - 14 YRS

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
1	THU	SEP 15 - OCT 27	5:30 - 6:30 PM	\$84/0/112
2	THU	NOV 3 - DEC 15 <i>No class 11/24</i>	5:30 - 6:30 PM	\$72/0/96

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 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 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



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

Tiny Dancer

Ages 2½-3 yrs

Location: Studio B

Instructor: Danceworks Faculty

REGISTER



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

AGE	DAY	DATES	TIME	FEE MEM/PTRN/COMM
2½-3 yrs	FRI	SEP 16 - DEC 16 No class 11/25	11:00 - 11:45 PM	\$182/175/188

Creative Dance

Ages 3-4 yrs

Location: Studio B

Instructor: Danceworks Faculty

REGISTER



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.

AGE	DAY	DATES	TIME	FEE MEM/PTRN/COMM
3 yrs	MON	OCT 24 - DEC 12	4:15 - 5:00 PM	\$112/108/116
4 yrs	MON	OCT 24 - DEC 12	5:00 - 5:45 PM	\$112/108/116

Tap & Pre-Ballet

Ages 4-6 yrs

Location: Studio B

Instructor: Danceworks Faculty

REGISTER



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

AGE	DAY	DATES	TIME	FEE MEM/PTRN/COMM
4 yrs	TUE	OCT 25 - DEC 12	4:15 - 5:15 PM	\$112/108/116
5 yrs	TUE	OCT 25 - DEC 12	5:15 - 6:15 PM	\$112/108/116
6 yrs	WED	SEP 14 - DEC 14 No class 10/5, 11/23	4:15 - 5:15 PM	\$112/108/116

Save the Date

Saturday, June 17, 2023

Danceworks Showcase Performance
at South Milwaukee
Performance Center

Dress Code for Creative Dance and Tap & Pre-Ballet Combination Classes

Option 1: Black leotard, pink or flesh-tone tights, appropriate shoes for style of class. Dance skirt is optional with permission from instructor.

Option 2: Solid white t-shirt, black jazz pants or close-fitting sweat pants and appropriate shoes.

Ballet shoes of any color must be worn. Students should coordinate the color of their dance shoes with the color of tights they have chosen to wear (black, tan, or flesh-toned).

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! Stop by Monday through Friday from 9:00 AM to 7:00 PM or Saturdays from 9:00 AM to 3:00 PM to get fitted for shoes or dance attire.

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

Intro to Hip Hop

Ages 7-8 yrs

Location: Studio B

Instructor: Danceworks Faculty

This class focuses on coordination and rhythm while teaching the hip-hop basics in an energetic and fun-filled environment. Each class is sure to get you on your feet and keep you on the beat!

AGE	DAY	DATES	TIME	FEE MEM/PTRN/COMM
7-8 yrs	THU	SEP 15 - DEC 15 No class 11/24	4:30 - 5:15 PM	\$182/175/188

REGISTER



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 and upbeat choreography.

AGE	DAY	DATES	TIME	FEE MEM/PTRN/COMM
7-9 yrs	WED	SEP 14 - DEC 14 No class 10/5, 11/23	5:15 - 6:15 PM	\$168/108/174

REGISTER



Hip Hop I

Ages 9-11 yrs

Location: Studio B

Instructor: Danceworks Faculty

This high-energy dance class uses the latest music mixed with movements influenced by some of today's top video choreographers. Hip Hop is a broad collection of urban street dance styles including breaking, popping, and locking and often incorporates elements of freestyling. Classes will provide a structured method of learning various styles of movement in a fun and vibrant environment. Each class will incorporate dance combinations and routines while encouraging students to express themselves.

AGE	DAY	DATES	TIME	FEE MEM/PTRN/COMM
9-11 yrs	THU	SEP 15 - DEC 15 No class 11/24	5:15 - 6:15 PM	\$182/175/188

REGISTER



50+ Beginning Tap

Adults Ages 50+ yrs

Location: Studio B

Instructor: Danceworks Faculty

Danceworks 50+ classes are geared towards students ages 50 and older who are returning to dance or starting dance for the first time. This class will help gain mobility and balance while improving memory and sharpening reflexes. Danceworks' faculty are experienced professionals that specialize in working with mature adults. Danceworks 50+ classes are exhilarating and motivating, as well as a fun way to meet new friends.

AGE	DAY	DATES	TIME	FEE MEM/PTRN/COMM
50+	FRI	SEP 16 - DEC 16 No class 11/25	12:00 - 1:00 PM	\$182/175/188

REGISTER



Dress Code for Tap & Jazz Classes

Black jazz pants, a solid-colored close-fitting top, and appropriate dance 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.



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 by offering programs that are open to the whole community.

Ability Open Gym

Youth & Adults ages 8+

Location: Marcus Family Gym

Facilitators: Sarah McCutcheon & Renee Hundt

Wheelchair and adaptive sports can be scary, especially if it's your first time. The Ability Center is removing that fear and offering our community an opportunity to play together in an inclusive, non-competitive, friendly environment where your friends, family, peers, and 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	OCT 2	1:00 - 3:00 PM	FREE

REGISTER



Music Therapy

Ages 5-12 yrs

Location: Studio A

Instructor: Melissa Neitzel MT-BC

Music can be rewarding, motivating, and a fun way to engage with one another. Each music therapy group is designed to meet the individual where they are at to ensure that all can comfortably participate. Music is used to support and encourage advancement in self-expression, fine-gross motor movement, social-emotional skills, academic self-esteem, and quality of life.

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
1	MON 5 Classes	SEP 12 - OCT 24 No class 10/10, 10/24	4:15 - 5:00 PM	\$100/100/120
2	MON 7 Classes	OCT 31 - DEC 12	4:15 - 5:00 PM	\$140/140/160

REGISTER



Interactive Group Fitness

Ages 8-17 yrs

Location: Marcus Gym

Instructor: Sarah McCutcheon & Jake Klavens

Improve your strength and endurance in this inclusive group exercise class! We'll have plenty of fun as we find new ways to stay active and learn how to incorporate these practices into our everyday lives

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
1	WED	SEP 14 - OCT 26 No class 10/5	4:15 - 4:45 PM	\$72/0/96
2	WED	NOV 2 - DEC 14 No class 11/23	4:15 - 4:45 PM	\$72/0/96

REGISTER



Paint Outside the Lines

Ages 5-15 yrs

Location: Art Studio

Instructor: Sarah McCutcheon

Wrap up your day in a creative way! Learn about different artists and new techniques while letting your own artistic abilities shine with fun and unique art projects.

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
1	THU 6 Classes	SEP 15 - OCT 27	4:30 - 5:30 PM	\$100/0/120
2	THU 9 Classes	NOV 3 - DEC 15 No class 11/24	4:30 - 5:30 PM	\$180/0/200

REGISTER



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+

Kids will have fun learning fundamental skills related to fitness as they develop and increase their gross motor 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 by offering programs that are open to the whole community.

Chaverim Adult Social Group

Adults ages 18+

Facilitators: Sarah McCutcheon & Renee Hundt

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.

SESSION	DAYS	DATES	TIME	FEE MEM/PTRN/COMM
1 & 2	TUE & THU	Monthly calendar available	6:00 PM	Annual Fee \$50/50/50 Add'l fees for some programs.

All Kinds of Creative

Ages 15+ yrs

Location: Yeladim

Instructor: Sarah McCutcheon

REGISTER



All Kinds of Creative is a great way to inspire your creativity in the afternoon. Unwind as you learn all about different artists and new techniques.

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
1	TUE 4 Classes	SEP 13 - OCT 25 No class 10/4, 10/11, 10/18	4:30 - 5:30 PM	\$80/0/100
2	TUE 7 Classes	NOV 1 - DEC 13 No class 11/24	4:30 - 5:30 PM	\$140/140/160

Adaptive Aquatics

Ages 4 - 18 yrs

Location: Peck Aquatic Center

INQUIRE



This program is designed for participants ages 4-18 years old 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 30-minute sessions scheduled once a week. Due to pool space, we may not be able to accommodate lessons Monday - Thursday from 4:00-6:00 PM. Lessons are scheduled based on instructor availability.

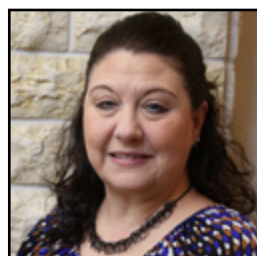
Adaptive Lessons (1 swimmer)

1 lesson \$30
3 lessons \$87
6 lessons \$172
12 lessons \$330

Semi-Private Lessons (2-3 swimmers, siblings only)

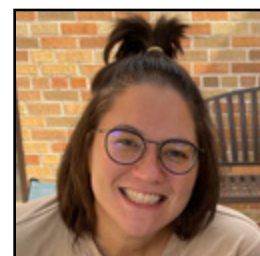
1 lesson \$15.00 per participant
3 lessons \$43.50 per participant
6 lessons \$136 per participant
12 lessons \$165 per participant

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



Renee Hundt

Director of Special Needs



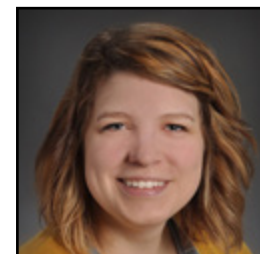
Sarah McCutcheon

Special Needs Coordinator



Jake Klavens

Recreation Manager



Melissa Neitzel

Instructor



Early Childhood Aquatics

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

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.



Jess Lanke

Director of
Recreation & Aquatics



Dave Wage

Aquatics Manager

Parent-Child Swim Skills

Ages 18 mos - 36 mos w/ adult

Location: Peck Aquatic Center

REGISTER



Is your child too advanced for the Parent-Tot class but not quite ready or doesn't meet the age requirement for Pre-School Level 1? This class is a perfect balance! Participants will work on skills introduced in the Pre-School Level 1 class with the assistance of their parents to help ease the transition to independent lessons in the future. The instructor will work with participants while parents assist their children in practicing the given skills. See our program grid for more information!

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
1	SUN	SEP 11 - OCT 23	10:30 - 11:00 AM	\$91/0/119
2	SUN	SEP 11 - OCT 23	10:30 - 11:00 AM	\$91/0/119
1	SAT	NOV 5 - DEC 17	9:45 - 10:15 AM	\$91/0/119
2	SAT	NOV 5 - DEC 17	9:45 - 10:15 AM	\$91/0/119

Parent-Tot Swim

Ages 6 - 36 mos w/ adult

Location: Peck Aquatic Center

REGISTER



This program is designed for infants and toddlers ages 6-36 months. Parent participation allows you to share this experience with your child as they explore water adjustment, body awareness, coordination, and safety through 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.

SESSION	DAY	DATES	TIME	FEE MEM/PTRN/COMM
1	SUN	SEP 11 - OCT 23	9:00 - 9:45 AM	\$91/0/119
2	SUN	OCT 30 - DEC 11	9:00 - 9:45 AM	\$91/0/119
1	SUN	SEP 11 - OCT 23	9:45 - 10:15 AM	\$91/0/119
2	SUN	OCT 30 - DEC 11	9:45 - 10:15 AM	\$91/0/119
1	WED	SEP 14 - OCT 26 No class 10/5	10:45 - 11:15 AM	\$78/0/102
2	WED	NOV 2 - DEC 14 No class 11/23	10:45 - 11:15 AM	\$78/0/102
1	SAT	SEP 17 - OCT 29	9:00 - 9:30 AM	\$91/0/119
2	SAT	NOV 5 - DEC 17	9:00 - 9:30 AM	\$91/0/119

Family Open Swim

Location: Peck Aquatic Center

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 for available times.

Large Pool: The large pool will be open for swim time on Sundays from 1:00-5:00 PM, Wednesdays from 6:00-8:00 PM, and Saturdays from 12:00-4:00 PM. We will make every effort to ensure the diving board is open during these times. Swimmers wishing to use the diving board or swim independently in the large pool will need to complete a swim check upon arrival.



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.*

REGISTER



CLICK TO VIEW FULL LESSON SCHEDULE

The image shows a thumbnail of a detailed lesson schedule table for Fall 2022. The table has multiple columns for different age groups and levels, and rows for various dates and times. The header includes the JCC logo and the title 'FALL 2022 SWIM LESSON SCHEDULE'.

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.



Swim Evaluations

New to our program? Not sure what level to enroll your child? Contact Jess to discuss the best swim level fit for your child before registering.

Jess Lanke,
Director of Recreation & Aquatics
414-967-8194
jlanke@jccmilwaukee.org

INQUIRE



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 heads, jump independently into shallow water, and float independently (front & back). Activities will include front and backstroke (arm and leg action coordinated) independently across the training pool and similar activities in the large pool.

NEW Pre-School Level 3B

This class is designed for participants who have successfully completed the skills for Pre-School Level 3 but do not meet the age/endurance qualifications for Youth Level 2. Participants enrolled in this class must be able to swim front and backstroke (with coordinated arm & leg action) for ¼ length of the large pool. Activities will include refining coordinated arm and leg action with an introduction to rotary breathing (breathing to the side while swimming on the front), swimming on the side, and treading water. Participants will work towards independent swimming on both front and backstroke for ½ the length of the large pool.

An instructor referral is required for enrollment. Registration through the Aquatics Department only.



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](#)

The image shows a thumbnail of a detailed lesson schedule table titled "FALL 2022 SWIM LESSON SCHEDULE". The table has multiple columns representing different age groups and levels, and rows representing specific lesson times and dates. The content is too small to read in detail.

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 class for participants who have not completed the Pre-school level program.

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.



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.

Adaptive Aquatics

Ages 4 - 18 yrs

Location: Peck Aquatic Center

REGISTER



This program is designed for participants ages 4-18 years old 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 30-minute sessions scheduled once a week. Due to pool space, we may not be able to accommodate lessons Monday - Thursday from 4:00-6:00 PM. Lessons are scheduled based on instructor availability.

Adaptive Lessons (1 swimmer)

1 lesson \$30
3 lessons \$87
6 lessons \$172
12 lessons \$330

Semi-Private Lessons (2-3 swimmers, siblings only)

1 lesson \$15.00 per participant
3 lessons \$43.50 per participant
6 lessons \$136 per participant
12 lessons \$165 per participant

Contact Kristen Schmalfeldt, Recreation & Aquatics Coordinator at kschmalfeldt@jccmilwaukee.org or 414-967-8325 to learn more.

Adaptive Lesson Packages must be purchased through the Aquatics Office. Lesson packages must be purchased prior to the first lesson. Packages expire after one calendar year

Swim Evaluation Date

New to our program? Not sure what level of swim lessons you should enroll your child in? Stop by during our swim evaluation block and get to know our team of amazing swim instructors. We'll work with your child to do a swim evaluation and recommend a level to enroll in the American Red Cross Learn to Swim Program.

JCC Water Park Mequon (11015 N Market St.)
Sunday, August 14 • 2:00-3:00 PM

FREE to JCC Members and the Community

Contact Jess Lanke,
Director of Recreation & Aquatics to reserve your spot at
jlanke@jccmilwaukee.org or 414-967-8194.

Triggerfish Head Coach, Dave Wage, invites you to join Swim Team!



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.

Questions?

Contact Head Coach Dave Wage at dwage@jccmilwaukee.org or 414-967-8191.

DAY	DATES	TIME	FEE MEM/PTRN/COMM
TUE & THU	SEP 13 - DEC 15 <i>TUE begins 11/1</i>	5:00 - 6:00 PM	\$220/0/300

Drop-In Lanes Swim

Teens & Adults age 14+

Location: Peck Aquatic Center

We make every effort to ensure that 2 drop-in lanes are always available for lap swimming, walking, and exercising. However, there may be times when there are more than 2 lanes available. Drop-in lanes are designated for swimmers ages 14 and older. View our current pool schedule online at www.jccmilwaukee.org or contact the Aquatics Office at 414-967-8191.



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.

Adult Stroke Refinement

Teens & Adults ages 16+

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, Mark will be able to help you prepare for your next event or improve your lap swim efficiency. This class is ideal for swimmers looking to decrease their risk of injury or enjoy more speed for the same amount of energy. Mark brings his technical background to break down the stroke and find your optimal swim form. Lessons are scheduled on an individual basis. Due to other programming, lessons may be limited during certain times of the day. Lessons are scheduled based on instructor availability.

Packages for JCC Members:

1 session - \$65

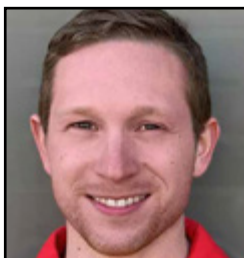
4 session - \$250

8 sessions - \$476

12 sessions - \$681

Contact Jess Lanke, Director of Recreation & Aquatics at 414-967-8194 to learn more.

Adult Stroke Refinement Packages must be purchased through the Aquatics Office. Lessons packages must be purchased prior to the first lesson. Packages expire after one calendar year.



Mark Caballero

Instructor

Tzni'ut Modesty Swim Times

To provide an inclusive swim experience for our entire community, weekly time is set aside for women's only and men's only swim in our pools for those who follow Halakha, or Jewish law regarding the laws of modesty.

Tzni'ut Modesty Women's Only Swim

Sundays 5:30-6:30 PM

Tzni'ut Modesty Men's Only Swim

Thursdays 8:30-9:30 PM



American
Red Cross

Lifeguard Training

Teens & Adults ages 15+

Location: Peck Aquatics 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 the 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.

DAY	DATES	TIME	FEE MEM/PTRN/COMM
WED - FRI	DEC 28 - 30	WED & THU 11:00 AM - 4:00 PM FRI 9:00 AM - 4:00 PM	\$225/0/300

Participants must complete ALL classes to earn their certification

Adult Beginner Drop-In Lessons

Adults ages 18+ yrs

Location: Peck Aquatic Center

Instructor: Dave Wage

REGISTER



These drop-in sessions are designed for adults interested in learning how to swim. Sessions will focus on comfort in the water and participants will work to develop basic kicks and strokes. There will be group instruction as well as individualized feedback. Classes are on a drop-in basis – no registration is required. Contact Dave Wage at dwage@jccmilwaukee.org or 414-967-8191 to learn more.

DAY	DATES	TIME	FEE MEM/PTRN/COMM
SUN	SEP 11 - DEC 11	12:00 - 1:00 PM	\$15/0/20 Per Class Drop-In
TUE	NOV 1 - DEC 13	6:00 - 7:00 PM	\$15/0/20 Per Class Drop-In



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.

Meditation Workshop

Adults ages 18+

Location: Yoga Studio

REGISTER

Join Steve White (E-RYT 500 & C-IAYT) for a four-part workshop that introduces different styles and approaches to meditation practices. Anyone can learn meditation techniques that are effective for them to help focus, balance, calm, refresh, and explore deeper practices for self-reflection. Sessions will feature a short lecture and ample time to sample simple and powerful practices

DAY	DATES	TIME	INST.	FEE MEM/PTRN/COMM
TUE	9/13	10:00 - 10:30 AM	Steve	\$11 per Session
TUE	9/27	10:00 - 10:30 AM	Steve	\$11 per Session
TUE	10/11	10:00 - 10:30 AM	Steve	\$11 per Session
TUE	10/25	10:00 - 10:30 AM	Steve	\$11 per Session
FULL SERIES				\$40

Women on Weights

Adults ages 18+

Location: Personal Training Studio

REGISTER

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!

SESS.	DAY	DATES	TIME	INST.	FEE MEM/PTRN/COMM
1	THU 6 Classes	SEP 15 - OCT 27	12:00 PM	Denise	\$96/96/156
2	THU 6 Classes	NOV 3 - DEC 15 No class 11/24	12:00 PM	Denise	\$96/96/156

Mat Pilates

Adults ages 18+

Platform: Zoom

REGISTER

Mixed level Mat Pilates builds core strength and increases muscular endurance. Modifications and variations will be offered for safety and challenge.

SESS.	DAY	DATES	TIME	INST.	FEE MEM/PTRN/COMM
1	FRI 7 Classes	SEP 16 - OCT 28	10:00 AM	Terri	\$84/84/154
2	FRI 6 Classes	NOV 4 - DEC 16 No class 11/25	10:00 AM	Terri	\$72/72/132

Tower Pilates

Adults ages 18+

Location: Pilates Studio

REGISTER

Individuals will sit, stand, or lie down on a mat and work with resistive springs attached to the Tower. Build strength, flexibility, and muscular endurance.

SESS.	DAY	DATES	TIME	INST.	FEE MEM/PTRN/COMM
1	FRI 7 Classes	SEP 16 - OCT 28	8:00 AM	Stacey	\$126/126/196
2	FRI 6 Classes	NOV 4 - DEC 16 No class 11/25	8:00 AM	Stacey	\$108/108/168

Mixed Prop Pilates

Adults ages 18+

Location: Pilates Studio

REGISTER

This class utilizes the Chair, Tower, and other props that will help expand your Pilates practice.

SESS.	DAY	DATES	TIME	INST.	FEE MEM/PTRN/COMM
1	TUE 4 Classes	SEP 13 - OCT 25 No class 9/27, 10/11, 10/18	10:30 - 11:15 AM	Terri	\$48/48/88
2	TUE 7 Classes	NOV 1 - DEC 13	10:30 - 11:15 AM	Terri	\$84/84/154
1	SAT 7 Classes	SEP 17 - OCT 29	8:00 - 8:45 AM	Stacey	\$126/126/196
2	SAT 7 Classes	NOV 5 - DEC 17	8:00 - 8:45 AM	Stacey	\$126/126/196
1	SAT 7 Classes	SEP 17 - OCT 29	12:00 PM	Stacey	\$126/126/196
2	SAT 7 Classes	NOV 5 - DEC 17	12:00 PM	Stacey	\$126/126/196



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

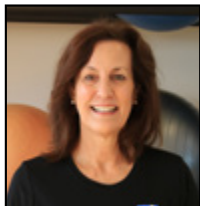
Fitness Instructors



Ally Denton
Fitness Director



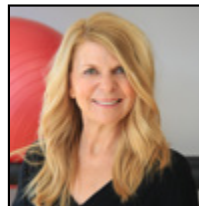
Jess Pool
Fitness Coordinator



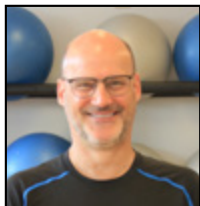
Joanie Achs
Instructor



Leah Parkhurst
Instructor



Sarah Cohen
Instructor



Steve White
Instructor



Denise Beckman
Instructor



Terri Stevens
Instructor



Stacey Extence
Instructor



Katie Nickel
Instructor



Instructor Steve White invites you to learn a bit more about Yoga.

Beginning Classical Reformer

Adults ages 18+

Location: Pilates Studio

REGISTER

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!

SESS.	DAY	DATES	TIME	INST.	FEE MEM/PTRN/COMM
1	MON 4 Classes	SEP 12 - OCT 24 No class 9/26, 10/10, 10/17	9:00 AM	Joanie	\$72/72/112
2	MON 7 Classes	OCT 31 - DEC 12	9:00 AM	Joanie	\$126/126/196
1	WED 6 Classes	SEP 14 - OCT 26 No class 10/5	9:00 AM	Joanie	\$108/108/168
2	WED 6 Classes	NOV 2 - DEC 14 No class 11/23	9:00 AM	Joanie	\$108/108/168

Intro to Classical Reformer

Adults ages 18+

Location: Pilates Studio

REGISTER

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

SESS.	DAY	DATES	TIME	INST.	FEE MEM/PTRN/COMM
1	MON 4 Classes	SEP 12 - OCT 24 No class 9/26, 10/10, 10/17	6:00 AM	Leah	\$72/72/112
2	MON 7 Classes	OCT 31 - DEC 12	6:00 AM	Leah	\$126/126/196
1	WED 6 Classes	SEP 14 - OCT 26 No class 10/5,	7:00 AM	Leah	\$108/108/168
2	WED 6 Classes	NOV 2 - DEC 14 No class 11/23	7:00 AM	Leah	\$108/108/168
1	MON 4 Classes	SEP 12 - OCT 24 No class 9/26, 10/10, 10/17	9:00 AM	Joanie	\$72/72/112



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

Intermediate Classical Reformer

Adults ages 18+

Location: Pilates Studio

REGISTER



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

SESS.	DAY	DATES	TIME	INST.	FEE MEM/PTRN/COMM
1	MON 4 Classes	SEP 12 - OCT 24 No class 9/26, 10/10, 10/17	8:00 AM	Joanie	\$72/72/112
2	MON 7 Classes	OCT 31 - DEC 12	8:00 AM	Joanie	\$126/126/196
1	MON 3 Classes	SEP 12 - OCT 3 No class 9/26,	5:00 PM	Sarah	\$54/54/84
2	MON 7 Classes	OCT 31 - DEC 12	5:00 PM	Sarah	\$126/126/196
1	WED 6 Classes	SEP 14 - OCT 26 No class 10/5	8:00 AM	Joanie	\$108/108/168
2	WED 6 Classes	NOV 2 - DEC 14 No class 11/23	8:00 AM	Joanie	\$108/108/168
1	WED 6 Classes	SEP 14 - OCT 26 No class 10/5	5:00 PM	Joanie	\$108/108/168
2	WED 6 Classes	NOV 2 - DEC 14 No class 11/23	5:00 PM	Joanie	\$108/108/168

Advanced Classical Reformer

Adults ages 18+

Location: Pilates Studio

REGISTER



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

SESS.	DAY	DATES	TIME	INST.	FEE MEM/PTRN/COMM
1	MON 3 Classes	SEP 12 - OCT 3 No class 9/26,	6:00 PM	Sarah	\$54/54/84
2	MON 6 Classes	OCT 31 - DEC 12	6:00 PM	Sarah	\$126/126/196

Restorative Reformer

Adults ages 18+

Location: Pilates Studio

REGISTER



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!

SESS.	DAY	DATES	TIME	INST.	FEE MEM/PTRN/COMM
1	MON 4 Classes	SEP 12 - OCT 24 No class 9/26, 10/10, 10/17	7:00 PM	Katie	\$72/72/112
2	MON 7 Classes	OCT 31 - DEC 12	7:00 PM	Katie	\$126/126/196

Intermediate Reformer

Adults ages 18+

Location: Pilates Studio

REGISTER



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

SESS.	DAY	DATES	TIME	INST.	FEE MEM/PTRN/COMM
1	TUE 3 Classes	SEP 13 - OCT 25 No class 9/27, 10/11, 10/18	8:15 AM	Ally	\$54/54/84
2	TUE 7 Classes	OCT 31 - DEC 12	8:15 AM	Ally	\$126/126/196
1	THU 6 Classes	SEP 15 - OCT 27	8:15 AM	Ally	\$108/108/168
2	THU 6 Classes	NOV 3 - DEC 15 No class 11/24	8:15 AM	Ally	\$108/108/168
1	FRI 7 Classes	SEP 16 - OCT 28	9:00 AM	Katie	\$126/126/196
2	FRI 6 Classes	NOV 4 - DEC 16 No class 11/25	9:00 AM	Katie	\$72/72/132



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 Workshop

Enhance your Pilates practice with workshops focused on building strength, endurance, and range of movement.

Introduction to Pilates Principles

Adults ages 18+

Location: Pilates Studio

REGISTER 

Pilates movement practices are guided by certain alignment and movement principles. These are often referred to as key concepts as they are key to good posture and biomechanics. These concepts include the "Powerhouse," "Centerline," "Scoop," and the "Box." Explore these primary concepts in this 90-minute workshop that offers simple explanations and movement to fully understand the principles inside and out.

DAY	DATES	TIME	INST.	FEE MEM/PTRN/COMM
TUE	SEP 18	9:30 - 11:00 AM	Leah	\$25/25/35

Exploring a Straight Body Position

Adults ages 18+

Location: Pilates Studio

REGISTER 

Pilates Stance, Leg Pull Front, Long Stretch, Tower Standing Arm Springs, Push Up, Press, Salute, or Straight Leg Bridge... there are many exercises that begin with the body in a straight position! In this 90-minute workshop, explore the nuances of the Pilates Stance and work on progressing this foundational shape and translating it in a variety of ways. Get ready to explore this straight leg position in its differing relationships to gravity, as well as on different equipment.

DAY	DATES	TIME	INST.	FEE MEM/PTRN/COMM
SUN	OCT 9	9:30 - 11:00 AM	Leah	\$25/25/35

Meet our new Fitness Instructor
Leah Parkhurst!



Three Way Pilates Can Help You Stay Injury Free

Adults ages 18+

Location: Pilates Studio

REGISTER 

The term "injury prevention" is thrown around regularly. Often it's associated with stretching, however, injury prevention can mean various things depending on the physical activities performed. Though it's mainly thought of as stretching, Pilates is a fitness category of its own with a significant impact on injury prevention. In this 90-minute workshop, explore core focus, controlled movements, and a holistic foundation to help you stay injury free. Whether you practice Pilates to support another sport or it's your workout of choice, the benefits are huge.

DAY	DATES	TIME	INST.	FEE MEM/PTRN/COMM
SUN	NOV 20	9:30 - 11:00 AM	Leah	\$25/25/35

Exploring the Small Barrel in Pilates

Adults ages 18+

Location: Pilates Studio

REGISTER 

Small barrels are often underutilized in a Pilates studio. Barrels are able to get fast results and evoke deeply felt correction while also supporting the body. Small barrels are used for a variety of body types and for movements that are releasing and stretching, or in movements that progress the body towards greater challenges. Explore how this simple piece of equipment can support and grow your Pilates practice in this 90-minute workshop!

DAY	DATES	TIME	INST.	FEE MEM/PTRN/COMM
SUN	DEC 18	9:30 - 11:00 AM	Leah	\$25/25/32



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 Fall Les Mills Launch Day! Sunday, Oct 23 • 9:00 AM



Get More with Les

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

Les Mills Body Pump™

High-energy class from Les Mills International that gives you a total body workout using light to moderate weights with lots of repetition and great music.

Les Mills Sprint™

30-minute High-Intensity Interval Training (HIIT) workout using an indoor bike that is scientifically proven to return rapid results.

Les Mills Core™

A scientific core workout for incredible core tone and sports performance. Build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.

Not a JCC Member but want to try the classes?

Visit jccmilwaukee.org/try to get a trial pass.

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!



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!

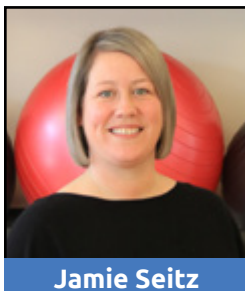
Join the JCC in August and begin a new family membership — and you'll only pay the individual membership rate for the rest of 2022.

The JCC has a special membership offer for families looking to save this in August or September. Plus, all new members receive a complimentary Personal Training Session with one of our JCC Trainers.

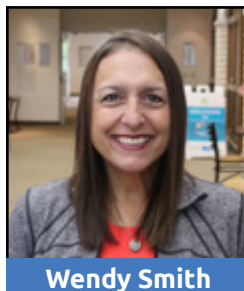
JOIN

Already a Member? THANK YOU!
Refer a Friend to join in September and get Free JCC Swag.

Questions about JCC Membership? Contact Wendy Smith at wsmith@jccmilwaukee.org



Jamie Seitz
General Manager of
Membership & Fitness



Wendy Smith
Membership Director



Kiyla Irwin
Member Services
Manager

Some restrictions may apply. See Membership Team for details. Offer expires 9/30/22.



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.

Adult Open Basketball League • JCC Members Only

Adults ages 18+

Location: Marcus Gym & MJDS
Instructor: Rec Staff & Officials

REGISTER



Players must be JCC members ages 18+ to participate and their membership must be in good standing. Registration deadline is October 3rd. Draft date is October 13th at 7:00 PM (location TBD).

Interested in being a team captain? Contact Recreation Manager Jake Klavens at jklavens@jccmilwaukee.org or 414-967-8174.

AGES	DAY	DATES	TIME	FEE MEMBERS ONLY
18+	SUN	NOV 6-MAR 12 <i>No games 11/27, 12/25, and 1/1</i>	8:00-12:00 PM	\$100 Early Bird Special \$90 before 9/11

Adult Open Gym Basketball • JCC Members Only

Adults ages 18+

Location: Marcus Gym

Competitive, pick-up basketball with your fellow JCC adult members. Please sign the clipboard upon arrival. Wednesday Open Gym is for JCC members ages 30+ only.

AGES	DAY	DATES	TIME	FEE MEMBERS ONLY
18+	SUN	SEP 11 - DEC 16	8:00-12:00 PM	FREE
18+	TUE	SEP 11 - DEC 16	11:00-1:00 PM	FREE
30+	WED	SEP 11 - DEC 16	6:00-8:00 PM	FREE
18+	THU	SEP 11 - DEC 16	11:00-1:00 PM	FREE

Open Catch Ball

Female-identifying teens & adults ages 16+

Location: Marcus Gym
Instructor: Ellen M.

REGISTER



Catch ball is an Israeli game played by women of all ages and athletic abilities. Catch ball is very similar to volleyball, but players catch and throw the ball to one another. Come learn the basic rules and strategies in a fun and relaxed environment. This program is open to all ability levels.

Community users without a JCC membership must be set up in our system as a program user to attend. Contact Jake Klavens, Recreation Manager, at jklavens@jccmilwaukee.org or 414-967-8174 to get set up or with any questions.

SESSION	DAY	DATES	TIME	FEE
1 & 2	TUE	SEP 12 - DEC 13 <i>No class 9/27, 10/4, 10/11, 10/18</i>	6:00 - 7:30 PM	\$5 Weekly Drop-In



50+ Beginning Tap

Adults Ages 50+ yrs

Location: Studio B

Instructor: Danceworks Faculty

REGISTER



Danceworks 50+ classes are geared towards students ages 50 and older who are returning to dance or starting dance for the first time. This class will help gain mobility and balance while improving memory and sharpening reflexes. Danceworks' faculty are experienced professionals that specialize in working with mature adults. Danceworks 50+ classes are exhilarating and motivating, as well as a fun way to meet new friends.

AGE	DAY	DATES	TIME	FEE MEM/PTRN/COMM
50+	FRI	SEP 16 - DEC 16 <i>No class 11/25</i>	12:00 - 1:00 PM	\$182/175/188

Hourly Childcare

REGISTER



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

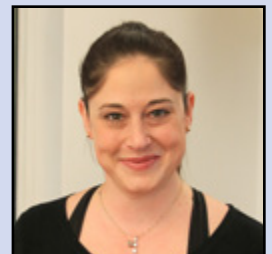
While you work (out), your kids can play! Hourly Childcare is open 7 days a week with daily hours corresponding with our most popular fitness class offerings.

Open 8:00 - 11:00 AM

Rate \$5.00/per child

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 Abby Sarmiento, Youth Programs Coordinator at asarmiento@jccmilwaukee.org



Abigail Sarmiento

Youth Program
Coordinator



Pickleball

Pickleball is one of the fastest-growing sports in the world. Thanks to a generous anonymous donor, the JCC has 4 brand-new outdoor courts for our members to enjoy!

Questions about pickleball? Contact Jess Lanke at jlanke@jccmilwaukee.org or 414-967-8194.



Join Us For Our Pickleball Grand Opening & Launch Event

Join us for a day of pickleball (*and pickles*)! Check out our brand-new outdoor pickleball court and learn how to play the fastest-growing sport in the world.

Sunday, August 28 • 10:00 AM-1:00 PM
Pickleball Courts (*JCC Athletic Field*)

10:00-11:00 AM

Introduction to Pickleball with "How-To" Demonstrations

11:00 AM

Hot Dog Tailgate

11:00-11:30 AM

Q&A regarding Reservations, Rules, and More

11:30 AM-1:00 PM

Open Drop-In Play Time

Open Play Pickleball Drop-In

September 6-October 8

Free for JCC Members Only

Location: Pickle Ball Court

Come play on our new courts during open drop-in play! Bring your own pickleball equipment or borrow what you need from the Peck Desk.

Sunday • 5:00-7:00 PM

Tuesdays • 4:00-7:00 PM

Wednesday • 8:00-12:00 PM

Thursday • 2:00-4:00 PM

Saturday • 9:00-12:00 PM

Reserved Pickleball Play Times

September 6-October 8

For JCC Members Only

Location: Pickle Ball Court

REGISTER



JCC members can reserve 1 pickleball court for a maximum of 2 hours and bring up to 5 additional guests. Reservations can be made through the Group Exercise schedule (jccmilwaukee.org/member) up to 3 days in advance. Equipment will be available from the Peck Desk if needed. Reservations are \$24 per hour. Members must pick up the reservation key at Peck Desk, community participants are allowed as guests.

Sundays • 1:00-3:00 PM

Tuesdays • 8:00 AM-12:00 PM

Wednesdays • 2:00-4:00 PM

Fridays • 8:00 AM-12:00 PM

Saturdays • 3:00-7:00 PM



Arts & Ideas

More than a fun night out, a beautiful painting on the wall, or a good read, Arts & 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.

Children of Willesden Lane

Ages 13+

Location: Daniel M. Soref Community Hall

Mona Golabek is the daughter of Michael Golabek, a French resistance fighter who received the Croix de Guerre, and Lisa Jura, a child piano prodigy born in Vienna, Austria. Lisa came to England as a refugee in 1938 as part of the Kindertransport rescue operation. Mona's grandparents died at Auschwitz. Deeply inspired by her mother's story - particularly the last word's Mona's grandmother shared with her mother - Mona herself became a pianist and has performed with major conductors and orchestras worldwide. The Grammy nominee and prolific recording artist travels the globe to share her mother's story.

DAY	DATE	TIME	FEE MEM/PTRN/COMM
THU	OCT 13	7:00 PM	\$24/0/30

Robert Oppenheim Photography Exhibit

Adults ages 18+

Location: Surlow Promenade

Available to view during JCC open facility hours

With his ever-present camera, Robert Oppenheim used photography to interact with the world around him. His images not only showcase his talents as a photographer, but they also reveal his emotions, experiences, and journey through life.

Join Tapestry for a special Exhibit Opening Event Wine & Cheese Mixer on Thursday, September 8th from 5:00-6:30 PM.

DATE	TIME	FEE MEM/PTRN/COMM
SEP - NOV	JCC Open Facility Hours	FREE

REGISTER



Modern Tastes Meet Milwaukee Tradition

Adults ages 18+

Location: Nicolet Recreation, 6701 Jean Nicolet Rd., Glendale
Instructor: Chef Michael Solovey and Dan Haumschild

Join the JCC, Chef Michael Solovey (owner & chef of Sage Harvest Cooking School and General Manager of the newly created Glorioso's Appetito Culinary Center), Nicolet Recreation Department, and the Jewish Museum Milwaukee for a completely unique and IN-PERSON cooking class. JMM Education Director Dan Haumschild will take us through the history of the Settlement Cookbook and the JCC as Chef Michael puts a modern spin on the traditional recipes. Lizzie Kander's Settlement Cookbook took traditional European and Jewish dishes and added a modern American edge. Immigrants found they could preserve their culture while still becoming uniquely American.

DAY	DATE	TIME	DISH	FEE MEM/PTRN/COMM
THU	SEP 15	6:00 - 7:30 PM	White Fish w/ Lemon Sauce & Sweet Pickled Beans	\$25/0/30
THU	NOV 10	6:00 - 7:30 PM	Latkes (Potato, Zucchini, & Beet) w/ Homemade Cranberry Applesauce	\$25/0/30
THU	DEC 15	6:00 - 7:30 PM	Mulligatawny Soup	\$25/0/30
FULL SERIES				\$75/0/85

REGISTER





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Benedetta Jasmine Guetta Author Event

Adults ages 18+

Platform: Zoom

REGISTER



With a collection of kosher recipes from all regions of Italy, Benedetta Jasmine Guetta is on a mission to tell the story of how the Jews changed Italian food, preserve these recipes, and share the extraordinary dishes prepared in the Jewish communities of Italy with home cooks. Her book, *Cooking alla Giudia* is the ultimate tribute to the wonderfully rich, yet still largely unknown, culinary heritage of the Jews in Italy.

DAY	DATE	TIME	FEE MEM/PTRN/COMM
TUE	SEP 20	7:30 PM	FREE

Kohler Art Preserve Tour

Adults ages 18+

Location: Kohler Art Preserve

Facilitator: Reva Fox

REGISTER



The Art Preserve is the world's first museum to focus entirely on work from art environments. Opened in 2021 by the John Michael Kohler Arts Center, the Art Preserve holds over 25,000 works in its world-renowned collection. Enjoy a docent-led tour with unprecedented access and insights into the display, preservation, conservation, and interpretation of the Arts Center's premier collection. *Lunch will be included.*

DAY	DATE	TIME	FEE MEM/PTRN/COMM
THU	OCT 27	10:00 AM	\$42/0/50

Hanukkah Holiday Art

Adults ages 18+

Location/Platform: Yeladim

Instructor: Sarah McCutcheon

REGISTER



Bring your creativity and appetite for a morning of creating, painting, and noshing! Join us this fall for Judaic Art & Mastery ceramic painting with Tapestry Arts & Ideas. Choose from a variety of ceramics that you can paint and glaze for yourself or as a holiday gift.

DAY	DATE	TIME	FEE MEM/PTRN/COMM
WED	NOV 30	9:30 AM	\$25/0/35

Back to the Sources: The Jew and the Arts The Jews of Cinema

Adults ages 18+

Location: Glazer Board Room

Instructor: Jody Hirsh

REGISTER



Who created Jewish movies and why? How do these film representations change the way we see ourselves? Delve into groundbreaking Jewish Cinema during this six-week session. For each class, it is recommended that you watch the film in advance for our discussion.

DAY	DATE	TIME	FEE MEM/PTRN/COMM
THU	OCT 20 - DEC 1 <i>No Class 11/24</i>	10:00 AM	\$72/0/94

Jai Chakrabarti Author Event

Adults ages 18+

Platform: Zoom

REGISTER



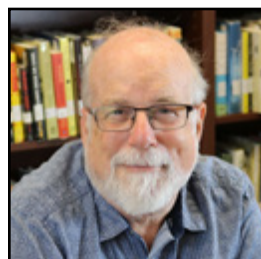
Set in early 1970s New York and rural India, *A Play for the End of the World* tells the story of a turbulent, unlikely romance, a harrowing account of the lasting horrors of WWII, and a searing examination of one man's search for forgiveness and acceptance.

DAY	DATE	TIME	FEE MEM/PTRN/COMM
TUE	NOV 15	7:30 PM	FREE



Reva Fox

Arts & Culture Director



Jody Hirsh

Instructor



Sarah McCutcheon

Instructor



Chef Michael Solovey

Instructor



Arts & Ideas

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NEW! Basket Weaving

Adults ages 18+

Location: 1M55

Instructor: Casey J.

REGISTER



Start your weaving journey with this beginner-friendly course. Utilizing all natural materials, we will break down the steps of creating a basket, from processing materials to different weaving techniques. We'll weave one to two small baskets throughout the course using materials you might find in your own backyard.

DAY	DATE	TIME	FEE MEM/PTRN/COMM
TUE	NOV 1 - DEC 13	10:15 - 11:00 AM	\$91/0/119



Casey Jordi

Instructor

NEW! Art 101

Adults ages 18+

Location: 2J01

Instructor: Casey J.

REGISTER



Build your foundational understanding of art by breaking down the basics and exploring a variety of mediums, methods, and subjects. Ranging from line drawing to watercolor, the class will cover a new mode each week, leaving you prepared to continue your art journey at the end of this course.

DAY	DATE	TIME	FEE MEM/PTRN/COMM
MON	OCT 31 - DEC 12	10:00 - 11:00 AM	\$91/0/119

NEW! Drawing 101

Adults ages 18+

Location: 1M55

Instructor: Casey J.

REGISTER



Find joy in what you see around you! In this course, we'll build foundational drawing skills and center observation in our practice. Experimenting with composition, speed, and mediums like ink and charcoal, you'll enjoy honing your skills in a variety of contexts.

DAY	DATE	TIME	FEE MEM/PTRN/COMM
THU	NOV 3 - DEC 15 <i>No class 11/24</i>	10:00 - 11:00 AM	\$66/0/90

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: Community Hall

Facilitator: Jackie Blumberg

The click of tiles mixed with voices of players calling 6 bam, 5 crack, flowers fill the air – it must be time for Mah Jongg! Mah Jongg (or Mahj, as it's often called) is a fascinating rummy-like game played with tiles rather than cards. Come play and schmooze with new and old friends!

DAY	DATES	TIME	FEE MEM/PTRN/COMM
MON	SEP 12 - DEC 12 <i>No class 9/26, 10/10, 10/17</i>	12:00 - 3:00 PM	\$2/2/3 per session

Men's Club

Adults ages 65+

Location: Daniel M. Soref Community Hall & Zoom

Facilitator: Ken Stein

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

Lox lunch is available for \$7 the second Tuesday of each month.

Annual Membership:

JCC Members \$45 • Community \$55

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

SPEAKER	DAY	DATE	TIME
Howard Schoenfeld <i>Trial Attorney Dewitt LLP</i>	TUE	SEP 6	12:45 - 2:00 PM
Dr. B. Davis <i>Director of the American Black Holocaust Museum</i>	TUE	SEP 13	12:45 - 2:00 PM
Mitch Nelles	TUE	SEP 20	12:45 - 2:00 PM

No Men's Club in October Due to Holiday Observance

Commissioner Layfayette Crump	TUE	NOV 8	12:45 - 2:00 PM
Milwaukee Department of City Development	TUE	NOV 15	12:45 - 2:00 PM

Wine Tasting & Pairing with Ruby Tap

Adults age 21+

Location: Ruby Tap Mequon (6000 W Mequon Rd)

Join the JCC and Ruby Tap for a wine tasting and pairing! Learn more about your favorite wines and how to pair them for your next get-together with friends and family – just in time for the upcoming holidays! Space is limited.

DAY	DATES	TIME	FEE MEM/PTRN/COMM
THU	NOV 3	7:00 - 9:00 PM	\$40/0/45

KOACH

Adults ages 65+

Location: Local Synagogues & Zoom

Facilitator: Rachel Pressman

LEARN MORE

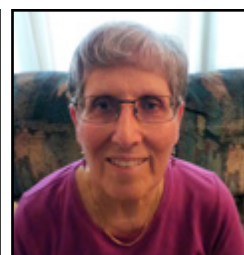
The word "KOACH" means strength in Hebrew. This widely popular program brings together adults throughout the community and reflects the vigor of our Jewish community. KOACH is co-sponsored by the JCC and Milwaukee Synagogues. When lunch is provided with the program, there will be an \$8 fee. When we are not able to offer lunch, the program will be free.

For more information or to be added to the KOACH email list contact Rachel Pressman at rpressman@jccmilwaukee.org

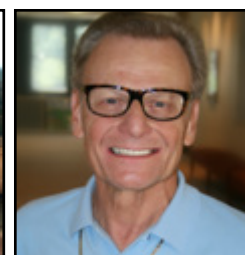
ENTERTAINMENT	DATE	TIME	FEE
Loen Cohen	SEP 8	12:00 - 2:00 PM	\$8 per session
Jody Hirsh	NOV 3	12:00 - 2:00 PM	\$8 per session



Rachel Pressman
Community Programs
Director



Jackie Blumberg
Instructor



Ken Stein
Men's Club Coordinator

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



Ryan O'Desky

Chair, Board of Directors



Mark Shapiro

President & CEO

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STAFF DIRECTORY

jccmilwaukee.org



@jccmilwaukee

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
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JCC Association
of North America



Greater Milwaukee
& Waukesha County

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