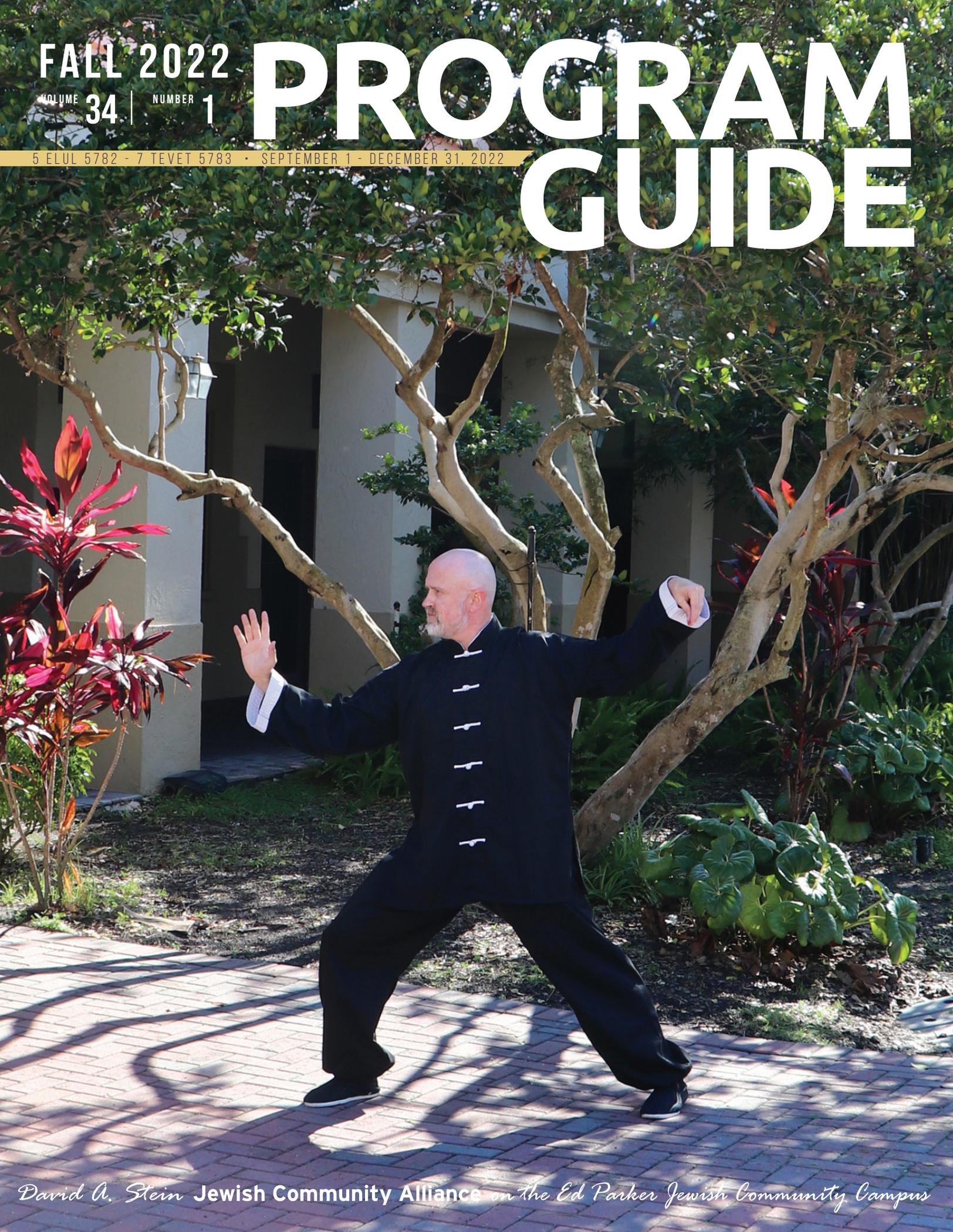


FALL 2022

VOLUME 34 | NUMBER 1

# PROGRAM GUIDE

5 ELUL 5782 - 7 TEVET 5783 • SEPTEMBER 1 - DECEMBER 31, 2022



*David A. Stein Jewish Community Alliance on the Ed Parker Jewish Community Campus*

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The JCA **Program Guide** and **Alliance News** are published each year by the:

**Jewish Community Alliance**  
**8505 San Jose Boulevard**  
**Jacksonville, FL 32217**

For additional program information,  
 please contact the JCA at:

**(904) 730-2100 P • (904) 730-2444 F**  
**jcajax.org • info@jcajax.org**  
**facebook.com/jcajax**

Sam Stromberg ..... Board Chair  
 Adam Chaskin ..... Chief Executive Officer  
 Chelsea Jarrell ..... Director of Marketing  
 Lee Lemay ..... Graphic Designer  
 Beth Milograno ... Communications & PR Specialist

### Locker Room Hours

Locker room hours are the same as business hours.

- Frequent disinfecting will happen throughout the day.
- All shower stalls are available for use and feature full length separating walls.

### Kid Kare (babysitting)

**(904) 730-2100 ext. 325**

Operations hours:

**Sun - Fri mornings 9 am - 12 pm and**  
**Mon - Thu evenings from 5 - 8 pm.**

- Snacks are not allowed in the open playarea, but members of the same household can share the private table in the fenced infant area to snack per request.
- JCA Kid Kare is offered on a first come first serve basis.
- Space limited to 12 kids per shift.

### Guest Policy

Members may bring only two guests at a time (except for members bringing families) with no more than three visits in a calendar year. Guests must be accompanied by a member in good standing. Children who are guests must have an adult present to sign a waiver and be chaperoned by an adult if under 10. All guest passes must be purchased at the Reception Desk. Saturday guest passes must be purchased in advance. All guests must have guest passes. All visitors must present a photo ID.

**Guest Pass Fee: Adults:** \$8 each visit **Children/Teens (5 - 18):** \$4 each visit

### Mandatory Swim Assessments

All children 12 and under must complete a 25-yard swim (without touching the bottom of the pool, grabbing the lane rope, floating on their back or requiring assistance) on their front (freestyle, breaststroke, etc.) and tread water for 45 seconds. If they pass the test, they are permitted to swim without flotation and receive a yellow neck band. Swimmers who do not complete the test will receive a red neck band and be required to wear a life jacket, have a parent/guardian in the water within arm's reach or choose not to swim. The JCA will supply neckbands to each child, which are to be kept and brought to the pool each time to swim. Replacement bands are available for \$5 each.

### Unsupervised Children

The following policies ensure the safety of all JCA members:

- Children 9 years old and under must be under direct supervision (in sight and within close proximity) by an adult while at the JCA. Children must be brought to and picked up from class, Kid Kare or any JCA programs by an adult. All members age 10 and over entering the JCA must present a membership card.
- Children age 10 and up may be unaccompanied by an adult in the JCA except for the fitness area where children must be 13 years old to enter. It is not appropriate for children to gather in the lobby area or hallways of the JCA.

The JCA cannot be held responsible for members age 10 and over who attend the JCA and are not enrolled in an organized activity. In addition, children age 10 and up are expected to behave in a mature manner when in the building without parental supervision. Behavior that is disruptive and/or harmful to themselves or others may result in the suspension of independent privileges.

### Food Policy

JCA is a kosher facility. Therefore no deliveries of food of any kind for members from take-out restaurants will be accepted. Food brought into the building from home, outside of a JCA program or preschool, must be consumed in either the courtyard or the outdoor pool area. Thank you for your cooperation.

### Fire Alarm Policy

For your safety and welfare, you must evacuate the building when the fire alarm sounds. You will be notified by JCA personnel when it is safe to return to the facility. Thank you for your understanding and support.

### Cancellation/Expiration Policy for Personal Training, Private Tennis and Swim Instruction

All participants registered for private tennis, swim or personal training sessions must give at least a 24-hour notice of cancellation for already scheduled sessions. Failure to properly cancel will result in a charge for that session at the established fee. All personal training sessions, private tennis lessons and private swim lessons will expire six months from the date of purchase. Fees paid for (expired) sessions/lessons are non-refundable and non-transferable.

### Class Payment, Refund and Cancellation Policy

- All class and program fees must be paid before the beginning of the class. For one-time programs or classes, no refunds will be granted.
- 50% refund after first class; 25% refund after second class; no refund after third class (excludes childcare tuition and summer camp programs).
- Refund policies apply to all private training and lessons.
- The JCA reserves the right to cancel programs/classes not meeting the minimum required enrollment for circumstances beyond our control.

**JCA Member Code of Conduct** The JCA is committed to providing a safe and welcoming environment for all members and guests. To promote safety and comfort for all, we ask individuals to act appropriately at all times when they are in our facility or participating in our programs. We expect persons using the JCA to behave in a considerate and responsible way and to respect the rights and dignity of other members, guests and staff. Our Code of Conduct outlines actions that are deemed inappropriate. These include but are not limited to: inappropriate attire—appropriate attire in keeping with the values of the JCA must be worn at all times; angry or vulgar language, including swearing, name-calling or shouting; physical contact with another person in any angry or threatening way; any demonstration of sexual activity or sexual contact with another person; harassment or intimidation by words, gestures, body language or any menacing behavior; theft or behavior that results in the destruction of property; carrying or concealing any weapons or devices or objects that may be used as weapons with the exception of law enforcement professionals; using or possessing illegal chemicals (drugs) on JCA property, in JCA vehicles or at JCA sponsored programs; using or possessing alcohol on JCA property, in JCA vehicles or at unsanctioned JCA sponsored programs; any other conduct of an inappropriate, threatening or offensive nature. Loitering is not permitted in or outside the JCA. Use of all tobacco products, smoking (including e-cigarettes) is not permitted in or outside the JCA. The JCA and its property is a smoke-free/tobacco-free environment. The JCA is dedicated to the enhancement of Jewish identity and the continuity of Jewish life. A person or persons' act of proselytizing or teaching of non-Jewish principles in an attempt to convert members or guests is prohibited, and persons engaging in proselytizing will be required to leave the building and grounds. In addition, the JCA reserves the right to deny access or membership to the following persons: registered sex offenders; those accused/convicted of sexual abuse crimes; those accused/convicted of crimes relating to the sale/use/possession/transportation of narcotics, habit forming and/or dangerous drugs; those excessively or continuously using intoxicating beverages, narcotics or dangerous drugs. The JCA maintains a no tolerance policy concerning all of the above. Members and guests are encouraged to be responsible for their personal comfort and safety and to ask any person whose behavior threatens their comfort to refrain from that behavior. If a member or guest feels uncomfortable in confronting the person directly, they should report the behavior to a staff person or the manager on duty. Good personal hygiene, including the appropriate use of deodorant, is expected as a consideration to other members. JCA staff members are eager to be of assistance. Members and guests should not hesitate to notify a staff member if assistance is needed. In order to be able to carry out these policies, we ask that members and guests identify themselves to staff when asked. The Executive Team will investigate all reported incidents. Suspension or termination of JCA membership privileges may result from a determination by the Executive Team if in their discretion a violation of the JCA Member Code of Conduct has occurred.

Shalom Friends,

Wow! What a summer! We just concluded our most popular camp season in JCA history. Thanks to our partnership with the Jacksonville Jewish Center, we hosted eight different camps with more choices than ever and experienced tremendous growth throughout. Hosting a second campsite at the JJC allows us to give even more children the important life experience of summer camp. The addition of Camp Yalla for middle school-aged children and the one-week Camp Kaytana specialty options were not only extremely popular, they were an incredible amount of fun.

**ADAM CHASKIN**  
730-2100 ext. 272



Summer celebrations did not stop with the children at the JCA. Our Family Fun Days, held on Memorial Day and Independence Day, were a huge hit! I truly enjoyed serving our world-famous hot dogs at these events, all while I got the chance to meet and talk to members enjoying our Howard and Joy Korman outdoor pool with their families. It is in this spirit that I hope your family will make plans to join us after the **Youth Mini-Triathlon** on **Oct 23** for our first-ever **Family Fun Festival**. Read more about our festival plans on **page 20**.

We are so pleased to announce our ambitious capital campaign, **Building Our Future Together** to our wonderful community. I am extremely excited to collaborate with our campaign leaders as we embark on plans to renovate and upgrade the JCA so we can continue to be a premier destination for residents throughout Jacksonville. In the coming months, there will be many opportunities to learn about our improvement plans and how you can support them. You can read more details about our campaign on **page 15**. Please do not hesitate to reach out to me directly with any questions you may have.

In the meantime, we will continue with our annual capital improvements both behind the scenes and where everyone will notice. Later this year, our community will enjoy new equipment in our fitness center and a brand-new, fully redesigned JCA website. We have listened to our members' feedback and are eager to have a more customer-friendly site to improve your experience as it relates to program registration and receiving important communications from the JCA.

With the approach of the High Holidays comes our reflections about the past year of our lives. I am extremely proud of all that our staff and JCA community have accomplished this year. Seeing how we make a positive impact on people's lives is tremendously rewarding and I know it would not be possible without our outstanding staff. Our community continues to show its strength and remains focused on moving forward for a better tomorrow.

Humbled to serve,

**Adam Chaskin**  
CEO

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\*Of Blessed Memory

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- Asst. Exec. Director..... Nancy Green, ext. 247
- Finance.....Melissa Meyenberg, ext. 224
- Administration..... Pam Tavill, ext. 225
- Marketing.....Chelsea Jarrell, ext. 334
- Development.....Kendall Valliere, ext. 231
- Early Childhood.....Natalia Fisher, ext. 237
- Facilities Mgmt..... Cal Barker, ext. 238
- Fitness & Wellness.....Eiffel Gilyana, ext. 324
- Membership..... Chris Turner, ext. 257
- Sports & Rec..... Rio Robinson, ext. 250
- Theatre.....Shelly Hughes, ext. 252
- Youth Services.....Amanda Collins, ext. 245

**JCA BUILDING HOURS**

<b>Sun</b> ..... 8 am – 6 pm	<b>Fri</b> ..... 5:30 am – 5 pm
<b>Mon – Thu</b> ..... 5:30 am – 9 pm	<b>Sat</b> ..... 1 – 6 pm

**JCA HOLIDAY HOURS**

**Labor Day**

**Mon, Sep 5** ..... 8 am – 5 pm

**Rosh Hashanah**

**Sun, Sep 25** ..... 8 am – 5 pm

**Mon, Sep 26** ..... Closed

**Tue, Sep 27** ..... Closed

**Yom Kippur**

**Tue, Oct 4** ..... 5:30 am – 5 pm

**Wed, Oct 5** ..... Closed

**Sukkot**

**Sun, Oct 9** ..... 8 am – 5 pm

**Mon, Oct 10** ..... Closed

**Tue, Oct 11** ..... 1 – 9 pm

**Shemini Atzeret & Simchat Torah**

**Sun, Oct 16** ..... 8 am – 5 pm

**Mon, Oct 17** ..... Closed

**Tue, Oct 18** ..... 1 – 9 pm

**Thanksgiving**

**Thu, Nov 24** ..... Closed

**Fri, Nov 25** ..... 5:30 am - 5 pm

**Sun, Dec 25**

..... 8 am - 2 pm

**New Year's Eve**

**Sat, Dec 31** ..... 1 – 6 pm

**New Year's Day**

**Sun, Jan 1** ..... 8 am - 6 pm

**Proselytization** The JCA is dedicated to the enhancement of Jewish identity and the continuity of Jewish life. A person or persons' act of proselytizing or teaching of non-Jewish principles in an attempt to convert members or guests is prohibited, and persons engaging in proselytizing will be required to leave the building and grounds.

Affiliated with the Jewish Federation of Northeast Florida, United Way of Northeast Florida and the Jewish Community Centers Association of North America. A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION FOR JEWISH COMMUNITY ALLIANCE, INC., A FLORIDA-BASED NONPROFIT CORPORATION (REGISTRATION NO. CH202), MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE 1-800-HELP-FLA (435-7352) WITHIN THE STATE OR VISITING THEIR WEBSITE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE. DCF License #: C04DU0213



**HEATHER TERRILL**  
 J INSTITUTE PROGRAM MANAGER  
 730-2100 ext. 265

- Learn
- Socialize
- Explore
- Wellness



### ● Traveling Diner Dinner Club

Delight your taste buds and enjoy great company as we experience a world of flavor in Jacksonville's best restaurants. Your meal is at your own expense. For details, call Heather at ext. 265. **Registration is required.**

**Tue | 6 pm | Sep 13 or Dec 20**  
 \$5 | Free for valued members

### ● Intro to Ayurveda

Dr. Rashmi Schramm, Certified Ayurveda Lifestyle Teacher, will educate us on how to get started on a health journey using Ayurvedic principles. This personalized approach to wellness helps to achieve optimal mind and body wellbeing. **Advance registration is required.**

**Wed | 10 - 11:30 am**

**Sep 14 | Discover your Dosha** to decode your ability to cultivate health, happiness and longevity. Practice mindfulness and explore your mind and body connection.

**Oct 19 | Emotional Wellbeing Workshop** will discuss our core emotional needs while learning a method for cleaning unhelpful emotions.

**Nov 2 | Food as Medicine** helps us learn simple ways to use food medicinally as we discuss Ayurvedic nutrition and connect it back to specific mind and body types. Leave with easy self-healing recipes.

Each class: \$53 | Valued member \$35  
 All classes: \$143 | Valued member \$95



### ● Roll Your Own Sushi at Blue Bamboo

Meet us at Blue Bamboo to learn how to roll your own sushi with Chef Dennis. Recently named the 2022 Small Business Person of the Year in Florida, Dennis' hands-on cooking class includes instruction and the meal you create. Bring your appetite for this fun lunch. No experience necessary.

**Registration is required by Sep 7.**

**Thu, Sep 15 | 11 am - 1 pm**  
 \$165 | Valued member \$110



### ● Beer School and Pizza at Alewife

We're headed to Alewife where owner and certified cicerone Kelly Pickard shares her knowledge about the styles of craft beer. Enjoy beer samples and cheese pizza while learning to better understand, experience and appreciate craft beer. Transportation from the JCA is included. **Registration is required at least 48 hours in advance.**

**Tue | 5:45 - 8:30 pm**  
**Sep 20 - The Wide World of IPAs**  
**Nov 15 - Cider & Mead Basics**  
 \$53 | Valued member \$35  
 Price is per class



### ● Savoring San Marco Food Tour

Discover the Historic San Marco neighborhood on this walking tour with Taste of Jacksonville Food Tours. During this casual three-hour stroll, we will learn about local culture and some historical facts while sampling delicious food from five carefully selected restaurants that highlight the area. Transportation provided from the JCA. All food is included in cost. **Registration required by Sep 7.**

**Thu, Sep 22 | 10:30 am - 2:30 pm**  
 \$143 | Valued member \$95



### ● Disc Golf Lesson Plus Lunch

Learn how to play disc golf! The New World Sports Complex and professional Nick Masters is ready to coach you. Learn the fundamentals of disc golf before we head out on the course for instructional throwing with a set of baskets. All discs and equipment will be provided. Transportation from the JCA is provided. Lunch is at your own expense. **Registration is required by Sep 27.**

**Fri, Sep 30 | 9:15 am - 2 pm**  
 \$53 | Valued member \$35



### ● Heart to Heart Lunch and Learn

September 29 is World Heart Day! The human heart is only the size of a fist, but it is the strongest muscle in the body. Join Shreya Ghetiya, MD, with Baptist Heart Specialists, to learn about Cardiovascular Disease and ways to beat it. Feel free to bring a Kosher style lunch.

Thu, Sep 29 | 12 pm

Free to the community

### ● The Nine Types of Stress: Using the Enneagram to Cultivate More Peace

Jordan Rawlinson, Certified Enneagram Coach, will teach nine types of stress through the lens of the Enneagram, a motivation-based personality framework. Learn how to recognize your patterns, clarify the causes, manage stress more effectively and find peace in your life.

No prior knowledge needed. Registration is required by Sep 23.

Thu, Sep 29 | 6 - 8 pm

\$75 | Valued member \$50

### ● St. Augustine Gilded Age: A Playground for the Rich and Famous, Plus Lunch

Discover the most beautiful and historically rich parts of St. Augustine and Flagler College on this guided off-site adventure. Transportation from the JCA is provided. Lunch is at your own expense.

Registration is required by Oct 7.

Wed, Oct 12 | 8:30 am

\$65 | Valued member \$43

### ● What to Eat?

Join registered dietician and licensed nutritionist, Leslie Burman, to learn simple ways to feel like a rockstar after you eat. This interactive lecture helps with understanding nutrition. Leslie will debunk current food trends and share the sneaky ways food companies try and bamboozle you. Leave the workshop with a better understanding of foods that best suit you.

Thu, Oct 27 | 6:30 - 8 pm

\$15 | Valued member \$10

### ● Beyond Van Gogh: The Immersive Experience, Plus Lunch

Get in quickly before tickets sell out! This is not a typical art show but a truly immersive experience in Van Gogh's paintings. Transportation from the JCA is provided. Lunch is at your own expense. Our JCA's Beyond Van Gogh is a group-ticketed event and is limited to 14. Registration is required. Once registered, there are no refunds.

Thu, Oct 20 | 9 am

\$75 | Valued member \$50

### ● Honey Tasting Workshop

Enjoy delicious honey and a presentation by Bee Friends Farm. Christie Leach, a third-generation beekeeper, will help us to understand where honey comes from and how to differentiate between varieties of honey. The class includes a honey tasting flight, an opportunity to observe a live beehive and an introduction to beekeeping. Honey will be available for purchase. Advanced registration is appreciated.

Mon, Nov 14 | 10 - 11 am

\$15 | Valued member \$10

### ● Jacksonville Mineral and Gem Society Tour

Tour with the Jacksonville Mineral and Gem Society to learn about geology and enjoy a museum tour.

Tue, Dec 13 | 10 am - 12 pm

\$18 | Valued member \$12

## MORE PROGRAMS\*

### ● Christina Phipps Foundation Oncology Yoga Class: For Survivors, Their Family and Friends

Thu | 10 am | Sept 8, 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8 and 15

Free to the community

### ● Mah Jongg for Beginners

Thu | 12:30 - 2:30 pm

Sep 8, 15, 22 and 29

or Oct 6, 13, 20 and 27

\$38 | Valued member \$25

### ● Financial Planning for the Future

Wed | 6 - 7 pm

Oct 26: College Planning

Dec 7: Saving for Retirement

\$8 | Valued member \$5

Price is per class. Program designed for ages 35 - 55.

### ● Jacksonville Symphony: The Paul Simon Songbook, Plus Lunch

Fri, Nov 4 | 10 am

\$68 | Valued member \$45

Transportation from the JCA provided. Lunch is at your own expense.

### ● Siamese Mah Jongg

Thu | 12 - 2:30 pm | Nov 10 and 17

\$27 | Valued member \$18

### ● Mah Jongg Tips & Tricks

Thu | 12 - 2:30 pm | Dec 8 and 15

\$27 | Valued member \$18

### ● Issues, Issues, Issues

Learn how to support adult children, family members and friends with emotional issues.

Dec 10 | 12 pm

Free to the community

\* Minimum enrollment and advance registration required



### Action Photography

Learn how to take action photographs with the Jacksonville Camera Club. This class is perfect for anyone who wants to take pictures of their children or grandchildren - especially while they are on the move.

Tue, Aug 23 | 7 pm

\$8 | Valued member \$5

### Fleurish Felt Sunflower Workshop

Learn how to make your own felt sunflowers that will last forever. Owner of Fleurish Felt Flower Co, Bryanne Rajamannar, will provide step-by-step instructions with materials to create beautiful, lifelike sunflowers from high quality wool-blend felt. By the end of the workshop, participants will create multiple flowers to bring home. **Please register by Oct 20.**

Tue, Oct 25 | 10 am - 12 pm

\$60 | Valued member \$40

### Knitting 101

Do you want to learn how to knit? Nikki Levinson-Lustgarten of the River City Knitting Guild will teach a three-class series focused on basic knitting skills. Needles and yarn will be provided as Nikki explains how to purl, cast on and cast off. **Limited space is available to allow for personalized attention.**

**Please register by Oct 24.**

Thu | 10:30 am - 12:30 pm

Oct 27, Nov 3 and 10

\$75 | Valued member \$50

### Hand-Knit Chunky Blanket Workshop

Learn how to make hand-knit chunky blankets - a beautiful addition to any home. This instructor-led workshop includes everything you need, plus up to three colors of yarn ( five skeins) of your choice. Your final product will be approximately 50" x 50".

**Registration required by Oct 23.**

Tue, Nov 1 | 9 am - 12 pm

\$143 | Valued member \$95

### Pottery

Craftsmanship, creativity and an appreciation for the elements of well-made, functional pottery are emphasized while you learn the basics to fine tune your hand building or wheel throwing skills. Clay is provided. For details, call Heather at ext. 265.

#### AM Session I:

Tue | 10 am - 12 pm | Sep 6, 13, 20, Oct 4, 25, Nov 1, 8 and 15  
\$216 | Valued member \$144

#### AM Session II:

Tue | 10 am - 12 pm | Nov 22, 29, Dec 6, 13 and 20  
\$135 | Valued member \$90

#### PM Session I:

Thu | 6:30 - 8:30 pm | Sep 1, 8, 22, 29, Oct 6, 13, 20 and 27  
\$216 | Valued member \$144

#### PM Session II:

Thu | 6:30 - 8:30 pm | Nov 3, 10, 17, Dec 1, 8 and 15  
\$162 | Valued member \$108

### Painting with a Palette Knife

Join Heather for a relaxing afternoon of painting. Artists of all levels are welcome. Class supply list available at [jcajax.org/ji](http://jcajax.org/ji).

#### Landscape Painting

Wed, Sep 7 | 1 - 3 pm

#### Abstract Painting

Wed, Nov 16 | 1 - 3 pm

\$30 | Valued member \$20

## VANDROFF ART GALLERY

For details on exhibiting or the upcoming artist schedule, contact Heather at ext. 265 or [heather.terrell@jcajax.org](mailto:heather.terrell@jcajax.org).

### FemArt

Sep 1 - Oct 4

Unique and inspirational work from artists with FemArt, a local organization that supports and promotes women in the visual arts.

### National League of American Pen Women Jacksonville Branch

Oct 6 - Nov 2

Featuring the work of the National League of American Pen Women, Inc. - a professional organization of women in creative fields who support and promote creative excellence and professional standards in the Arts.

### Young Jewish Artists of Jacksonville

Nov 3 - 30

Featuring the work of students from local Jewish schools and synagogues as part of the 2022 JCA Cultural Arts Festival.

### Aysha Miskin

Dec 1 - Jan 4

Through embroidery, painting, drawing, murals and zines, Aysha Miskin's work builds a familiar whimsical world inspired by unique imagery and characters.

# SAVE THE DATES!

## OCT 30 – NOV 16

The celebration of the arts throughout the 2022 JCA Cultural Arts Festival will include Jewish authors, films, performances and the 26th Anniversary of our signature Jewish Book Festival.

**NEW THIS YEAR**, we will feature the work of young artists from local Jewish schools and synagogues in our Vandroff Art Gallery.

**BE ON THE LOOKOUT** for the complete schedule of the 2022 JCA Cultural Arts Festival events and the list of Jewish authors who will present throughout our signature book festival this year. Thanks to the support of our generous sponsors,

**JCA CULTURAL ARTS FESTIVAL EVENTS ARE FREE AND OPEN TO THE ENTIRE COMMUNITY!**

For information about sponsorship opportunities, please contact Kendall Sisisky Valliere at (904) 730-2100 ext. 231 or visit [jcajax.org/jcafest](http://jcajax.org/jcafest).

### CHAIR

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- Sam Stromberg

### CEO

- Adam Chaskin



Sponsored by:  STARLING

## OPENING NIGHT:

Featuring Joe Buchanan - a country singer with a Jewish soul! Join us Sunday, October 30, for opening night of the 2022 JCA Cultural Arts Festival.

**JOE TAKES THE BESSIE SETZER FRISCH AUDITORIUM STAGE AT 7 PM.**

**ENGAGEMENT AND CONNECTION FOR THE ENTIRE COMMUNITY**





**NATALIA FISHER**  
ECE DIRECTOR  
730-2100 ext. 242



**3 (by 9/1/2022) - 6 yrs**

Join Ms. Renee in our child-centered kitchen to prepare and taste foods from countries around the world. Each child brings home a special keepsake cookbook at the end of the class.

Tue | 3:15 - 4 pm or 4:15 - 5 pm

Session I: Aug 30 - Sep 20

(Four classes)

\$66 | Valued member \$44

Session II: Nov 29 - Dec 20

(Four classes)

\$66 | Valued member \$44

**Rosh Hashanah Cooking**

**3 (by 9/1/2022) - 6 yrs**

Celebrate Rosh Hashanah with a fun cooking class that will help kids enjoy the holiday using their senses!

Fri, Sep 23 | 3:15 - 4 pm

\$15 | Valued member \$10

**Sukkot Cooking**

**3 (by 9/1/2022) - 6 yrs**

Prepare for Sukkot with fun holiday-based activities and a cooking class to fully enjoy the holiday.

Fri, Sep 30 | 3:15 - 4 pm

\$15 | Valued member \$10

**Chanukkah Cooking**

**3 (by 9/1/2022) - 6 yrs**

Get into the Chanukkah spirit by cooking some yummy Chanukkah food with Ms. Renee!

Fri, Dec 16 | 3:15 - 4 pm

\$15 | Valued member \$10

**Parent & Me**  
CLASSES



**Make Music (3 mos - 3 yrs)**

This parent and me class stimulates the young brain while you play with instruments, sing and dance along to the music.

Mon | 11 - 11:45 am | Aug 29 - Dec 12

(No class Sep 5, 26, Oct 10, 17 and Nov 21)

**Stroller Fit Moms (Birth - 3 yrs)**

Gisela Reis leads stroller-based exercises that blend Barre Pilates, yoga and power walking. Bond with your baby, build strength, tone muscles and improve posture.

Mon | 12 - 12:45 pm | Aug 29 - Dec 12

(No class Sep 5, 26, Oct 10, 17 and Nov 21)



**On the Go (Crawlers - 3 yrs)**

Come wiggle, dance, jump and much more in this fun interactive class. Join us for a parent and me bonding experience involving movement.

Thu | 11 - 11:45 pm | Sep 1 - Dec 15

(No class Oct 20, Nov 3 and 24)



**Sensory Sensations (6 mos - 3 yrs)**

Tickle the senses to stimulate learning, encourage scientific thinking and foster social connections as children play, investigate and explore.

Tue | 11 - 11:45 am | Aug 30 - Dec 13

(No class Sep 27, Oct 11, 18 and Nov 22)



**Tot Shabbat (Birth - 3 yrs)**

Join Ms. Renee for a Jewish holiday-based Shabbat with crafts and activities! Holidays will include Rosh Hashanah, Sukkot and Chanukkah.

Fri | 11 - 11:45 am

Sep 23, 30 and Dec 16



**Story Time (Birth - 3 yrs)**

Bond with your child while having Story Time with us in the beautiful ECE Library.

Wed | 11 - 11:45 am | Aug 31 - Dec 14

(No class Oct 5 and Nov 23)



**Family Yoga (Crawlers - 3 yrs)**

Our family yoga class is for babies and toddlers of all ages! Bond with your little ones as you help them work on focus, flexibility and other fine motor skills.

Sun | 10 - 10:45 am | Sep 18 and Nov 13

**FREE TO THE COMMUNITY**

**ADVANCE REGISTRATION REQUIRED.**

NEW

## Audition Prep for DA and Lavilla

Do you need help picking out and working on material for your upcoming auditions? We can help you achieve your goals. Call Gary Baker at (904) 730-2100 ext. 248 or email [gary.baker@jcajax.org](mailto:gary.baker@jcajax.org) for scheduling and pricing.

## Zoe's Hippy Hop Move & Groove

Ages 3 (by 9/1/2022) - 5 yrs

Young dancers learn different types of movement characterizations used to develop imagination and movement quality in this enrichment class. Students will participate in a variety of exercises and dances that teach listening skills (responding to the tempo and mood of the music), levels (high, medium, low) and direction. Young children who are consistently exposed to these activities are more creative later in life, are consistently more free in their movement and develop higher self-esteem.

Tue | 1 - 1:30 pm

Sep 6, 13, 20, Oct 4, 11, 18, 25, Nov 1, 8 and 15

\$180 | Valued member \$120

## Fit for Broadway

Grades K - 8

What is more fun than an hour of dancing, jumping, twisting and bopping as we get Fit for Broadway!?! Kids will be on their way to better health in this high energy, fun-filled class! We jam to our favorite upbeat show tunes with hip-hop, jazz, salsa and more! This class guarantees sweat, sweat, sweat while having fun, fun, fun!

Tue | 4 - 5 pm

Sep 6, 13, 20, Oct 4, 11, 18, 25, Nov 1, 8 and 15

\$180 | Valued member \$120

## Zoe's Clubhouse

Ages 3 (by 9/1/2022) - 5 yrs

This creative class takes your little one on a new adventure sketch each week! Children explore their imagination while teaching social skills, team work and coordination in a fun, creative environment! This is one of our JCA's most popular classes - don't miss out!

Wed | 1:30 - 2:15 pm

Sep 7, 14, 21, 28 Oct 12, 19, 26 Nov 2, 9 and 16

\$225 | Valued member \$150

## Zoe's Alumni

Grades K - 2

This class lets our Zoe's Alumni gang go further into their adventures. During each class the Alumni gang will learn about different cultures, geography, myths and legends! If your child has an active imagination and a sense of adventure, this is the class for them!

Wed | 4 - 5 pm

Sep 7, 14, 21, 28, Oct 12, 19, 26, Nov 2, 9 and 16

\$225 | Valued member \$150

**SHELLY HUGHES**  
THEATRE DIRECTOR  
730-2100 ext. 252



## Baby Bear Ballet

Ages 3 (by 9/1/2022) - 5 yrs

Little dancers learn the basics of ballet with their ballet buddy! This beginner's class is a fun and relaxed introduction to ballet. Each dancer will receive their very own ballet bear or bunny on the first day of class. We use our ballet buddies to help us with our posture and arms. Dancing is so much fun - but it's crazy fun when you dance with a bear or bunny buddy!

Fri | 1 - 1:30 pm

Sep 9, 16, 23, 30 Oct 7, 14, 28 Nov 4, 11 and 18

\$255 | Valued member \$170

## NEW Teen Acting Workshop

Ages 13 - 17

In this workshop we will be going over different techniques to create believable characters, memorize lines, make up scenes on the spot and feel more comfortable in an audition.

Sun, Sep 18 | 2 - 4 pm

\$45 | Valued member \$30

## NEW Adult Acting Workshop

Ages 18+

This adult acting workshop will focus on creating believable characters, making strong choices for auditions, memorization techniques and improvisation games.

Sun, Sep 18 | 4 - 6 pm

\$45 | Valued member \$30



PAC Auditions Presents:

# Matilda

**AUDITIONS**  
Sun, Sep 11 | 1 pm

**REHEARSALS**  
Mon and Thu | 4 - 6 pm | Start Sep 15

**SHOW DATES**  
Dec 3 and 10 | 7:30 pm and Dec 4 and 11 | 1 pm

**RECITAL FEE**  
\$270 | Valued member \$180

No fees will be collected until after the cast list is posted.



**RACHEL SANDLER**  
 JEWISH AND FAMILY PROGRAMS  
 730-2100 ext. 271



### Monthly Member Mitzvah

♥ **August**

Make a fidget toy for Jewish Family & Community Services counseling clients.

♥ **September**

Paint rocks for the River Garden community.

♥ **October**

Donate items to make cancer care kits for Sharsheret and Baptist MD Anderson patients. Wear pink on Oct 28.

♥ **November**

Donate children's books and toys for Jewish Family & Community Services.

♥ **December**

Make a Chanukkah card for River Garden residents and Holocaust survivors.

### What's the Buzz on the New Year?

Bring your family to learn about bees and how they make honey! To celebrate Rosh Hashanah, the Jewish new year, we will have an apple and honey tasting, share a book and make a craft. This is in partnership with PJ Library, Jewish Federation & Foundation of Northeast Florida and all of our local synagogues.

Sun, Sep 11 | 1:30 am

Congregation Ahavath Chesed - The Temple  
 Free to the community

### Challah Baking 101

Start the Jewish new year off by learning how to make your own challah from scratch with Sandy Oasis. Everyone will take home a freshly baked challah to enjoy. Plus, learn how to make one at home for Rosh Hashanah. **Class is limited to eight. Registration ends Sep 5.**

Mon, Sep 12 | 12:15 - 2:30 pm  
 \$27 | \$18 Valued member



### Blackness and Race in Medieval Jewish Culture

In partnership with the Jewish Federation & Foundation of Northeast Florida, Dr. Caroline Gruenbaum will join us for a seminar that examines several medieval Jewish viewpoints on race and a wide variety of perspectives from critical rabbinic opinions on Black Africans. This cultural discussion will include Hebrew and Yiddish stories about angelic intermediary characters with dark skin. By examining a sample of translated sources from rabbinic writings, folktales and manuscript art - this seminar will uncover a complexity of expression on Black figures in the medieval Jewish world. This thought-provoking discussion includes a catered meal.

Advance registration required by Sep 14.  
 Wed, Sep 21 | 5:30 pm  
 Free to the community

### Jewish Spirituality Series

Infuse the tranquility of kayaking and yoga with Jewish spirituality by joining this unique series with Yogi Evelyn Gaal and Jewish Teacher Justin Sakofs.

**Yoga** - Jacksonville Jewish Center  
 Sat, Oct 8 | 8 am

The JJC: 3662 Crown Point Rd.  
**Kayaking** - North Guana Outpost  
 Sun, Oct 30 | 10 am  
 4415 Mickler Rd,  
 Ponte Vedra Beach, FL 32082

Advance registration required by Oct 25  
**Yoga** - Congregation Ahavath Chesed  
 Sat, Dec 10 | 8 am  
 The Temple: 8727 San Jose Blvd.

Jewish Spirituality programs are free to the community except for kayak rental. Please bring your own mat to yoga sessions.



## Melton School of Adult Jewish Learning

### Taste of Melton

Instructor Justin Sakofs shares information about the Melton School of Adult Jewish Learning courses in our community. Melton is designed to engage adult learners in a life-enhancing study of Jewish texts and ideas that nurture and deepen the Jewish community worldwide. In Melton classes, students find Jewish texts and ideas that are accessible and relevant to their lives.

Tue, Sep 13 | 7 pm

Free to the community

### Between the Lines: From Text to Life

Jewish texts have informed Jewish thought and practice for over 3,000 years. So, how do we connect to words written so long ago? What do they reveal today? How do they inspire action? In this six-week course, we will examine the many ways we bring the words of our texts into our daily lives. We'll look at the hints and clues in the letters of sacred Jewish texts: the Torah, the Prophets and the Talmud. No previous Hebrew knowledge required. We'll examine structure and authorship, discuss the commentary of yesterday and share where we stand today.

\$179 | Open to the community

Tue | 7 pm - 8:30 pm

Oct 25 - Dec 6 (No class Nov 22)

Advance registration required

by Oct 18. Please visit

[www.meltonschool.org/jacksonville](http://www.meltonschool.org/jacksonville).



## SUKKOT CELEBRATION

Let's come together as a JCA family to celebrate Sukkot! Join in the traditions of shaking the lulav, holding the etrog and other festive activities with dinner. **Registration required by Oct 6.**

**Thu, Oct 13 | 6 pm**  
Free for valued members only

## CHANUKKAH Extravaganza

Join our JCA community for the lighting of our giant outside chanukiah! The celebration will feature our world famous latkes and hot dogs. Plus, we will sing songs and join in fun Chanukkah-inspired activities. Tickets will be available at the JCA front desk. **First come, first served; space is limited.**

**Mon, Dec 19 | 5:45 pm**  
Free for valued members only.

**Candle Lightings:** In addition to our annual Chanukkah celebration, join us in the JCA parking lot at 5:45 pm on Dec 20, 21 and 22, to light our chanukiah. **Free and open to the community.**

### Third Annual Menorah Making Contest:

Bring your homemade menorah to the front desk the week of **Dec 12.** Use any materials but no premade kits or food. It must have eight candle spots in a straight line and a ninth (shamash) candle that is higher or lower than the other candles.

Menorahs will be on display for voting from **Dec 16 - 26.**  
Free and open to the community.



## JEWISH LEARNING

**Shabbat in the JCA lobby returns**  
**Friday, August 19 at 11:35 am.**

**Clergy in a Circle**  
Thu, Sep 8 | 7 pm  
Free to the community

**Hebrew 101**  
Mon | 7 pm - 8:30 pm  
Sep 12 - Nov 28  
(No classes on Sept 26, Oct 10, 17 or 31)  
Book purchase required.  
Registration required by Sep 5.  
\$150 | Valued member \$100

**Teen Jewish Book Club**  
*Extremely Loud & Incredibly Close*  
Sun, Sep 18 | 3 pm  
Free to the community

**Joys of Yiddish**  
Tue | 11 am - 12:30 pm  
Aug 16, Sep 20, Oct 25  
Nov 15 and Dec 6  
Free to the community

**Chanukkah and Havdalah:**  
**Lights Out Shabbat**  
Sat, Dec 3 | 6:45 pm  
Jacksonville Jewish Center  
-Beth Shalom Park  
Free to the community

**Paint a Family Menorah**  
Registration required by Nov 18.  
Sun, Dec 4 | 1:30 pm  
\$38 | Valued member \$25



## Programs with our Community Shlichah Tal

### My Israeli Journey

Come meet our new community Shlichah, Tal Mola. Get to know Tal and learn why she decided to go on shlichut, her relationship with Israel and the country's connection to Jews all over the world. Please join us to give Tal a warm welcome to Jacksonville!

**Thu, Sep 15 | 7 pm**  
Free to the community

### Discover Israel Film Series - Zero Motivation

**Wed, Sep 14 | 6:30 pm**  
Free to the community

### Café Israeli

**Wed, Oct 19 | 7 pm**  
**Tue, Nov 8 | 7 pm**  
**Tue, Dec 13 | 7 pm**  
Free to the community

### Sigd

Learn about this Ethiopian Jewish holiday.

**Wed, Nov 30 | 7 pm**  
Free to the community

### Conversational Hebrew - Medabrim Ivrit

This class is for those who speak Hebrew fluently.

### Practice Hebrew - Metargelim Ivrit

This class is for intermediate Hebrew speakers who are not at a fluent level.

Hebrew classes at the JCA are free to the community. Please email Tal for more information on dates and times:

[jaxshlichut@jewishjacksonville.org](mailto:jaxshlichut@jewishjacksonville.org)





**AMANDA COLLINS HALL**  
YOUTH SERVICES DIRECTOR  
730-2100 EXT. 245



**Private Piano Lessons**

(Grades K – 12)

Beginner and intermediate students learn ear training, note reading, chord and song structure, and technique. Genre training is also available. Lessons are taught by a local professional. For scheduling and pricing information, contact Amanda at ext. 245.

**Private Supplemental Tutoring**

(Grades K – 5)

One-on-one academic subject and homework assistance with current or former educators. Open to valued members and After School participants only. Contact Amanda at ext. 245 for more information.



**Master Chefs, Junior**

(Grades K – 5)

Young chefs, join us in the kitchen as we learn to make some of our favorite snacks! From smoothies to dips, snack mixes and beyond - kids will become a munchie master in this fun cooking class. All chefs receive a custom apron and cookbook.

Wed | 4:30 – 5:30 pm  
Sep 14, 21, 28 and Oct 12  
\$68 | Valued member \$45

**Animal Art**

(Grades K – 5)

Your little artist will go WILD for this art class. Lovers of animals and art are invited to embrace their creative side as we explore untamed art inspired by some of our favorite creatures.

Thu | 4 – 5 pm  
Oct 6, 13, 20 and 27  
\$60 | Valued member \$40



(Grades K – 5)

Your child is guaranteed to have a gouda time in this cooking class. Together, we'll make classic dishes like quesadillas, mac and cheese, pizza and more! All chefs receive a custom apron and cookbook. Cheesy jokes included in each class.

Wed | 4:30 – 5:30 pm  
Oct 19, 26, Nov 2 and 9  
\$68 | Valued member \$45

**Slime School**

(Grades K – 5)

It's slime time! *Slimentists* aka Slime Scientists, will make a new batch of slime each week. From magnetic slime to fluffy slime - your kiddo will love these messy experiments!

Tue | 4 – 5 pm  
Nov 1, 8, 15 and 22  
\$68 | Valued member \$45

**Parent's Night Out**

(Grades K – 8)

Parents can enjoy a night to themselves while the kids play at the JCA! Kids will enjoy a delicious dinner, play nighttime games in the courtyard and watch a movie while parents get the night off.

Thu, Nov 10 | 6 – 9 pm  
\$23 | Valued member \$15

**Cookie Monsters**

(Grades K – 5)

"C is for cookie, that's good enough for me! Om, nom, nom, nom!" Young cookie monster bakers will whip up unique and delicious cookies in each class. From chocolate chip to snickerdoodle - cookie dreams *crumb* true in this baking class. All chefs receive a custom apron and cookbook.

Wed | 4:30 – 5:30 pm  
Nov 16, 30, Dec 7 and 14  
\$68 | Valued member \$45

**Made from Scratch**

(Grades 6 – 9)

Introducing *Made from Scratch* for our advanced young culinarians. Each week, chefs will tackle a new recipe where they make all the dishes from scratch. From homemade pasta to baked goods and more - competent cooks will love honing their skills.

Tue | 4:30 – 5:30 pm  
Nov 29, Dec 6 and 13  
\$45 | Valued member \$30



**Holiday Cookie Party**

(Grades K – 5)

December is the holiday season for many faiths and cultures - and Dec 4 is National Cookie Day! Join us for our annual Holiday Cookie Party as we share in the joys of holiday festivities while we bake, decorate and enjoy cookies.

Thu, Dec 1 | 4 – 5 pm  
\$15 | Valued member \$10

# J·Cation Days Grades K - 8

On days when school is closed, send your child to the JCA to explore, create, learn and have FUN with friends! Children choose from a variety of sports, STEM and art activities throughout the day. Leave your worries at the door as your child enters a safe, nurturing environment supervised by our responsible and energetic staff. Wear athletic shoes, pack a dairy lunch and swim essentials - and we will take care of the rest! Please call (904) 730-2100 ext. 228 for more information about J-Cation Day options and registration.  
7:30 am – 6 pm

Fri, Oct 14  
Mon, Oct 17  
Fri, Nov 11  
Wed, Nov 23  
**Winter Break:**  
Dec 19 – Jan 3



## J-Cation Days Field Trips (Grades K - 8)

Your child is invited to join us for these supplemental field trips during J-Cation days.

Dec 20 | Tinseltown Movie Theater  
\$30 | Valued member \$20  
Dec 22 | Top Golf  
\$53 | Valued member \$35  
Dec 27 | Sweet Pete's Candy Class  
\$30 | Valued member \$20  
Dec 29 | Bravo'z  
\$53 | Valued member \$35

INFO@JCAJAX.ORG

## AFTER SCHOOL PROGRAM GRADES K - 5

End the day at the JCA! Our After School Program will nurture, encourage and stimulate your child's interests through a variety of activities in a positive environment children love! **Mon - Fri | 2:30 – 6 pm**

- ✓ Challenging and varied activities
- ✓ Monitored homework room and computer lab
- ✓ State-of-the-art facility and involved staff
- ✓ High-quality enrichment classes



## STUDY CENTRAL GRADES 6 - 8

Study Central is designed with quality and flexibility in mind for preteens and teens to support socialization, independence and responsibility in a supervised environment after school. In addition, the JCA works with local professionals to offer optional enrichment opportunities in sports, fitness and the arts. Daily snack, Wi-Fi, laptop access and homework assistance are available. Choose two, three or five days per week. Transportation is provided from select schools. Study Central allows you to design a schedule that works for you and your busy students. **Mon - Fri | 2:30 – 6 pm**

**Spots are still available for the 2022-23 school year.  
To register, call (904) 730-2100 ext. 228.**

**FREE TRANSPORTATION FROM SELECT SCHOOLS WITH MINIMUM ENROLLMENT**



**KENDALL  
SISISKY VALLIERE**  
DEVELOPMENT DIRECTOR  
730-2100 EXT. 231



**“AS MY ANCESTORS  
PLANTED BEFORE ME,  
SO SHALL I PLANT FOR  
FUTURE GENERATIONS.”**

**– Talmud**

Creating a legacy with our JCA not only helps preserve our incredible community but also our values and the priceless services we provide to families throughout the city.

A philanthropic investment to our JCA mission within your will or estate plans will allow us to continue to offer swim lessons for children, financial assistance for memberships, professional development for early childhood educators, youth scholarships, tuition assistance at the Michele Block Gan Yeladim Preschool & Kindergarten – and so much more.

What will your legacy be? Make a difference with us. Include your name alongside the honorable members of the Jewish Community Alliance Legacy Society.

**Visit [jcjax.org/legacy](http://jcjax.org/legacy) to learn more about leaving a legacy with the JCA. For questions and more information, please contact Kendall Sisisky Valliere at [kendall.valliere@jcjax.org](mailto:kendall.valliere@jcjax.org) or call (904) 730-2100 ext. 231.**



# SEND A KID TO CAMP

**HELPING CHILDREN DISCOVER AND GROW!**

**By Kendall Sisisky Valliere, Development Director**

As it is every summer, our mission is to help young children make everlasting memories in our safe and enriching Summer Camp at the JCA. We make every effort possible to ensure campers have unique, fun-filled experiences with us. While we work to provide the place in the tradition of our heritage where all people come together throughout their lives to enhance body, mind and spirit – we are so proud to continue the efforts that allow us to welcome hundreds of children for summer camp and to participate in our unique sports leagues at the JCA.

Thank you to all who donated to our Send a Kid campaign this year. We raised nearly \$20,000 to help children attend Summer Camp at the JCA. Additionally, this year's funding supported our JCA team members who traveled to San Diego, California, Jul 31 - Aug 5, to compete in the 2022 JCC Maccabi® Games. The incredible generosity of this year's donors and our existing endowment funds has allowed us to provide more than \$29,000 to support families within our community.

**Thank you for making local kids' dreams a reality!**

Louise and Richard Axelberg, Lisa Bird, Campay Studios Inc., LaVerne and Andrew Cantor, Regina and Adam Chaskin, Steven Clapp, The Coplan and Goldman Families, Elaine and Christopher Corse, Marilyn Desser, Betty and Martin Edwards, Susan and Ronald Elinoff, Expedite Services Inc., Flagler Family Fund, Nadine Frazier, Melissa and Shawn Arnold, Anne Hawk, Debbie Herbert, Barbara and Lewis Hunter, Karstaedt Family Fund, Deanna and David Kassenoff, Miriam Kersun, Jean Lebowitz, Janice and Bruce Lipsky, The Harry & Sylvia Livingston Donor Advised Fund, Laurie and John Muenz, Thelma and Bob Nied, Evelyn and Stewart Pinsof, Howard Roey, Susan Sidle, Silverfield Family Fund, Lior Spring and Daniel Miller, Nadine and Mitchell Terk, Sharon and Neal Thomas, Penny and John Turner, Sharon and Bruce Witten

*As of 07/12/2022*





# BUILDING OUR FUTURE TOGETHER

A Capital Campaign for the Jewish Community Alliance

## NOT SO QUIET!

By Kendall Sisisky Valliere, Development Director

Founded by visionaries 34 years ago, we are on the brink of exciting changes to our building. Emboldened by decades of superb executive leadership, outstanding lay governance and a passionate membership, our JCA has consistently attained a national level of excellence. We have an opportunity to sustain our JCA as a premier institution, enhance the membership experience for those who already belong to our JCA, and engage new members of our community who reflect our changing population.

Approximately 10 months ago, our board retained the services of David Valinsky Associates, national experts in JCA/JCC capital campaigns to conduct a campaign planning and feasibility study. Based on the enthusiastic responses to this proposed project, our board has unanimously given the “green light” to move forward with a comprehensive capital campaign.

On June 30, 2022, at the home of **Alison and Brent Trager**, the JCA Board, under the leadership of **Rochelle Stoddard**, then board chair, announced the team of co-chairs who will lead this effort. The gathering officially began the initial phase of the campaign, commonly called the *quiet phase*. During these next 12 months, our Campaign Cabinet will finalize our fundraising strategies and begin gift-giving conversations with members of our beautiful community.

When it comes to our campaign, the words *quiet phase* does not mean *secret*. In early 2023, we will share drawings of the proposed changes and details of the enhancements we envision for our building. So, please stay tuned! As our process continues to evolve, every JCA member and friend will be kept updated and have the chance to participate. This will be a broad-based community effort.

**We are inspired by the words of one of our campaign leaders, whose family has lived in Jacksonville for five generations, who when reflecting on our JCA, said:**

“ We are at the top of our game right now. But we need to do more to stay there. This campaign is about the future of our Jewish community. We need to keep going and growing so that we are here 50 years from now, even 100 years from now. ”

**WE ARE PROUD TO INTRODUCE THE CO-CHAIRS OF OUR JCA'S CAPITAL CAMPAIGN:**

**The Frisch Family, Adam Frisch  
Nancy and Mark Green**

**The Miller Families; Monique and David Miller,  
Glenn and Michael Miller, Lior Spring and Daniel Miller  
Alison and Brent Trager**

If you would like more information on our capital campaign initiatives, please contact:

**Adam Chaskin**  
CEO

✉ adam.chaskin@jcajax.org

☎ (904) 730-2100 ext. 272

**Kendall Sisisky Valliere**  
Development Director

✉ kendall.valliere@jcajax.org

☎ (904) 730-2100 ext. 231





**LISA BRADFORD**  
BSN, RN, CHC, CWWS  
WELLNESS COACH  
730-2100 EXT. 333



**AMARIS CHRISPELL**  
MSN, RN, HWNC-BC  
730-2100 EXT. 333

Wellness  
CONNEXION



Our experts,  
on a podcast.

Tune in for health care  
topics that matter most,  
in 10 minutes or less.

[BaptistJax.com/Radio](http://BaptistJax.com/Radio)

## Baptist Health Podcast

"What does my doctor think about that?" Baptist Health Radio is the official podcast of Baptist Health of Northeast Florida. Search a doctor or topic, choose an episode, or subscribe via your favorite podcast app to get started.

## Ready 4 Veggies

Ready 4 Veggies is collaboration between the Boys & Girls Club of Northeast Florida, Baptist Health and the JCA to bring fresh local produce to our community twice a month. Get your taste buds ready and don't forget your reusable bags!

First and third Tuesday of the month  
11:30 am – 1:30 pm  
Open to the community

## New Year Challenge

As we celebrate Rosh Hashanah, this five-week challenge focuses on four introspective activities to help reduce screen time, to learn how *mitzvot* (good deeds) can enhance personal relationships, and to find a better connection to nature. Registration is required. Upon registration, a Wellness Connexion coach will contact you with more details.

Registration required by Sep 16.  
Sep 19 - Oct 21  
Free for valued members

## Meditation Mondays

Learn to relax your body and mind while you use your breath to enrich your compassionate outlook on life. Join Lisa Bradford, RN Wellness Coach for Meditation Mondays. No special training or knowledge is necessary.

Mondays  
11:45 am – 12:15 pm  
The JCA Donziger Library  
Free to valued members

## Healing Touch

Join Patty Carroscia, RN, HN-BC, CHTP, Certified Holistic Nurse and Healing Touch practitioner, to experience a restorative energy therapy that facilitates health and healing. **Healing Touch** therapy can reduce pain and anxiety, relieve stress and depression, and foster a better mind-body connection.

Tuesdays | 9 - 11:30 am  
\$65 | 60 minute session

By appointment only. Register:  
[healingtouchjca.eventbrite.com](http://healingtouchjca.eventbrite.com)

## Adult Mental Health First Aid

This eight-hour training, developed by mental health professionals, gives adults key skills and practical knowledge to help others experiencing mental health crisis.

Adult Mental Health First Aid training includes:

- A five-step action plan to recognize symptoms of mental health issues. Resources to identify common mental health challenges in adults, including anxiety, depression and substance abuse.
- Effective ways to provide initial health and guidance as well as appropriate treatments, resources and support.
- Upon completion, recipients receive a three-year training certification.

Tue, Sep 6 | 8:30 am - 4:30 pm  
Free and open to the community

A confidential, online Wellness Assessment will help you understand your current state of health with follow-up recommendations. Onsite Wellness Coaches are available to educate and motivate you to adopt lifestyle changes and achieve your goals.

Call ext. 333 for more information.

Begin your wellness journey at  
[jca.ezonlineregistration.net](http://jca.ezonlineregistration.net)  
and meet with a Wellness Coach  
to receive a gift.

Free to JCA valued members



## PHYSICIAN CHATS



### Aging Well

Take charge; don't let age stop you! **Selsabeel Elyaman, MD**, a fellowship-trained Geriatrician

with Baptist Agewell Center, shares insights on successful aging and why getting older doesn't mean less vibrancy and vigor - or lower energy.  
Wed, Sep 21 | 6 pm - 7 pm



### Heart-to-Heart

The human heart is only the size of a fist, but it is the strongest muscle in the body and with

every beat it pumps vital oxygen and nutrients. **Shreya Ghetiya, MD**, along with Baptist Heart Specialists will share information on cardiovascular disease and what you need to know to beat it.

Thu, Sep 29 | 12 - 1 pm



### Learn Points for Healthy Joints

Jacksonville Orthopedic surgeon **James Vosseller, MD**,

with the Jacksonville Orthopedic Institute shares what you can do to help manage and prevent foot and ankle arthritis.

Tue, Oct 25 | 6 - 7 pm



### Catch Your Zs with Ease

Getting the right amount of sleep can make you

feel fresh and rejuvenated but not enough can leave you feeling sluggish and run down.

**Peter Nassar, MD**, from The Jacksonville Sleep Center, shares how you can heal through the power of proper sleep.

Tue, Nov 1 | 6 - 7 pm

Free and open to the community

### Barre Class at the JCA

Sun | 8:45 am with Kerianne Acra  
 Thu | 9:30 am with Gisela Reis  
 \$60 | Four classes  
 \$20 | One class  
 Valued members only



### Interactive Desk Yoga

Lynnell Grimes, certified yoga instructor and personal trainer, shares stretching methods for people who sit at a desk for an extended amount of time each day. To encourage attendance, Interactive Desk Yoga will be held via Zoom. A Zoom link will be emailed to you once registered.

Wed | 12:30 - 1 pm  
 Aug 24, 31, Sep 7 and 14  
 \$5 per session | Valued members only

### Lunch and Learn: Nutrition Made Easy

Nutrition Made Easy is a two-part comprehensive nutrition education workshop designed to help establish personal wellness goals, assess individual needs, answer nutrition-related concerns and set an action plan for health. This workshop addresses nutrition misconceptions while sharing how to have a healthier relationship with food - one that enables a non-dieting approach to attain and sustain wellness.

Sun | 12 - 1:30 pm | Sep 11 and 18  
 Open to the community  
 \$90 | Valued member \$60

### Tech Wearables are the Future

UNF Professor Dr. Lindsey Toth joins us to discuss and review the latest workout trend - tech wearables are helping people meet fitness and wellness goals.

Thu, Sep 22 | 6 pm  
 Free for valued members

### Tai Chi in the Park

Join Clinton Neale, JCA certified personal trainer and Tai Chi instructor, for a calming mid-day Tai Chi session at the park. Registered participants will be emailed our exact location. This class is open to all levels.

Sun, Oct 2 | 7:30 am  
 Free and open to the community

### Fitness Express

Join Certified Personal Trainer Karen Cataldo on Sundays for a 30-minute workout routine designed to target specific muscle groups.

Sun | 11 - 11:30 am

**Session I: Legs**  
 Oct 23

**Session II: Back and Biceps**  
 Oct 30

**Session III: Chest and Triceps**  
 Nov 6

**Session IV: Ab Muscles**  
 Nov 13

\$25 per class | Valued members only

### Intro to Pilates

Want to learn about Pilates and its benefits? Join Cheryl Forehand, certified Pilates instructor, in an educational workshop to learn how Pilates can help you. A free Pilates reformer session will be raffled off for those who attend.

Wed, Oct 26 | 6 - 7 pm  
 Free for valued members

### Breakfast at the Barre

Join certified Barre instructor Kerianne Acra for a 45-minute full body barre workout designed to test your core strength, flexibility and stability. Together we will squat, plie, curtsy, crunch and more! After the workout, Dietician Leslie Burman will lead us as we make a healthy smoothie and talk about barre fitness. **Minimum enrollment required.**

Fri, Nov 4 | 9:30 - 10:45 am  
 \$25 | Valued members only

EIFFEL  
 GILYANA

FITNESS AND WELLNESS DIRECTOR  
 730-2100 EXT. 324



### Fall Flexibility Workshop

Join Personal Trainer Shirley Steel in a simple stretching routine for common aches and stiffness.

Sun, Nov 6 | 10 - 11 am  
 \$25 | Valued members only

### End Distracted and Impaired Driving

Firehouse Subs Public Safety Foundation along with the Casey Feldman Memorial Foundation and Mermaids for Morgan will join us to share important information about the dangers of distracted and impaired driving. The goal of this interactive presentation is to change distracted driving behaviors through real situations, personal stories and strategies for drivers and passengers. All ages will benefit from learning these valuable lessons that help save lives.

Thu, Nov 10 | 6 pm  
 Free to the community

### Glow Cycle Outdoors

We'll be outside under the stars for this immersive cycle experience which incorporates glow sticks, glow paint and black lights.

Mon, Nov 14 | 6 - 7 pm  
 \$10 | Valued members only

*Healthy Chanukkah*

**FITNESS CHALLENGE**

**Eight Rounds, Eight Days**  
 This Chanukkah burn calories and candles. Spin the dreidel to find out your daily challenge exercise for eight 20-second rounds (10 seconds rest between each). Complete the eight-day challenge and win! Ask our Fitness Staff for more details.

**Dec 18 - Dec 26**  
 Free to the community



**RIO  
ROBINSON**  
SPORTS AND RECREATION DIRECTOR  
730-2100 EXT. 250



## Capoeira

Capoeira combines fight, acrobatics, music, dance, and rituals in an elegant form. It develops physical strength, power and flexibility and encourages self-confidence, concentration, courage and creativity.

### Youth Ages 5 - 10

Tue | 5 - 5:45 pm

**Session I:** Aug 16 - Sep 20

**Session II:** Oct 18 - Nov 22

### Adult Ages 11 - Adult

Thu | 6:30 - 7:30 pm

**Session I:** Aug 18 - Sep 22

**Session II:** Oct 13 - Nov 17

\$96 | Valued member \$64

### Adult Two Day Option:

Ages 11 - Adult

Tue | 5:45 - 7 pm

Thu | 6:30 - 7:30 pm

**Session I:** Aug 16 - Sep 22

**Session II:** Oct 13 - Nov 17

\$165 | Valued member \$110

## JCA Fencing Academy

This beginners class helps fencers gain confidence through games, footwork, coordination, fencing drills and bouts.

Wed

**Youth Ages 6 - 13 | 5 - 6 pm**

**Adult Age 14+ | 6 - 7:30 pm**

**Session I** Sep 14 - Nov 9

(No class Oct 5)

**Session II** Nov 30 - Jan 25

(No class Dec 28)

\$180 | Valued member \$120



**MIKE  
MAY**  
SPORTS AND RECREATION COORDINATOR  
730-2100 EXT. 254

## Fast Freddy's Taekwondo Academy

Ages 3 - 13

Master Frederick Vescera shares the martial art of Taekwondo with our community. The exciting sport teaches a variety of kicks, strikes and blocks while children build self-defense skills and have lots of fun.

Mon and Thu

**Ages 3 - 6 | 4 - 4:45 pm**

**Ages 7 - 13 | 5 - 6 pm**

**Session I:** Aug 8 - Oct 6

(No class Sep 5 and Sep 26)

**Session II:** Oct 20 - Dec 19

(No class Oct 31 and Nov 24)

\$300 | Valued member \$200

## Willpower Basketball Training

Coach Will Holloman's clinic allows players to reach their full potential in a fun-filled environment that challenges all to exceed personal limits and optimize the intangibles of the game.

Mon

**Ages 5 - 8 | 5:30 - 6:30 pm**

**Ages 9 - 12 | 6:30 - 7:30 pm**

**Ages 13 - 18 | Private lessons available**

**Session I** Aug 15 - Oct 3

(No class Sep 5 and Sep 26)

**Session II** Oct 24 - Dec 5

(No class Oct 31)

**Six Classes \$135 | Valued member \$90**

### Private Instruction

Contact Rio at ext. 250 or email  
rio.robinson@jcjax.org.

30 minute session \$40

Eight 30 minute sessions \$280

## Adult Basketball Leagues

Teams consist of six players for four-on-four competition.

### 18+ Adult Basketball League

Wed | 6:30 - 9 pm

### 25+ Adult Basketball League

Sun | 8:30 - 11:30 am

\$60 | Valued member only

For dates, availability or to register, please contact Rio Robinson at ext. 250 or Mike May at ext. 254.



## NEW PE Plus with Coach Mike

Ages 3 - 6

Join Coach Mike as he works with children to develop functional movements, gross motor and sports skills through a variety of different games and activities which are all centered around having FUN!

Thu | 2:30 - 3:15 pm

**Session I:** Sep 15 - Oct 20

**Session II:** Nov 3 - Dec 15

(No class Nov 24)

**Fri | 3:30 - 4:15 pm**

**Session I:** Sep 16 - Oct 21

**Session II:** Nov 4 - Dec 16

(No class Nov 25)

\$105 | Valued member \$70

## JCA Youth Flag Football League

Ages 4 - 16

Our mandatory Youth Flag Football assessments will be held **Sun, Nov 20** (times TBD). League play will be from **Jan 15 - Mar 5, 2023**. Please call Mike May at ext. 254 with any questions.

\$165 | Valued member \$110

## NEW Young Athletes in Action with Coach Mike

Ages 8 - 13

Coach Mike works with young athletes at the JCA to further develop their athletic abilities and skillsets.

We will focus on speed training, acceleration/deceleration, change of direction, cardiovascular endurance, teamwork, reaction time and muscular strength. **Young Athletes in Action** will learn through a variety of fun and competitive drills and games.

Sun | 11 am - 12 pm | Oct 9 - Nov 13

\$135 | Valued member \$90

# JCA YOUTH SOCCER LEAGUE

**GAMES: SUN, 12:30 - 6 PM\* | SEP 25 - NOV 13**

## TWO-HOUR AFTERNOON COMMITMENT

Practice is held at Bolles High School Stadium Field one hour before games.

## MANDATORY SKILLS EVALUATION AT BOLLES HIGH SCHOOL: AUG 21

Divisions are based on age and skill  
and will be determined after evaluations.

\$165 | Valued member \$110

\*League play ends at 5 pm on Sep 25, Oct 9 and 16.

AGE	TIME
10 - 16	1 pm
8 - 9	2 pm
6 - 7	3 pm
4 - 5	4 pm



For make-up evaluations or to volunteer to coach, contact Mike May at ext. 254.

## PRESCHOOL AND YOUTH SPORTS CLINICS

Class	Age	Day	Time	Dates	Fee   Valued Member
<b>NEW</b> Little Ninja Warriors	3 - 6	Mon	3:30 - 4:15 pm	Nov 7 - Dec 12	\$105   VM \$70
Sports Extravaganza	3 - 6	Mon	3:30 - 4:15 pm	Sep 12 - Oct 31*	\$90   VM \$60
	3 - 6	Mon	3:30 - 4:15 pm	Nov 7 - Dec 12	\$105   VM \$70
Soccer 101	5 - 10	Mon	4:30 - 5:30 pm	Sep 12 - Oct 31*	\$90   VM \$60
	5 - 10	Mon	4:30 - 5:30 pm	Oct 31 - Dec 5	\$105   VM \$70
Little Kickers Soccer	3 - 6	Tue	3:30 - 4:15 pm	Sep 13 - Oct 25*	\$105   VM \$70
	3 - 6	Tue	3:30 - 4:15 pm	Nov 1 - Dec 6	\$105   VM \$70
Terrific Tumblers Gymnastics	3 - 6	Tue	3:30 - 4:15 pm	Sep 13 - Oct 25*	\$105   VM \$70
	3 - 6	Tue	3:30 - 4:15 pm	Nov 1 - Dec 6	\$105   VM \$70
Junior Gymnastics	5 - 10	Tue	4:30 - 5:30 pm	Sep 13 - Oct 25*	\$105   VM \$70
	5 - 10	Tue	4:30 - 5:30 pm	Nov 1 - Dec 6	\$105   VM \$70
Basketball 101	5 - 10	Tue	4:30 - 5:30 pm	Sep 13 - Oct 25*	\$105   VM \$70
	5 - 10	Tue	4:30 - 5:30 pm	Nov 1 - Dec 6	\$105   VM \$70
Little Hitters Baseball	3 - 6	Wed	3:30 - 4:15 pm	Sep 14 - Oct 26*	\$105   VM \$70
	3 - 6	Wed	3:30 - 4:15 pm	Nov 2 - Dec 14*	\$105   VM \$70
Makos Run Club	4 - 14	Wed	4:30 - 5:30 pm	Sep 14 - Oct 26*	\$105   VM \$70
	4 - 14	Wed	4:30 - 5:30 pm	Nov 2 - Dec 14*	\$105   VM \$70
Little Dribblers Basketball	3 - 6	Thu	3:30 - 4:15 pm	Sep 15 - Oct 20	\$105   VM \$70
	3 - 6	Thu	3:30 - 4:15 pm	Nov 3 - Dec 15*	\$105   VM \$70
Volleyball 101	8 - 14	Thu	4:30 - 5:30 pm	Sep 15 - Oct 20	\$105   VM \$70
	8 - 14	Thu	4:30 - 5:30 pm	Nov 3 - Dec 15*	\$105   VM \$70
Terrific Tumblers Gymnastics	3 - 6	Fri	3:30 - 4:15 pm	Sep 16 - Oct 21	\$105   VM \$70
	3 - 6	Fri	3:30 - 4:15 pm	Nov 4 - Dec 16*	\$105   VM \$70

\*No classes on Sep 26, 27, Oct 5, 10, 17, Nov 23, 24 and 25



**DUSTIN RULIEN**  
AQUATICS MANAGER  
730-2100 EXT. 417

## **American Red Cross** **TRAINING CLASSES**



### **Community First Aid/CPR/AED Adult/Child/Infant**

The First Aid/CPR/AED program helps participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. Call (904) 730-2100 ext. 417 or email [dustin.rulien@jcjax.org](mailto:dustin.rulien@jcjax.org) for availability.

\$98 | Valued member \$65

### **Red Cross-Certified Lifeguard Training**

#### **Prerequisites:**

- Must be at least 15 years of age.
- Must swim 300 yards freestyle and/or breaststroke.
- Must swim 20 yards to retrieve a ten-pound brick from seven to ten feet of water in one minute and 40 seconds.
- Must tread water for two minutes using legs only.

Call ext. 417 for availability.

\$285 | Valued member \$190

### **Red Cross-Certified Water Safety Instructor Training**

Become certified to teach parent and child aquatics, preschool aquatics, Learn-to-Swim, adult swim courses and water safety courses and presentations. Water Safety Instructor candidates must be 16-years-old on or before the last scheduled day of the course. Call ext. 417 for availability.

\$285 | Valued member \$190

## **School Year Makos Swim Team**

### **Ages 5 - 18**

This monthly program introduces competitive swimming and stroke refinement along with building endurance and stamina.

Aug 1 - Dec 29

Mon - Thu

**Ages 5 - 10** | 5 - 6 pm

**Ages 11 - 18** | 6 - 7 pm

Sun

**Ages 5 - 18** | 3 - 4 pm

### **Registration Fees Per Month:**

One Day per week

\$60 | Valued member \$40

Two Days per week

\$90 | Valued member \$60

Four Days per week

\$120 | Valued member \$80

(No practice Sep 4, 5, 26, 27, Oct 4, 5, 10, 17, Nov 24, and Dec 25)

(No four day option during Sep and Oct)

## **Masters Adult Swim Team**

Adults, learn the strokes or refine your strokes in a fun-filled atmosphere with peers. Professional coaches guide swimmers at their own pace.

### **Ages 14+**

Eight-week course

Mon

5:45 - 6:45 am

Thu

7:30 - 8:30 pm

\$90 | Valued member \$60

Contact (904) 730-2100 ext. 417 or [dustin.rulien@jcjax.org](mailto:dustin.rulien@jcjax.org) for more details.

Please visit  
[jcjax.org/aquatics](http://jcjax.org/aquatics)  
for more information  
about our aquatics  
cancellation and  
diaper policies.



### **Youth Mini-Triathlon** Ages 5 - 12

Bring your swim gear, bikes, helmets and running shoes to our **Youth Mini-Triathlon**. Participants will compete in age-appropriate groups that include running a mile, biking a mile, then swimming distances according to their age group. Medals will be awarded for first and second place in each age group. Participation medals will be distributed immediately following the triathlon. Families are invited to join us for our pumpkin drop plus snacks and refreshments after the awards ceremony.

Sun, Oct 23 | 9 - 11 am

Athletes must arrive by 8:45 am

\$20 | Valued members only

Registration for the triathlon is required by Oct 17.

### **New this year:**

We are adding a **Family Fun Festival** with games, music, face painting, a pumpkin drop and a cannonball contest for all ages after the Youth Mini-Triathlon. We will jump into these family fun activities immediately following the mini-triathlon awards.

**The Family Fun Festival is free for valued JCA members.**



Days and Sessions Offered 30-minute sessions	Parent & Me	Little Makos	Junior Makos	Adults	Sensory Safe Swimmer
<b>Sun</b>	10 AM	11 AM, 1 PM	12 PM, 2 PM	N/A	4:30 PM, 5 PM (No lessons Sep 25, Oct 9 or 16)
<b>Session I</b> Aug 21 - Oct 2 (No lessons Sep 4)					
<b>Session II</b> Oct 9 - Nov 13					
<b>Session III</b> Nov 20 - Dec 18 (Five lessons, prorated)					
<b>Mon</b>	10 AM	N/A	N/A	N/A	N/A
<b>Session I</b> Aug 1 - Aug 29 (Five lessons, prorated)					
<b>Session II</b> Sep 12 - Oct 31 (Five lessons, prorated) (No lessons Sep 26, Oct 10 and 17)					
<b>Session III</b> Nov 7 - Dec 12					
<b>Mon and Wed</b>	N/A	3:30 PM, 4:30 PM, 5:30 PM	3:30 PM, 4:30 PM, 5:30 PM	6:30 PM	N/A
<b>Session I</b> Aug 1 - Sep 7 (No lessons Sep 5)					
<b>Session II</b> Sep 12 - Nov 2 (No lessons Sep 26, Oct 5, 10 & 17)					
<b>Session III</b> Nov 7 - Dec 14					
<b>Tue and Thu</b>	N/A	3:30 PM, 4:30 PM, 5:30 PM	3:30 PM, 4:30 PM, 5:30 PM	N/A	N/A
<b>Session I</b> Aug 2 - Sep 8					
<b>Session II</b> Sep 13 - Oct 27 (No lessons Sep 27 & Oct 4)					
<b>Session III</b> Nov 3 - Dec 15 (No lessons Nov 24)					
One day a week: \$113   Valued member \$75 Two days a week: \$180   Valued member \$120 Prices are per session					\$150   Valued member \$100

**Parent and Me**  
(Ratio 8:1) (6 mo - 3 yrs)

This program teaches parents how to work safely and effectively with children in the water. The program emphasizes fun and enjoyment, water adjustment and preparatory activities for future swimming. This program is not designed to teach children to become good swimmers or even to survive in the water on their own. At least one adult must accompany the child in the pool.

**Little Makos**  
(Ratio 4:1) (2 - 5 yrs)

Children are introduced to breath control, arm coordination, kicking and the development of basic strokes.

**Junior Makos**  
(Ratio 5:1) (6 - 13 yrs)

Children are introduced to fundamental aquatic skills, stroke development, stroke improvement, stroke refinement and personal water safety in this program.

**Adult**  
(Ratio 8:1) (14+ yrs)

This program is designed to encourage and introduce adults to swimming in a welcoming and comfortable environment.

**Sensory Safe Swim Lessons**  
(Ratio 2:1 or 1:1)

This program is designed for swimmers with Autism. Swim lessons are held in our quiet, indoor heated pool.

**Private Swim Lessons**  
(All ages)

\$60 per lesson | \$420 for eight lesson package  
Valued member | \$30 per lesson  
\$210 for eight lesson package

**Semi-Private Swim Lessons**  
(All ages)

Each lesson is 30 minutes in length.  
\$40 per lesson |  
Valued member \$20 per lesson  
\$280 for eight lessons |  
Valued member \$140 for eight lessons.

Call (904) 730-2100 ext. 417 or email [dustin.rulien@jcajax.org](mailto:dustin.rulien@jcajax.org) for Private and Semi Private Swim Lesson availability.



**ALINE BERKENBROCK**  
TENNIS PROFESSIONAL  
730-2100 EXT. 317

### Adult Tennis Clinics

(Ages 18 +)

Clinics geared to A level tennis players that are participating in our competitive teams. League play begins in August and continues until April. For more information, contact Aline at ext. 317 or email [aline.berkenbrock@jcajax.org](mailto:aline.berkenbrock@jcajax.org).

#### 3.0 - 3.5 Men's Clinic

Mon | 6:30 - 8 pm

\$20 per clinic | Valued members only

#### Twelve-Week Sessions

##### Working Women's Team Clinic

Tue | 6:30 - 8 pm

##### Ladies' A Team Clinic

Wed | 10:15 - 11:45 am

##### Ladies' B Team Clinic

Wed | 9 - 10:30 am

##### Ladies' C Team Clinic

Fri | 9 - 10:30 am

\$180 | Valued members only

#### Six-Week Sessions

##### Tennis 101

Wed | 6 - 7 pm

\$135 | Valued members \$90

##### Cardio Tennis

Sun | 8:30 - 9:30 am

\$135 | Valued members \$90



### Tennis Mixers

Come and enjoy a round robin doubles social. Players will be matched up by ability and they will rotate opponents and partners throughout the night. Level of 3.0+.

#### Men's Night Doubles Mixer

First Thursday | 6:30 - 8 pm

#### Women's Night Doubles Mixer

Third Thursday | 6:30 - 8 pm

Free for valued members only



### Private Lessons

You can schedule a private lesson at any time with any of our pros on the **My J app**, or call the tennis office at ext. 317.

**30 min** \$30

**60 min** \$60

**Doubles** \$80

**Package: Five, 60 min lessons or 10, 30 min lessons** \$270



### Junior Tennis Clinics - All clinics are six-week sessions.

For the beginning junior player, our quick start programs provide an overview and teach the fundamentals of tennis. Classes focus on proper swinging motions and the most effective way to handle a tennis racquet. All instruction is paced for younger players and supplemented with fun games and drills. For more information on specific clinic dates, please contact ext. 317.

#### Junior Quick Start (Ages 7 - 10)

Tue | 4:30 - 5:30 pm

\$108 | Valued member \$72

#### Pee-wee Quick Start (Ages 4 - 6)

Wed | 4:15 - 5 pm

Thu | 4:30 - 5:15 pm

\$108 | Valued member \$72

Intermediate to advanced clinics focus on stroke production, consistency and match play. This strategy helps older players feel more comfortable during point play and matches.

#### High Performance (Ages 14 - 18)

Mon | 5 - 6 pm

\$135 | Valued member \$90

#### Green Dot (Ages 9 - 12)

Wed | 5 - 6 pm

\$108 | Valued member \$72

 **Personalized Learning**

 **Small Class Ratios**

 **Hands-on Creative Arts**

At Michele Block Gan Yeladim Preschool & Kindergarten, children are guided while they learn through exploration and discovery.



**MICHELE BLOCK  
GAN YELADIM**  
Preschool & Kindergarten

**Enrollment for the 2022 - 23 school year is open**

Schedule a tour with us to learn more about the unique experiences we offer children.  
Email [ganyeladim@jcajax.org](mailto:ganyeladim@jcajax.org) or call (904) 730-2100 ext. 235.

TRIBUTES

*In memory of...*

**VANESA MORRIS' FATHER**  
by The Spring and Miller Family

**PERRY MIBAB**  
by Bunni and Myron Flagler  
The Miller Families  
Rochelle and David Stoddard

**MARK ROSEGAURD**  
by Bunni and Myron Flagler

**BUNNI FLAGLER'S MOTHER**  
by The Miller Families  
Regina and Adam Chaskin  
The Board and Staff of the JCA

**RICHARD STONE**  
by Karen and Philip Adler

**YAIR DEMRI**  
by Michele and David Steinfeld

**CAROL GREENBURG**  
by The Miller Families

**HELEN NEEDLE**  
by Joy and Howard Korman  
Ali and Jamie Shelton

*In honor of...*

**RABBI AVI FEIGENBAUM AND FAMILY**  
by Bunni and Myron Flagler  
The Board and Staff of the JCA

**ALEX AND SCOT ACKERMAN'S  
DAUGHTER'S WEDDING**  
by The Miller Families

**LIAM GRANAT'S BAR MITZVAH**  
by Michele and David Steinfeld

**CANDY FRANK'S BIRTHDAY**  
by Michele Steinfeld

**NANCY EBER'S BIRTHDAY**  
by Michele Steinfeld

**RABBI LUBLINER'S BIRTHDAY**  
by Michele and David Steinfeld

**RABBI GARY PERRAS' BIRTHDAY**  
by Michele and David Steinfeld

**KAREN FOX'S BIRTHDAY**  
by Michele and David Steinfeld

**ROSE TINCHER'S BIRTHDAY**  
by Michele Steinfeld

**SHELLY AND DAVID ZAVON'S ANNIVERSARY**  
by Michele and David Steinfeld

**ALI KORMAN SHELTON EARNING HER  
MASTERS DEGREE FROM JU**  
by Rochelle and David Stoddard

**SANDI FLETCHER'S BIRTHDAY**

by Michele Steinfeld

**SARAH AND ZACH SCHWARTZ ON THE  
BIRTH OF YOUR SON MYLES**

by The Board and Staff of the JCA

**HARRY FRISCH'S BIRTHDAY**

by Lior Spring

*For a speedy recovery...*

**DEBBIE PARKER**  
by Rochelle and David Stoddard

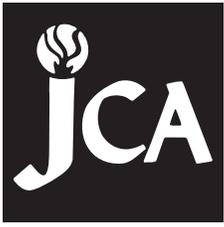
**ELLEN RUBENS**  
by Michele Steinfeld

**SIDNEY SIEGAL**  
by The Miller Families  
Regina and Adam Chaskin  
The Board and Staff of the JCA

**JENNIFER STUART**  
by The Board and Staff of the JCA

**RABBI YAAKOV FISCH AND FAMILY**  
by The Spring and Miller Families  
Regina and Adam Chaskin  
The Board and Staff of the JCA

**SARAH SCHWARTZ'S MOTHER**  
The Miller Families



*David A. Stein*  
**Jewish Community Alliance**  
*on the Ed Parker Jewish  
 Community Campus*

8505 San Jose Boulevard  
 Jacksonville, Florida 32217  
 (904) 730-2100  
**jcajax.org**



Affiliated with the Jewish Federation and Foundation of Northeast Florida, the United Way of Northeast Florida and the Jewish Community Centers of North America.



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**MISSION STATEMENT** The Jewish Community Alliance (JCA) strengthens Jewish life, serves as a common meeting ground and enhances the quality of life of the entire community.

**VISION STATEMENT** Our vision is to provide **the** place in the tradition of our heritage where all people come together throughout their lives to enhance body, mind and spirit, in an environment of fun, harmony and friendship.



**OUR JCA EMPLOYEES  
 LOVE WORKING HERE!**  
 We received the highest employee satisfaction scores of any affiliated Jewish Community Center in North America!

**WANT TO JOIN US?**  
 Visit [jcajax.org/careers](http://jcajax.org/careers) to apply today!

**PROTECTING OUR COMMUNITIES  
 TOGETHER  
 REPORT HATE CRIMES**

  
**1-800-CALL-FBI**  
**tips.fbi.gov**

