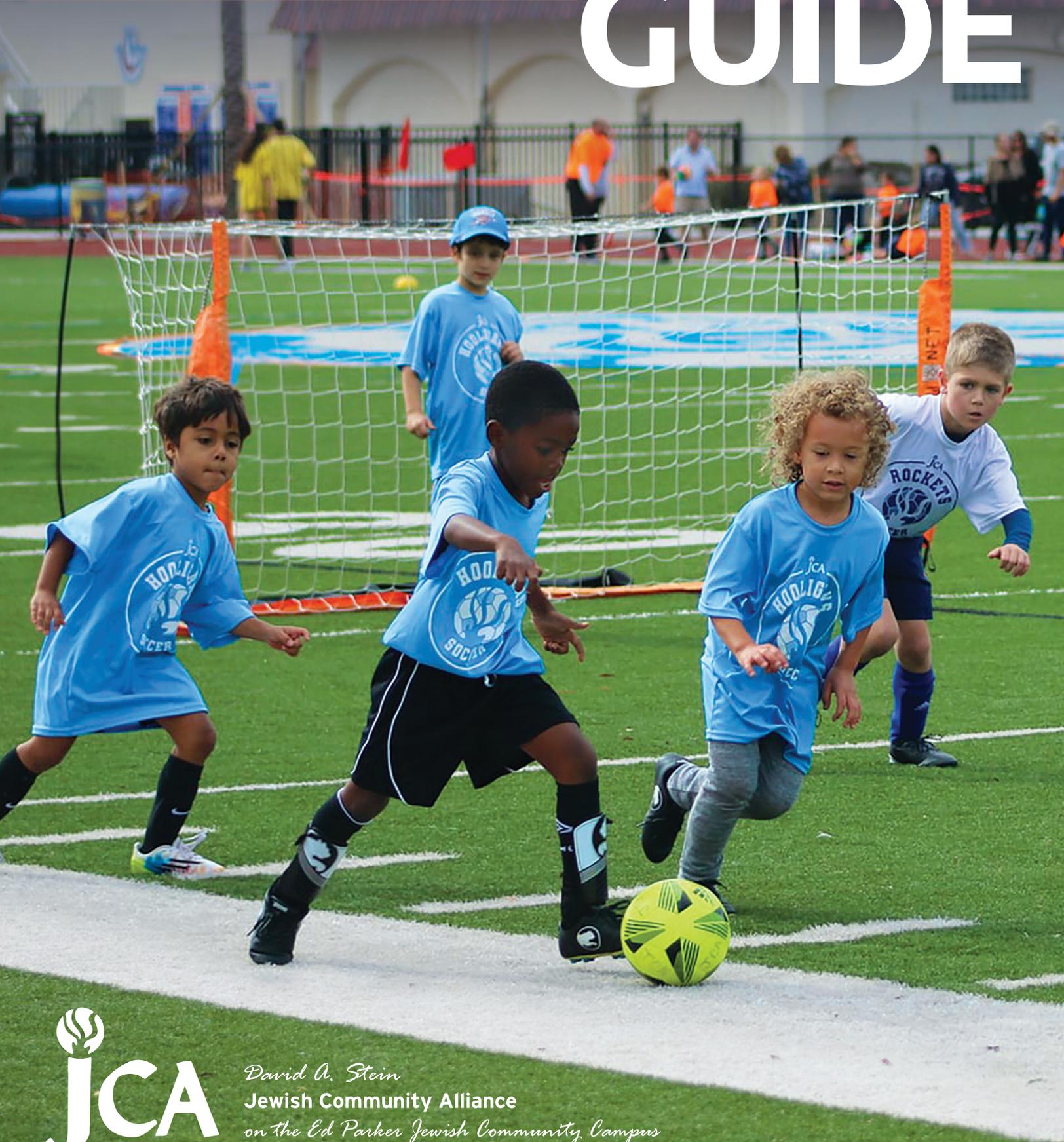


FALL/WINTER  
VOLUME 35 | NUMBER 1

# PROGRAM GUIDE

15 Elul 5783 - 19 Tevet 5784 • September 1 - December 31, 2023



*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**  
**jcjax.org • info@jcjax.org**  
**facebook.com/jcjax**

Sam Stromberg ..... Board Chair  
 Adam Chaskin.....Chief Executive Officer  
 Chelsea Jarrell .....Director of Marketing  
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 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. 267**

#### Hours:

Sun - Fri mornings | 9 am - 12 pm  
 Mon - Thu evenings | 5 - 8 pm

- JCA Kid Kare is available for children 3 months to 9 years old.
- Kid Kare is offered on reservation basis.
- Space limited to 15 kids per shift.
- Kid Kare service is for a maximum of 90 minutes.
- Visit [jcjax.org/fitness](http://jcjax.org/fitness) to view our Kid Kare policies and make a reservation.

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

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**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.

**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.

### Guest Policy

Members may bring only two guests at a time except for members bringing families. 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:** \$10 each visit **Children/Teens (5 - 18):** \$5 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.

Shalom Friends,

What a summer we experienced at the JCA! We concluded one of our most popular and creative camp seasons in JCA history. We hosted eight different camps with more choices than ever offered before and experienced growth throughout. Thanks to our partnership with the Jacksonville Jewish Center (JJC), hosting a second location on their campus allowed us to give more children the unforgettable life experience of attending summer camp.

Adam Chaskin



As a leader, the hardest part of having such incredible staff members is when they learn it is time for them to move on to the next chapter. This summer, some of our long-time staff members announced the next adventures in their lives. Our Director of Administration, Pam Tavill, retired at the beginning of the summer to be with her family in Virginia after more than 23 years of service. Coach Rio Robinson, a 20-year employee and our Sports & Recreation Director, embarked on his next journey but promises he will be back to shoot hoops and visit. Among the leaders who helped break ground to build our JCA and perhaps the most bittersweet, was saying goodbye to our Assistant Executive Director Nancy Green as she retired after more than 34 years of service. While the spirit and knowledge of these individuals will be sorely missed, they will never be forgotten and will always have a place in our JCA family.

The summer months also brought many new faces and exciting changes to our JCA. We welcomed several new staff members including our Chief Operating Officer Jo-Ellen Unger. A former Jacksonville resident, Jo-Ellen hit the ground running this spring bringing a wealth of Jewish knowledge and experience to our community. Greeting new staff members and immediately seeing how they will make a positive impact here is tremendously rewarding. It ensures our JCA will continue to provide excellent services for our community for many years to come.

I am pleased to share the advancements of our ambitious capital campaign, Building Our Future Together. I am extremely excited about the progress made with Thomas Duke Architects on the redesign of our beautiful campus. Thanks to the support of our campaign leaders, we are on track with fundraising efforts to renovate and upgrade the JCA so we can continue to be a premier destination in Jacksonville. In the coming months, there will be many opportunities to learn about our improvement plans and how you can support them.

I encourage you to read through the pages of our Fall Program Guide to discover all we have to offer your entire family this season. Our staff is working on incredible programs to promote unity throughout our community and help us all move toward a better tomorrow. With the approach of the High Holidays also comes our personal reflections; I am so proud of all our JCA accomplished in the last year and all we continue to do for our community every day.

Humbled to serve,

*Adam Chaskin*

Adam Chaskin  
CEO

**BOARD OF TRUSTEES**

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\*Of Blessed Memory

**DEPARTMENT DIRECTORS**

- CEO.....Adam Chaskin, ext. 272
- COO.....Jo-Ellen Unger, ext. 246
- Finance.....Melissa Meyenberg, ext. 224
- Development.....Kendall Valliere, ext. 231
- Early Childhood.....Natalia Fisher, ext. 237
- Facilities Mgmt.....Cal Barker, ext. 238
- Fitness & Wellness.....Eiffel Gilyana, ext. 324
- J-Institute.....Heather Terrill, ext. 265
- Marketing.....Chelsea Jarrell, ext. 334
- Membership.....Chris Turner, ext. 257
- Sports & Rec.....Rio Robinson, ext. 250
- Theatre.....Shelly Hughes, ext. 252
- Youth Services.....Evan McInnis, ext. 249

**JCA BUILDING HOURS**

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

**JCA HOLIDAY HOURS**

**Labor Day**

Mon, Sep 4 ..... 8 am – 5 pm

**Rosh Hashanah**

Fri, Sep 15 ..... 5:30 am – 5 pm

Sat, Sep 16 ..... Closed

Sun, Sep 17 ..... Closed

**Yom Kippur**

Sun, Sep 24 ..... 8 am – 5 pm

Mon, Sep 25 ..... Closed

**Sukkot**

Fri, Sep 29 ..... 5:30 am – 5 pm

Sat, Sep 30 ..... Closed

Sun, Oct 1 ..... 1 – 6 pm

**Shemini Atzeret & Simchat Torah**

Fri, Oct 6 ..... 5:30 am – 5 pm

Sat, Oct 7 ..... Closed

Sun, Oct 8 ..... 1 – 6 pm

**Thanksgiving**

Thu, Nov 23 ..... Closed

Fri, Nov 24 ..... 5:30 am – 5 pm

**Mon, Dec 25** ..... 8 am – 2 pm

**New Year's Eve**

Sun, Dec 31 ..... 8 am – 6 pm

**New Year's Day**

Mon, Jan 1, 2024 ..... 8 am – 2 pm



**Heather Terrill**

J Institute Director  
(904) 730-2100 ext. 265



Scan the QR code to discover more about our J-Institute programs.



**Pottery**

Learn the basics or fine tune your hand building or wheel throwing skills. Clay is provided.

**AM Session I**

Tue | 10 am - 12 pm | Aug 29, Sep 5, 12, 19, 26, Oct 3, 10 and 17  
\$216 | Valued member \$144

**PM Session I**

Thu | 6:30 - 8:30 pm | Aug 31, Sep 7, 14, 21, 28, Oct 5, 12 and 19  
\$216 | Valued member \$144

**AM Session II**

Tue | 10 am - 12 pm | Oct 31, Nov 7, 14, 28, Dec 5 and 12  
\$162 | Valued member \$108

**PM Session II**

Thu | 6:30 - 8:30 pm | Nov 2, 9, 16, 30, Dec 7 and 14  
\$162 | Valued member \$108

**Navigating the Senior Network**

Planning and caring for ourselves or an aging loved one, including knowing which type of care is needed and how to obtain it, can be overwhelming. Presented by River Garden Senior Services, experts join us at the JCA to share more on the subject to better equip you to face whatever life delivers. Lunch will be provided.

Wed, Sep 6 | 11:45 am - 1 pm  
Free to the community

**Merrill House Tour & Lunch**

Take a walk through history in this best kept example of nineteenth century Queen Anne-Eastlake Victorian architecture. Transportation from the JCA is included; lunch is at your own expense.

Thu, Sep 7 | 8:30 am  
\$30 | Valued member \$20

**Mah Jongg for Beginners**

Learn the basics of this ancient game from Sandy Oasis and get ready to play with your friends. A 2023 National Mah Jongg League card is required and can be ordered online. Minimum of five players, maximum of nine. Registration is required.

Thu | 12:30 - 2:30 pm  
Session I: Sep 7, 14, 21 and 28  
Session II: Dec 7, 14, 21 and 28  
\$45 | Valued member \$30

**Ladies Talk**

Looking to make new friendships but find it hard to juggle the idea, let alone squeezing it into your schedule? Join us for an evening where we will enjoy conversation, play icebreaker games and connect with other women over a light nosh.

Tue | 7 pm  
Sep 12, Oct 10 and Dec 5  
Free to the community

**Acupuncture: Is it for You?**

Dr. Michael Kowalski, Acupuncture Physician and founder of the Acupuncture & Holistic Health Center in Jacksonville, will discuss what acupuncture is, how it can help and its many benefits.

Wed, Sep 13 | 6 - 7 pm  
\$8 | Valued member \$5

**AARP Safe Driver Course**

Pack a dairy lunch (no meat please) and join an AARP trained instructor in this class for licensed drivers who are over 50. Learn to drive defensively and adjust to vision changes, hearing loss and more. Attendance will qualify you for a discount on your insurance. Call Heather at ext. 265 for more details.

Registration is required; please make checks payable to AARP.  
Tue, Sep 19 | 8:30 am - 4:30 pm  
\$25 | AARP member \$20

**Fort Caroline Tour & Lunch**

Explore Fort Caroline on this guided tour and learn about the short-lived French presence in sixteenth century Florida. Transportation from the JCA is included; lunch is at your own expense.

Wed, Sep 20 | 7:30 am  
\$30 | Valued member \$20

**Savvy Caregivers**

For those who are caring for someone with Dementia or Alzheimer's or other neurocognitive disorder, Area Health Education Center (AHEC) instructors will guide you to develop strategies and master skills to support your caregiving situation. Caregivers will find ways to reduce the effects of stress through planning and self-care. Continuing care is offered once classes are completed.

Wed | 1 - 3 pm  
Sep 20, 27, Oct 4, 11, 18 and 25  
Free to the community

**Men's Speaker Series**

Gentlemen, you are cordially invited to the JCA for a casual social hour hosted by a variety of speakers. Join us for a cup of coffee and a snack while we listen to dynamic, interesting local leaders share their stories.

Thu | 10 - 11 am

Sep 21 – **Emergency Preparedness** - Learn how our Emergency Preparedness professionals work to keep Jacksonville and the surrounding counties safe from threats.

Oct 5 – **Marion Gooding, Intuition Ale Works** - Join us for a discussion about the brewery business and perspective from Intuition Ale Works Director of Brewery Operations.

Dec 7 - **Matt Borer, Marriage and Family Therapist** - An open discussion about family and holiday stressors that are unique to men.

Free to the community

**Get Started Farming**

Take the first step to become a farmer! Learn how to produce food with Stephen Jennewein from the UF/IFAS Duval County Extension Office. The Duval County Extension office is a partnership between the University of Florida Institute of Food and Agriculture Sciences (UF/IFAS), the City of Jacksonville and the United States Department of Agriculture.

Thu, Sep 21 | 1 - 2:30 pm  
\$15 | Valued member \$10



### Jax Public Art Tour & Lunch

There is a growing collection of art in downtown Jacksonville! Heather will lead us on a walking tour to learn about the public art that is now on display in our city. Plus, we will drive through surrounding neighborhoods to explore more art! Transportation from the JCA is included; lunch is at your own expense.

Tue, Sep 26 | 8 am

\$23 | Valued member \$15

### Current Event Discussions

The Florida Times-Union Growth and Development Reporter Alexandria Mansfield hosts monthly discussions at our JCA to answer deep questions while she leads conversations that give awareness about current local events.

Thu | 6 - 7 pm

Sep 28, Oct 26 and Nov 30

Free to the community

### TBA Big Band & Dinner

Meet us at Mudville Grille! We are planning a fun night out to see the TBA Big Band play and enjoy dinner at the Mudville Music Room. Cover charge is included; dinner is at your own expense.

Mon, Oct 2 | 6:30 pm

\$15 | Valued member \$10

### Knight School Chess

The Knight School will help refresh your basic chess skills and enhance your game with new tactics. All skill levels are welcome. Every participant will receive a chess board to keep. Advance registration required by Sep 28.

Tue | 12 - 1 pm

Oct 3, 10, 17, 24, 31, Nov 7, 14, and 21

\$240 | Valued member \$160

### Ignite Your Success - SBA

Tap into the power of the Small Business Administration (SBA) in this course which offers an enlightening tour of SBA resources, designed to fuel your business growth, including hidden opportunities from business loans to federal contracts, free counseling and beyond.

Tue, Oct 3 | 6:30 - 7 pm

Free to the community

### Ayurveda: The Science of Life

The ancient Indian 'science of life' can increase health, reduce stress while helping us lead a happy, fulfilled life. This program shares information about time-tested health and beauty care secrets, dietary tips and 'biohacks' that fit into busy, modern routines.

Wed, Oct 4 | 5:30 - 7:30 pm

\$8 | Valued member \$5

### Pennies Canasta

Learn to play this fun version of Pennies Canasta with our favorite instructor, Sandy Oasis. A minimum of five players, and maximum of nine. Registration is required.

Thu | 12:30 - 2:30 pm

Session I: Oct 5, 12, 19 and 26

Session II: Nov 2, 9, 16 and 30

\$45 | Valued member \$30



### Introduction to Sound Bowls and Meditation

Healing sound bowls help ease you into a deep, meditative state while offering several healing benefits to your mind and body. Learn more about benefits sound bowls offer while you receive a gentle introduction into the meditation.

Tue, Oct 10 | 11 - 11:30 am

\$8 | Valued member \$5

### The Recycles Band

Now in retirement with time to pursue their love of music, The Recycles Band is making its way to our JCA! Join us for an afternoon of free entertainment with "recycled musicians," who love to perform in a traditional concert style.

Wed, Oct 11 | 2 pm

Free to the community



### Guided Hike: Jennings State Forest & Lunch

Wear comfortable hiking sneakers for this 1.7-mile, hour-long hike with elevation changes. We are heading to Jennings State Forest for a guided hike of the Dunn's Farm Trail. Transportation from the JCA is provided; lunch is at your own expense.

Thu, Oct 12 | 9 am

\$18 | Valued member \$12

### Rethreaded Lives: Human Trafficking And What You Can Do About It Plus Pop-up Shop

Florida is known for its sunshine and lack of income taxes, but we also rank third in the nation in human trafficking cases. Join us for a powerful evening to learn about the mostly hidden infrastructure that supports human trafficking and what you can do to combat it. After, stay to explore the Rethreaded pop-up market.

Thu, Oct 12 | 7 - 9 pm

Free to the community

### Preserving Independence

For most seniors, independence is largely tied to staying in their own home. This discussion with professionals from River Garden Senior Services will focus on tips and strategies to enjoy your best life, safe at home. Lunch will be provided.

Wed, Oct 18 | 11:45 am

Free to the community



### Tarot Card Fundamentals

A crash course in choice-centered Tarot for skeptics, seekers and everyone in between. Sophia Santos' hands-on workshop shares the cultural context of Tarot while she teaches us how to use the cards to find the story about our lives and shape it into the one we desire. Please bring your own Tarot cards if you have them!

Thu, Oct 19 | 5:30 - 8 pm  
\$30 | Valued member \$20

### 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. **Registration is required.**

Tue | 6 pm  
Oct 24 and Dec 12  
\$5 | Free for valued members



### Globetrotters of the J: Savannah, Georgia

Pack your bags and join us for a long-weekend getaway to Savannah, Georgia. Departing on **Fri, Oct 20**, we will spend three nights at Hotel Indigo in Historic Downtown Savannah which means three days of exploring while we enjoy food, history, art, culture, and comradery. Transportation from the JCA, hotel accommodations, tour fees, and some meals are included in pricing. We will host a group dinner for travelers on **Mon, Sep 11 at 6 pm** to discuss the itinerary and answer any questions.

Oct 20 - 23  
\$1,500 per person single room  
\$875 per person double room  
Please email Heather for more details, [heather.terrill@jcajax.org](mailto:heather.terrill@jcajax.org).

### AARP DriverTEK

The AARP Smart DriverTEK workshop at River Garden is designed to help people 50+ learn about the safety technology found in new cars.

Thu, Oct 26 | 11:30 am - 1 pm  
River Garden, 11401 Old St. Augustine Rd.  
Free to the community



### Rethreaded Tour & Lunch

Discover how business, time and community is helping transform our city and the lives of local human trafficking survivors during this tour and volunteer opportunity. Transportation from the JCA is included; lunch is at your own expense.

Fri, Oct 27 | 8:30 am - 2 pm  
\$12 | Valued member \$8

### Sexual Health for Seniors

Some sexually transmitted diseases can cause cancer. If you are an actively dating senior, please join us to learn about sexual health with the Duval County Health Department. Come with your questions and be ready to learn!

Fri, Nov 17 | 11:45 am - 12:45 pm  
Free to the community

### Intuition Brewery Tour & Tasting

Take an adventure with us to downtown Jacksonville for a tour of Intuition Ale Works and a guided tasting of their four signature beers. Transportation from the JCA is provided. Food will be available for purchase after the tour.

Wed, Dec 6 | 6 - 9 pm  
\$42 | Valued member \$28

### Mosaic Tile Plant Pot Workshop

Join Heather for a mosaic tile plant pot workshop. Supplies are included in cost. Please feel free to bring any tiny tiles you might want to add to your design.

Wed, Dec 6 | 1 pm  
\$53 | Valued member \$35

## VANDROFF ART GALLERY

### Jacksonville Artists Guild Aug 31 - Sep 27

Featuring inspirational work from the Jacksonville Artists Guild which is a community of talented local artists who dedicate their skill to elevating artistic awareness.

### The Art Center Cooperative Sep 28 - Nov 1

Local artists with The Art Center Cooperative showcase their work, created to kindle, support and celebrate the artist along with the culture and spirit of the community.

### Together Against Hate Nov 2 - 29

Opening Reception:  
Thu, Nov 2 | 6 - 8 pm  
Through their creative expressions, artists from Northeast Florida will address topics impacting our area, including prejudices in faith, ethnicity, diverse abilities and gender. As part of the JCA & First Coast YMCA partnership, our *Together Against Hate* opening reception will take place on Thu, Nov 2 at 6 pm.

### Sophie Dare Dentiste Nov 30 - Jan 3

Opening Reception:  
Sun, Dec 3 | 2 - 4 pm  
With an expressive style, Sophie Dare Dentiste creates art using mixed media, layers of paint and plaster textures. Sophie says it is her hope that her work inspires us to celebrate the simple beauties and solace found in nature, wildlife and everyday life.

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

# TOGETHER AGAINST HATE

PROMOTING  
UNITY IN OUR  
COMMUNITY



In a shared vision to unify our community, the **Jewish Community Alliance (JCA)** and **First Coast YMCA** partnership program, **Together Against Hate**, will educate and inspire our neighbors to join in creating a safe and welcoming community for everyone.

We are inspired to build a more inclusive Northeast Florida. Through a series of influential speakers from local organizations, **Together Against Hate** will address topics impacting our area, including prejudices in faith, ethnicity, diverse abilities, and gender. Through shared stories and education, these local events are designed to increase unity among our neighbors by giving them a voice to take a stance. Our efforts will culminate with the first-ever **Racing Against Hate 5K Run/Walk** and community-wide event at the Winston Family YMCA on **February 25, 2024**.

**SEPTEMBER 904Ward** begins our speaker series at 7 pm on Thursday, September 14 at LJD Jewish Family & Community Services (JFCS), 8540 Baycenter Rd. In addition to a discussion moderated by Hope McMath, the exhibit **We Could Not Be Silent** will be on display.

**OCTOBER JASMYN's** Timothy Jefferson will lead a panel discussion about LGBTQ+ rights and advocacy at 7 pm on Tuesday, October 10 at Friday Musicale, 645 Oak St.

**NOVEMBER** The **Anti-Defamation League (ADL)** Florida Regional Director Sarah Emmons will be at the JCA, 8505 San Jose Blvd, on Tuesday, November 7 at 7 pm to discuss the rise of antisemitism and what is being done to initiate change. This program will also feature **We Need to Talk About Antisemitism** by author Rabbi Diana Fersko.

**DECEMBER** Promoting and protecting the human rights of people with diverse abilities, **The Arc** will host an evening of advocacy and education at 7 pm on Tuesday, December 5 at the Jessie Ball duPont Center, 40 East Adams St.

**JANUARY** As the finale of our speaker series, local faith leaders, **OneJax** and the **Interfaith Center of Northeast Florida** will host a panel discussion at 7 pm on Thursday, January 18 in the Main Library, 303 N. Laura St.

**FEBRUARY** Jacksonville's first-ever **Racing Against Hate 5K Run/Walk** will happen on **Sunday, February 25 at 1 pm** at the Winston Family YMCA, 221 Riverside Ave.

*More information and details are coming soon! Questions? Email Rachel Sandler at [rachel.sandler@jcajax.org](mailto:rachel.sandler@jcajax.org) or Heather Terrill at [heather.terrill@jcajax.org](mailto:heather.terrill@jcajax.org).*

## OCT 29 – NOV 16

### MARK YOUR CALENDARS!

The 2023 JCA Cultural Arts Festival is kicking off with our first-ever Jewish inspired **POP-UP MARKET ON SUN, OCT 29 FROM 11 AM – 2 PM!** Join us for music, food and family fun!

The JCA Cultural Arts Festival is **FREE AND OPEN TO THE ENTIRE COMMUNITY** thanks to the generosity of our sponsors and donors.



SCAN TO VISIT [JCAJAX.ORG/CAFEST](https://JCAJAX.ORG/CAFEST)  
QUESTIONS? EMAIL [CAFEST@JCAJAX.ORG](mailto:CAFEST@JCAJAX.ORG)





**Rachel Sandler**

*Jewish Educator*  
(904) 730-2100 ext. 271



Scan the QR code to discover more about our Jewish Culture/Education programs.

**Shabbat in the Lobby**

Shabbat in the JCA Lobby returns on Aug 18 at 11:35 am with our Community Shlichah Tal Mola and Jewish Educator Rachel Sandler. Everyone is invited to join us in the lobby every Friday for grape juice, challah, blessings, special guests and a song.



**August** - Donate nonperishable lunch items throughout Aug, then join us as we make/pack lunches for St. Francis House on Tue, Aug 29 at 12 pm.

**September** - Make Rosh Hashanah cards for Holocaust survivors and River Garden residents.

**October** - New and gently used Book Drive for children and adults to benefit the LJD Jewish Family & Community Services and River Garden.

**November** - Toy Drive for kids to benefit the LJD Jewish Family & Community Services.

**December** - Pet Food Drive to support the animals at First Coast No More Homeless Pets.

**Sounds of the Season**

We will learn more about Rosh Hashanah while we create a wind chime at The Temple. Thanks to our partnerships with PJ Library, Jewish Federation & Foundation of Northeast Florida and all of our local synagogues, this program is free and open to the community.

Sun, Aug 27 | 3 pm  
Congregation Ahavath Chesed - The Temple  
Free to the community

**Joy of Yiddish**

*Bissaleh* means "a little bit" in Yiddish. So, come and enjoy a *bissaleh* Yiddish through songs, conversations and theatre with Dr. Sara Marvin.

Tue | 11 am  
Aug 29, Sep 26, Oct 31, Nov 28 and Dec 19  
Free to the community

**Museum of the Southern Jewish Experience**

Dr. Larry Kanter, board member for MSJE, will introduce us to the museum as we go on a virtual tour to explore the galleries of the newly opened Museum of Southern Jewish Experience (MSJE). Spanning 13 states and 300 years, MSJE's core exhibition explores the diverse relationships, experiences and environments encountered by Jewish communities in the South. Join us at the JCA or watch by Zoom at home.

Tue, Aug 29 | 7 pm  
Free to the community

**It's A Date!**

This six-week Melton School of Adult Jewish Learning course will help you gain new insight to days that mark profound moments in history, and important dates that tell us when to harvest grain or open wine. **It's a Date** will explore how the Jewish calendar works while we discuss our holidays and their respective rituals.

Tue | 7 - 8:30 pm  
Sep 19 - Oct 24  
\$179 | Open to the community  
Advance registration required by Sep 12; visit [meltonschool.org/jacksonville](http://meltonschool.org/jacksonville).

**The Mitzvah of Humility: What is Jewish Self-Care and How Do I Get Some?**

In partnership with Jacksonville Hadassah, Beth K. Rush, Ph. D., ARPP Consultant at Mayo Clinic FL Department of Psychiatry and Psychology shares tips on being more mindful and reducing stress.

Wed, Sep 20 | 1 pm  
Free to the community

**Jewish Yoga**

Experience yoga through a Jewish lens as an alternative Shabbat experience at the Jacksonville Jewish Center (The Center) and Congregation Ahavath Chesed (The Temple).

Sat | 8 am  
Sep 23 and Nov 18 | The Center  
Oct 21 and Dec 16 | The Temple  
Free to the community

**Navy Commander Alexa Jenkins**

Commander Alexa Jenkins joins us to share her experience in the U.S. Navy, how Jewish values drove her desire to serve, and how she uses the values to create a positive culture in the military.

Wed, Sep 27 | 7 pm  
Free to the community

**Hebrew 101**

Join Rachel as she teaches you how to read and write the Hebrew letters and vowels. No previous Hebrew knowledge is necessary. **Registration and separate book purchase is required by Sep 26.**

Mon | 6:45 - 8:15 pm  
Oct 2, 9, 16, 23, 30, Nov 13, 20 and 27  
\$150 | Valued member \$100

**Sukkot Celebration**

Join in the traditions of shaking the lulav, holding the etrog and enjoy a delicious meal as we celebrate Sukkot. **Registration required by Oct 2.**

Thu, Oct 5 | 6:45 pm  
Free for valued members only

**Clergy in a Circle**

Discuss relevant Jewish topics and themes with local Rabbis and Cantors. **Thu, Oct 19 | 7 pm**  
Free to the community

**Kosher Market Sweep**

Join us to have fun, learn about Kosher rules and symbols and donate food to our community! This is in partnership with the LJD Jewish Family & Community Services. Families, teams of 2 - 4 people, and single players are welcome. Location will be emailed to you upon registration. **Registration required by Oct 16.**

Tue, Oct 24 | 6 pm  
\$18 per team  
*The \$18 will be used to purchase food for the JFCS - Max Block Food Pantry.*

## Lunch 'n Learn with Rabbi Uhr

Learn from Rabbi Uhr while enjoying a free catered lunch. **Registration appreciated by Oct 23.**  
**Thu, Oct 26 | 12:30 pm**  
**Free to the community**

## Paint A Menorah

Paint your own menorah as a family and use it this Chanukkah. **Registration is required by Nov 8.**

**Mon, Nov 13 | 4:30 pm**  
**§38 | Valued member §25**

## Highs and Lows: Our Communal Joys and Sorrows

This six-week **Melton School of Adult Jewish Learning** course will help guide you through your moments of triumphs and tragedies this Jewish year. **Highs and Lows** will tackle a deeper understanding of the Jewish people throughout the millennia - and inspire us in the present.

**Tue | 7 - 8:30 pm**  
**Nov 14 - Dec 19**

**§179 | Open to the community**

**Advance registration required by Nov 7; visit [meltonschool.org/jacksonville](http://meltonschool.org/jacksonville).**

## Olive Oil Tasting with Olive Amelia

Get ready for Chanukkah and celebrate the miracle of oil! Olive Amelia is coming to the JCA to teach us about olive oil.

**Minimum enrollment is required; register by Nov 22.**

**Wed, Nov 29 | 6:30 pm**  
**§45 | Valued member §30**

## Menorah Making Contest

Make a menorah and bring it to the front desk between Dec 1 - 5 to compete in our annual Menorah Making Contest. Participants are allowed to use any materials to create their menorahs but no premade kits or food. The homemade menorah 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 6 - 17.

**Open to the community**

## Menorah Lightings

Join us in the JCA parking lot at 5:45 pm on December 7, 11, 12, 13 and 14 as we light our giant chanukiah for Chanukkah.

**Free to the community**

## Teen Mussar for High School Students

Local teachers will lead a teen character development program this fall. Teen Mussar is designed to help teens in grades 9 - 12 develop character traits like gratitude, patience and empathy through the study and teachings of Mussar. Community service credits are included in the program. **Email [rachel.sandler@jcjax.org](mailto:rachel.sandler@jcjax.org) for more information.**

## Millstone Scholars for 7th and 8th Grade Students

This national honors program offers middle school students a unique opportunity to study the great ideas of Judaism, western civilization and modern Israel. **Email [rachel.sandler@jcjax.org](mailto:rachel.sandler@jcjax.org) for more details about Millstone Scholars.**

## Community Family Havdalah

End Shabbat with crafts, activities and an engaging service at our annual Community Family Havdalah! This is in partnership with the Jewish Federation & Foundation of Northeast Florida, PJ Library, and all of our local synagogues.

**Sat, Dec 16 | 6:45 pm**

**The Jacksonville Jewish Center - Beth Shalom Park**

**Free to the community**

## Chanukkah Extravaganza

You are invited to the JCA for the lighting of our giant outside chanukiah! Featuring our world famous latkes, hotdogs, songs, and lots of activities, so make plans to join us this year! Admission tickets will be available at the front desk. First come, first served; space is limited. Tickets will be available at the front desk on Oct 1.

**Thu, Dec 7 | 5:45 pm**  
**Free to the community**

## Walking Tour of Jewish St. Augustine and Lunch

We are headed to St. Augustine with the St. Augustine Jewish Historical Society for a walking tour around the historic city. Afterward, we will dine at a local restaurant. Transportation from the JCA is included. Lunch is at your own expense; **register by Dec 6.**  
**Mon, Dec 11 | 9 am**

**§30 | Valued member §20**

## Programs with Community Shlichah Tal Mola

### Virtual Mission to Israel

Join Tal virtually during lunch for one day or more to hear from speakers in Israel.

**Sep 11 - 14 | 12 pm**

### Israel Time with Alex Silverstein

Community Security Director Alex Silverstein shares his experience as an FBI Agent with the Israel Securities Authority.

**Thu, Sep 21 | 6:30 pm**

### Discover Israel Film Series

**Ajami - 2009, 2h 4m, Drama/Crime**  
 Set in Jaffa's titular neighborhood, where Jews, Muslims, and Christians live in close quarters, *Ajami* follows the intertwined stories of several characters as their lives collide.

**Wed, Oct 11 | 6:30 pm**

### Sigd

Learn about the Ethiopian Jewish holiday Sigd, taste traditional foods and enjoy traditional Ethiopian dancing.

**Thu, Nov 30 | 6:30 pm**

### Israeli Dancing

Come learn Israeli dance with Tal!

**Thu, Dec 14 | 6:30 pm**

### Conversational Hebrew - Medabrim Ivrit

Tal's conversational Hebrew class is for those who speak Hebrew fluently.

### Practice Hebrew - Metargelim Ivrit

Tal's Practice Hebrew is for intermediate Hebrew speakers who are not at a fluent level.

Email Tal for more information about our Hebrew Classes:  
[jaxshlichut@jewishjacksonville.org](mailto:jaxshlichut@jewishjacksonville.org).

Community Shlichah programs are **free** to the community, thanks to our partnership with the Jewish Federation & Foundation of Northeast Florida.





**Natalia Fisher**

*ECE Director*

(904) 730-2100 ext. 242



Scan the QR code to discover more about our Early Childhood programs.

**Cooking Around the World**

3 (by 9/1/2023) - 6

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

Tue | 3:15 - 4 pm

Session I: Aug 29, Sep 5, 12, 19, Oct 3, 10 and 17

\$105 | Valued member \$70

Session II: Oct 24, 31, Nov 7, 14, 28, Dec 5, 12 and 19

\$120 | Valued member \$80

**Holiday Cooking**

3 (by 9/1/2023) - 6

Celebrate our Jewish holidays with a fun cooking class that allows children to enjoy using all their senses.

Fri | 3:15 - 4 pm

Rosh Hashanah Cooking | Sep 15

Sukkot Cooking | Oct 6

Chanukkah Cooking | Dec 8

\$23 | Valued member \$15

Cost is per class

**Parent & Me**  
CLASSES



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

This Parent & Me class stimulates the young brain while you play with instruments, sing and dance along to the music.

Mon | 11 - 11:45 am | Aug 28 - Dec 18  
(No class Sep 4, 25, Oct 9 and Nov 20)



**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 30 - Dec 20  
(No class Sep 27 and Nov 22)



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

Join us for a holiday-based Shabbat with experiences and activities centered around the Rosh Hashanah, Simchat Torah, and Chanukkah celebrations.

Fri | 11 - 11:45 am | Sep 15, Oct 6 and Dec 8



**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 29 - Dec 19  
(No class Sep 26 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 am | Aug 31 - Dec 21  
(No class Sep 28, Nov 2 and 23)



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

Bond with your little ones as you help them work on focus, flexibility and other fine motor skills.

Sun | 10 - 10:45 am | Oct 15, Nov 12 and Dec 10

FREE TO THE COMMUNITY

ADVANCE REGISTRATION REQUIRED.

## 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.

### Baby Bear Ballet

**Ages 3 (by 9/1/2023) - 5**

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. We use our ballet buddies to help us with posture and arms. Dancing is so much fun - but it's crazy fun when you dance with a buddy!

**Mon | 1 - 1:30 pm**

Sep 11, 18 Oct 2, 9, 16, 23, Nov 6 and 13

\$204 | Valued member \$136

### Zoe's Hippity Hop Move & Groove

**Ages 3 (by 9/1/2023) - 5**

Young dancers learn different types of movement characterizations 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 12, 19, 26 Oct 3, 10, 17, 24, Nov 7 and 14

\$176 | Valued member \$117

### Fit for Broadway

**Grades K - 8**

An hour of dancing, jumping, twisting and bopping to 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 12, 19, 26, Oct 3, 10, 17, 24, Nov 7 and 14

\$149 | Valued member \$99

### Zoe's Story Sketches

**Age 3 (by 9/1/2023)**

This class is perfect for any creative 3-year-old with a big imagination! We will read a story each week and jump into the pages of the book to experience what the characters are going through in the story.

**Wed | 1:00 - 1:30 pm**

Sep 13, 20, 27, Oct 4, 11, 18, 25, Nov 8 and 15

\$230 | Valued member \$153

**Shelly Hughes**

*Theatre Director*

(904) 730-2100 ext. 252



Scan the QR code to discover more about our Theatre programs.

### Zoe's Clubhouse

**Ages 4 (by 9/1/2023) - 5**

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 13, 20, 27, Oct 4, 11, 18, 25, Nov 8 and 15

\$230 | Valued member \$153

### Zoe's Alumni

**Grades K - 2**

This class lets our Zoe's 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 - 4:45 pm**

Sep 13, 20, 27, Oct 4, 11, 18, 25, Nov 8 and 15

\$230 | Valued member \$153

PAC PRESENTS

**NEWSIES**

AUDITIONS



**Grades 1 - 9**

**Sun, Sep 10 at 1 pm**

**Rehearsals:**

**Mon and Thu | 4 - 6 pm**

**Rehearsals start on Thu, Sep 14!**

**Show Dates:**

**Dec 2 and 9 | 7:30 pm**

**Dec 3 and 10 | 1 pm**

Recital Fee

\$285 | Valued member \$190

Fees are collected after the cast list is posted.



## Evan McInnis

Youth Services Director  
(904) 730-2100 ext. 249



Scan the QR code to discover more about our Youth Services programs.

## 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 Evan at ext. 249.

## 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 Evan at ext. 249 for more information.



## Baking Bootcamp

Get in line cadets and be prepared to bake your boots off! Join us for baking basic training as we try to bake the world a better place one cake at a time. All chefs receive a custom apron and cookbook.

Grades 4 - 9

Tue | 4:30 – 5:30 pm  
Sep 5, 12, 19 and 26

Grades K - 3

Wed | 4:30 – 5:30 pm  
Sep 6, 13, 20 and 27

\$68 | Valued member \$45

## Coding Crew

Grades K – 8

Young programmers will learn the basics of coding through exercises designed for coders of all skill levels. Using code.org and codeSpark Academy, we will explore the fundamentals of coding to create art, video games and more, as we build programming proficiency. Thanks to our partnership with Johnson & Johnson, we have laptops for all participants!

Thu | 4:30 – 5:30 pm

Sep 7, 14, 21, 28, Oct 5 and 12  
\$102 | Valued member \$68

## Film Foodies

Foodies and movie lovers unite! Join us as we take our favorite foods from the big screen to the dining table. We'll make iconic dishes from shows and films like *Harry Potter*, *The Emperor's New Groove*, and more! All chefs receive a custom apron and cookbook.

Grades 4 - 9

Tue | 4:30 – 5:30 pm  
Oct 3, 10, 17 and 24

Grades K - 3

Wed | 4:30 – 5:30 pm  
Oct 4, 11, 18 and 25  
\$68 | Valued member \$45

## Candy Art & Science

Grades K – 5

In this sweet class, students will experiment and create different kinds of candies.

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

## Tasty Travels

Pack your passport as we take a culinary tour around the world! We will explore some iconic dishes from various countries. Your child will don their aprons and tackle dishes from Australia, Asia, Europe and beyond! All chefs receive a custom apron and cookbook.

Grades 4 - 9

Tue | 4:30 – 5:30 pm  
Nov 7, 14, 21 and 28

Grades K - 3

Wed | 4:30 – 5:30 pm  
Nov 1, 8, 15 and 29  
\$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 have an evening together.

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

## Holiday Cookie Party

Grades K – 5

December is the holiday season for many faiths and cultures, and National Cookie Day is in December too. Join us for our annual Holiday Cookie Party and share the joy of the season while we bake, decorate and eat holiday cookies.

Tue, Dec 5 | 4 – 5 pm  
\$23 | Valued member \$15

## 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 (no meat) 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 or 9 am – 4 pm

**Fall Dates:**

Mon, Oct 16

Fri, Oct 27

Fri, Nov 10

Wed, Nov 22

Fri, Dec 1

**Winter Break:**

Dec 22 - Jan 8\*

\*There are no J-Cation Days on Dec 25 and Jan 1.

## J-Cation Days Field Trips

Grades K – 8

Your child is invited to join us for these supplemental field trips at an additional cost during J-Cation Days.

Wed, Dec 27 | Movies & Park Lunch

Fri, Dec 29 | Sweet Pete's

Wed, Jan 3 | Bowling

Fri, Jan 5 | Ice Skating

\$38 | Valued member \$25



# AFTER SCHOOL GRADES 6-8

The biggest complaint we hear at the end of the day is that children don't want to leave! Have your children 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 K-5

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. 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 2023-24 SCHOOL YEAR!**

To register, call (904) 730-2100 ext. 228.

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

- ✓ **NEW** - Beauclerc Elementary
- ✓ Duval Charter School at Baymeadows
- ✓ Duval Charter School at Mandarin
- ✓ **NEW** - Greenland Pines Elementary School
- ✓ Hendricks Avenue Elementary
- ✓ **NEW** - LaVilla Middle School
- ✓ Loretto Elementary
- ✓ Mandarin Oaks Elementary School
- ✓ Martin J. Gottlieb Day School
- ✓ Seaside Charter Elementary School
- ✓ River City Science Academy Innovation
- ✓ River City Science Academy Mandarin



**Kendall  
Sisisky Valliere**

*Development Director*  
(904) 730-2100 ext. 231



Scan the QR code to discover more about how you can help the JCA support our community.



**Shari Saye** and her entire family are longtime members who have a true passion for our JCA and all we do in Jacksonville. From youth sports to adult programming, Shari and her family have experienced nearly every program we offer.

Last but certainly not least, **Colman Brodsky** who grew up in our community will follow in his father Ernie's footsteps serving on our Board.

With their diverse skills and insights, these new trustees are incredible additions to our Board. Together, those new to their roles and seasoned veterans will work to enhance the JCA's reputation and standing in our community.

As we embark on new initiatives throughout our organization, we are grateful to the people, both past and present, who continue to serve our community through their commitment to our Board of Trustees. The role of trustee is an unpaid position, one that takes a commitment of time and talent. These volunteers are proud to invest their personal resources to help ensure our JCA remains a fiscally responsible pillar in the Jacksonville community for many years to come.

Our JCA Board of Trustees is listed on page 3 of this Program Guide. It is their guidance, professionalism and experience that leads our incredible organization so that we can continue to strengthen Jewish life in Jacksonville for many years to come.



## Guiding Our Success

According to the National Council of Nonprofits the true purpose of nonprofit Board members is to be the fiduciaries who steer the organization towards a sustainable future by adopting sound, ethical and legal governance and financial management policies, as well as making sure the nonprofit has adequate resources to advance its mission.

Further, a Board of Trustees that does not function effectively does so at its own peril and to the detriment of the organization. Our JCA is so fortunate to have a strong, resilient and professional Board of Trustees made up of a diverse group of local leaders with a clear and focused goal to govern and guide the successful path of our agency.

Currently led by our Board Chair Sam Stromberg, a long-time JCA member and Michele Block Gan Yeldaim Preschool & Kindergarten graduate, Sam and the entire board serve to further our mission, to strengthen Jewish life, serve as a common meeting ground and enhance the quality of life of the entire community.

With the new fiscal year, we are so pleased to welcome three distinguished trustees and longtime members of our community to our JCA's Board of Trustees.

**Velma Monteiro-Tribble**, a JCA member since 2017, recently retired from the Florida Blue Foundation and is thrilled to have the opportunity to serve our agency in a new capacity.



**SEND**  
a **KID!**



## THANK YOU!

Your generosity to our annual Send A Kid campaign allowed more than 40 families to receive financial assistance so their children could attend our JCA Summer Camp programs. That's not all! This July, several JCA athletes received Send A Kid funding to attend the JCC Maccabi Games in Fort Lauderdale. We are so grateful to be able to help our local teens afford the opportunity to compete in the world's largest Jewish youth sporting event. The JCC Maccabi Game experience is not only life-changing, it emphasizes the importance of Jewish identity and engagement, and reinforces strong moral values so our athletes will always strive to make the world a better place.

- 🔦 Louise and Richard Axelberg
- 🔦 Colette and Dennis Campay
- 🔦 LaVerne and Andy Cantor
- 🔦 Regina and Adam Chaskin
- 🔦 Steven Clapp
- 🔦 Coplan and Goldman Families JCA Camp Scholarship Endowment Fund
- 🔦 Elaine and Christopher Corse
- 🔦 Marilyn Desser
- 🔦 Betty and Martin Edwards
- 🔦 Susan and Ron Elinoff
- 🔦 Lauren Cohen- Fiszman and Julian Fiszman
- 🔦 Bunni and Myron Flagler
- 🔦 Jerry Funk
- 🔦 Debbie and Ed Hebert
- 🔦 Barbara and Lewis Hunter
- 🔦 Polina Ladyzhenskaya
- 🔦 Cathy Larned
- 🔦 Jean Lebowitz
- 🔦 Harry and Sylvia Livingston Donor Advised Fund
- 🔦 Lior Spring and Daniel Miller
- 🔦 Laurie and John Muenz
- 🔦 Thelma Nied
- 🔦 Elaine Overstreet
- 🔦 Elizabeth and Michael Overstreet
- 🔦 Howard Roey
- 🔦 Schelon Seefeld
- 🔦 Schwartz Charitable Foundation
- 🔦 Setzer Family
- 🔦 Susan and Jules Sidle
- 🔦 Rochelle and David Stoddard
- 🔦 Nadine and Mitchell Terk
- 🔦 Sharon and Neale Thomas
- 🔦 Penny Parker Turner and John Turner
- 🔦 Sharon and Bruce Witten
- 🔦 Toni and Mark Woods

🔦 Thank you for helping us make a difference in the lives of children this summer!





**Lisa Bradford**

*BSN, RN, CHC, CWWS  
Wellness Coach*

(904) 730-2100 ext. 333



**Amaris Chrispell**

*MSN, RN, HWNC-BC  
Wellness Coach*

(904) 730-2100 ext. 333




Scan the QR code to discover more about our Wellness Connexion programs.

**12-Week Weight Management Program**

Meet one-on-one with a Wellness Coach to discuss personal goals, successes, and barriers while learning more about nutrition, exercise, stress, and sleep for weight loss. The evidence-based tools you will learn in this program will help you make sustainable change!

Free to valued members. Stop by the Wellness Connexion for more details and to register!

**LIFESOUTH**  
Community Blood Centers

**Blood Drives at the JCA**

One blood donation can save up to three lives. Our JCA is proud to partner with LifeSouth Community Blood Centers to host several community-wide blood drives. Walk-ins are welcome or make an appointment on [jcjax.org](http://jcjax.org).

Mon | 10 am - 5 pm  
Aug 14, Oct 9, Dec 11  
JCA's Donziger Library

**Your Health Journey Starts Here.**

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

Begin your wellness journey at [jca.ezonlineregistration.net](http://jca.ezonlineregistration.net).

**FREE to JCA valued members!**



**Meditation Mondays**

Learn to relax your body and mind, use your breath to enrich your compassionate outlook on life in the JCA Donziger Library with a Wellness Coach from the Wellness Connexion. No special training or knowledge is necessary.

Mon | 11:35 am – 12:10 pm  
Free to valued members

**Holistic and Women's Chats**

Our free monthly holistic and women's programs are designed to educate our community on important health topics.

Tue & Thu | 11:15 - 11:45 am  
**Benefits of Tea Explained**  
Thu, Sep 7

**Change Ain't Easy, Find Your Why**  
Tue, Sep 26

**Emotional Freedom Technique Tapping**  
Thu, Oct 5

**Urinary Incontinence**  
Tue, Oct 24

**Holistic Ways to Boost Immunity**  
Thu, Nov 2

**How to Stress Down for the Holidays**  
Tue, Nov 14

Free to the community

**Safe Sitter®**

Safe Sitter® prepares students in grades 6-8 to be safe when they are home alone, watching younger siblings, or babysitting. Safe Sitter students learn life-saving skills such as how to rescue someone who is choking, and information on what to do if there's severe weather. Lessons are filled with fun activities and role-playing exercises. Students also use CPR mannequins to practice CPR and choking rescue. Upon completion of the course, participants will receive a certificate for completing all Safe Sitter course requirements. Class is limited to 16 participants.

Mon, Oct 16 | 9:30 am - 4 pm

\$55 plus Safe Sitter fees

Register at: [bit.ly/safesitterfall23](http://bit.ly/safesitterfall23)

Hurry - Spots fill up fast! More course dates coming soon.

**FREE Vision Screenings**

In honor of Blind Awareness Month, the Baptist Health Wellness Connexion is hosting free vision screenings at the JCA on Oct 19. A Wellness Coach will be on hand with a variety of tests to assess your vision. Please register in advance via [jcjax.org](http://jcjax.org) to receive a free vision screening. Screenings will take place in the JCA's Donziger Library.

Thu, Oct 19 | 12 - 3 pm

**PHYSICIAN AND EXPERT CHATS**

**Iron Deficiency Unmasked: Battling the Sneaky Fatigue Monster**

Dr. Jorge Antunez de Mayolo, MD, FACP, with Baptist MD Anderson Cancer Center discusses the causes of anemia, its symptoms, and the importance of early detection with effective management.

Thu, Sep 14 | 12 - 1 pm

**The Power of H<sub>2</sub>O**

Hydration is an essential aspect of overall health. Diane Ingram, Customer Relations Specialist from CGC Water joins us to discuss the importance of hydration, how much water people need to drink each day, and the various factors that can impact hydration levels.

Thu, Sep 21 | 12 - 1 pm

**Staying in Control**

Michelle Feldhaus, pelvic health physical therapist at Brooks Rehabilitation Nocatee, shares information about the types of urinary incontinence, potential causes of fecal incontinence, risk factors and treatment options.

Tue, Oct 10 | 12 - 1 pm

Free and open to the community

All Physician and Expert Chats happen in the JCA's Donziger Library.

### Small Group Training

Designed to provide an engaging, effective fitness experience for our valued members in a small group setting. With a minimum of three members per class, small group training offers a supportive workout environment that encourages mobility and accountability.

**Small group training package purchase required.**

#### Broga

Be one of the “bros” and join our Fitness and Yoga Instructor Paula Saraga in her ongoing small yoga training group for men. If you are looking to develop more flexibility, balance, strength, and body/mind awareness, this group class gives individual yoga instruction just for the fellas!

**Mon | 5 - 6 pm**

**Limited to six people per session.**

#### Barre

Experience a full-body workout that combines strength, Pilates and body weight exercises with our certified fitness instructors as they guide you through low-impact exercises, sculpting your body and improving muscle tone.

**Tue | 9 - 10 am**

**Thu | 9:30 - 10:30 am**

**Limited to six people per session.**

#### Tai Chi Sundays

Instructor Clint Neale shares the Tai Chi experience with a perfect blend of gentle movements, deep breathing, and mindful focus that will enhance your overall well-being. Tai Chi Sundays are held in the Meeting Rooms. If the weather is nice, Clint will hold Tai Chi Sundays in the JCA courtyard.

**Sun | 10 - 11 am**

**Limited to 15 people per session.**

#### Melt Method

Pilates Master Instructor Cheryl Forehand shares simple self-treatments to make your body feel better and provide relief from common aches, pains, stress, overuse and age.

**Sun | 12 - 1 pm**

**Limited to six people per session.**

### Movement Prep Course

Whether you are an aspiring athlete or a seasoned pro, this course is designed to optimize your movement patterns, enhance your agility and improve your overall athleticism. Certified Personal Trainer Jimmy Normeus will engage you in an interactive program that includes dynamic warm-ups, mobility exercises and functional movements tailored to your specific sport or activity.

**Sun, Sep 10 | 12 - 1 pm**

**Free for valued members**

### Exercise Program Design

Certified Personal Trainer Peter Joseph helps members gain valuable insights into the principles of an exercise program design. Peter’s workshop includes goal setting, exercise selection, progression and periodization, planned manipulation of training variables like loads, sets and repetitions. This is an opportunity to enhance your training strategies and elevate your own fitness journey with guidance.

**Tue, Oct 10 | 6:30 - 7:30 pm**

**Free for valued members**

### Soup Yoga!

Cooking and eating are much like a yoga practice. Yoga instructor Grant Helm will spend 30 minutes creating a soup and talking about healthy eating habits, then lead a 90-minute yoga practice and healing sound bowl. After practice, we will distribute the soup for participants to take home to share with family and friends.

**Sun, Oct 15 | 2 - 4 pm**

**\$53 | Valued member \$35**

### Small Group Pilates Training

Our certified Pilates instructors unlock a world of strength, flexibility, and balance as they lead dynamic and engaging workouts that target every muscle group on out Pilates Reformer equipment. Pilates leaves your body feeling rejuvenated and energized.

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

**Thu | 8 - 9 am or 10:30 - 11:30 am**

**Limited to four people per session.**

**Small group Pilates training package purchase required.**

### Eiffel Gilyana

*Fitness and Wellness Director*  
**(904) 730-2100 ext. 324**



Scan the QR code to discover more about our Fitness and Wellness programs.

### Bro-lates

Introducing, Bro-lates, our new Pilates workshop just for men! Led by certified Pilates instructor Sylvia Lassus, this mat Pilates class is designed specifically for men who want to challenge their bodies and enhance their athletic performance. Embrace this dynamic, core-focused experience that will leave you feeling stronger, more balanced, and ready to conquer any physical challenge.

**Sun, Nov 5 | 12 - 1 pm**

**\$25 | Valued member only**

**Limited to 15 participants.**

### HIIT Strength

Personal Trainer Anna Greenberg leads this 50-minute hybrid workout that combines high-intensity interval training with strength exercises to burn calories and build lean muscle.

**Sun, Nov 12 | 12 - 1 pm**

**Free for valued members**



### Core Balance

Certified Personal Trainer Bobbie Woodard will guide you through a variety of exercises and techniques to challenge your balance and engage your core muscles to improve your stability, prevent falls, and enhance your overall fitness.

**Sun, Nov 19 | 1 - 2 pm**

**Free for valued members**



**Alex Minardi**

PE and Sports Coordinator  
(904) 730-2100 ext. 254



Scan the QR code to discover more about our Sports and Recreation programs.



Coach Will Holloman's basketball clinics allow 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**

**Session I** | Oct 2 - Nov 6  
**Session II** | Nov 20 - Jan 8  
No class Dec 25 and Jan 1  
\$135 | Valued member \$90

**Ages 5 - 8** | 5:30 - 6:30 pm  
**Ages 9 - 12** | 6:30 - 7:30 pm

**Ages 13 - 18** | Private lessons available throughout the week.  
**To set up Private Basketball Instruction** call Coach Alex at ext. 254 or email [alex.minardi@jcjax.org](mailto:alex.minardi@jcjax.org).



**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.

**Tue and Thu**

**Ages 3 - 6** | 4 - 4:45 pm  
Any belt color  
**Ages 7 - 12** | 5 - 6 pm  
White and yellow belts  
**Ages 7 - 12+** | 6 - 7 pm  
Orange belt and above

**Fall Session I** | Sep 21 - Nov 16  
No class Oct 31  
**Fall Session II** | Nov 28 - Jan 30  
No class Dec 26, 28 and Jan 1  
\$300 | Valued member \$200

**Open Pick Up Games**

**Ages 14+**

Stay active on the court! Join us for our open pick up volleyball and basketball games.

**Volleyball**

**Tue** | 7 - 9 pm

**Basketball**

**Sat** | 1 - 3 pm

Free for valued members



**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** | Aug 23 - Oct 11  
**Session II** | Oct 25 - Dec 20  
No class Nov 22  
\$180 | Valued member \$120



**Adult Basketball Leagues**

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

**18+ Adult Basketball League**

**Wed** | 6:30 - 9 pm  
\$60 | Valued members only

**25+ Adult Basketball League**

**Sun** | 8:30 - 11:30 am  
\$60 | Valued members only  
For dates, availability or to register, please email [alex.minardi@jcjax.org](mailto:alex.minardi@jcjax.org) or call ext. 254.

**Varsity Basketball League**

**Ages 15 - 18**

Teams consist of eight players for five-on-five competition. No practices, just games. To register as a free agent, a team, or if you are an adult interested in volunteering to coach, please email [alex.minardi@jcjax.org](mailto:alex.minardi@jcjax.org) or call ext. 254.

**Thu** | 6 - 9 pm

**Oct 5 - Dec 14**

No games Nov 23  
\$105 | Valued member \$70



**Youth  
SOCCER LEAGUE**  
AGES 4 - 16



Our Mandatory Youth Soccer League Skills Evaluation will be held at Bolles High School on **Sun, Aug 20**. Divisions are based on age and skill and will be determined after evaluations.

**EVALUATION TIMES:**

**1 PM | AGES 10 - 16**    **3:15 PM | AGES 6 - 7**  
**2 PM | AGES 8 - 9**      **4:30 PM | AGES 4 - 5**

**GAMES: SUN | 12 - 6 PM****OCT 15 - DEC 10**

No games on Nov 26



Games require a two-hour afternoon commitment. Practice is held at Bolles High School Stadium Field one hour before games. Exact game times vary based on the number of players and divisions, and will be determined after skill evaluations.

For make-up evaluations or to volunteer to coach, please email [alex.minardi@jcajax.org](mailto:alex.minardi@jcajax.org) or call (904) 730-2100 ext. 254.

**\$165 | Valued member \$110**

## PRESCHOOL & YOUTH SPORTS CLINICS

Class	Age	Day	Time	Dates	Fee   Valued Member
Little Ninja Warrior Obstacle Course	3 - 6	Mon	3:30 - 4:15 pm	Sep 11 - Oct 23* Nov 6 - Dec 11	\$105   VM \$70 \$105   VM \$70
Sports Extravaganza	3 - 6	Mon	3:30 - 4:15 pm	Sep 11 - Oct 23* Nov 6 - Dec 11	\$105   VM \$70 \$105   VM \$70
Soccer 101	5 - 10	Mon	4:30 - 5:30 pm	Sep 11 - Oct 23* Nov 6 - Dec 11	\$105   VM \$70 \$105   VM \$70
Little Kickers Soccer	3 - 6	Tue	3:30 - 4:15 pm	Sep 12 - Oct 17 Nov 7 - Dec 12	\$105   VM \$70 \$105   VM \$70
Terrific Tumblers Gymnastics	3 - 6	Tue	3:30 - 4:15 pm	Sep 12 - Oct 17 Nov 7 - Dec 12	\$105   VM \$70 \$105   VM \$70
Junior Gymnastics	5 - 10	Tue	4:30 - 5:30 pm	Sep 12 - Oc 17 Nov 7 - Dec 12	\$105   VM \$70 \$105   VM \$70
Basketball 101	5 - 10	Tue	4:30 - 5:30 pm	Sep 12 - Oc 17 Nov 7 - Dec 12	\$105   VM \$70 \$105   VM \$70
Little Hitters Baseball	3 - 6	Wed	3:30 - 4:15 pm	Sep 13 - Oct 18 Nov 1 - Dec 13*	\$105   VM \$70 \$105   VM \$70
Makos Run Club	4 - 14	Wed	4:30 - 5:30 pm	Sep 13 - Oct 18 Nov 1 - Dec 13*	\$105   VM \$70 \$105   VM \$70
Little Dribblers Basketball	3 - 6	Thu	3:30 - 4:15 pm	Sep 14 - Oct 19 Nov 2 - Dec 14*	\$105   VM \$70 \$105   VM \$70
Volleyball 101	8 - 14	Thu	4:30 - 5:30 pm	Sep 14 - Oct 19 Nov 2 - Dec 14*	\$105   VM \$70 \$105   VM \$70
Terrific Tumblers Gymnastics	3 - 6	Fri	3:30 - 4:15 pm	Sep 15 - Oct 20 Nov 3 - Dec 15*	\$105   VM \$70 \$105   VM \$70

\*No classes on Sep 25, Nov 22, 23 and 24



**Dustin Rulien**

Aquatics Manager  
(904) 730-2100 ext. 417



Scan the QR code to discover more about our Aquatics programs.

**+ 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.  
\$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.

\$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.  
\$285 | Valued member \$190

Scan the code above for more information about our cancellation and diaper policies.

Call (904) 730-2100 ext. 417 or email [dustin.rulien@jcjax.org](mailto:dustin.rulien@jcjax.org) for more information about our American Red Cross Training Classes, Private and Semi-Private Swim Lessons.



**Sensory Safe Swim Lessons**

Ratio 2:1 or 1:1 | All ages

This program is designed for swimmers with Autism. Swim lessons are held in our quiet, indoor heated pool.  
Sun | 4:30 - 5 pm and 5 - 5:30 pm  
Fall Session I | Sep 24 - Oct 29  
Fall Session II | Nov 12 - Dec 17  
5 pm lessons on Sep 24 are at 4 pm.  
\$150 | Valued member \$100

**Adult Group Swim Lessons**

Ratio 8:1 | 14+ yrs

This program is designed to encourage and introduce adults to swimming in a welcoming and comfortable environment.  
Mon and Wed | 6:30 - 7 pm  
Fall Session I | Sep 18 - Oct 30  
Fall Session II | Nov 6 - Dec 18  
No lessons on Sep 25, 26 or Nov 22.  
\$225 | Valued member \$150

**Masters Swim Team Practice**

Ages 18+

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

**Eight-week course**

Mon | 5:45 - 6:45 am

Fall Session I | Sep 11 - Nov 6

Fall Session II | Nov 13 - Dec 18\*

No practice on Sep 25.

Wed | 7:30 - 8:30 pm

Fall Session I | Sep 6 - Oct 25

Fall Session II | Nov 1 - Dec 13\*

No practice on Nov 22

\$90 | Valued member \$60

\*Fall Session II practices are prorated

\$68 | Valued member \$45

**Private Swim Lessons**

All ages

Each lesson is 30 minutes in length.  
\$60 per lesson | Valued members \$30 per lesson  
\$420 for eight lesson package | Valued member \$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



**Youth Mini-Triathlon**

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.

Sun, Oct 29

Youth Mini-Triathlon | 10 am

Athletes must arrive by 9:45 am.

\$20 | Valued members only

**Jewish Pop-Up Market**

Families are invited to join us after the Youth Mini-Triathlon to enjoy our first-ever Jewish inspired Pop-Up Arts Market as we kick-off the 2023 JCA Cultural Arts Festival. Come enjoy music, food and family fun while perusing handcrafted goods for sale. Turn to page 7 for all the details!



# American Red Cross LEARN TO SWIM PROGRAMS AT THE JCA

No Lessons on Sep 25, 26, Nov 22 or 23

LEVELS  
0

## Parent and Me Ratio 8:1 | Ages 6 mos - 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. Parent and Me aquatics 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.**

**Fall Session I** | Sep 24 - Oct 29\* **Fall Session II** | Nov 12 - Dec 17

**Sun** | 10 - 10:30 am

\*Lessons on Oct 1 and 8 are at 1 pm

\$135 | Valued member \$90

**Pricing for Parent and Me classes is per session.**

LEVELS  
1 - 3

## Preschool Aquatics Levels 1 - 3 | Ratio 4:1 | Ages 2 - 3 and 4 - 5 yrs

Preschool through kindergarten children progress through swim levels while learning water safety and skills ranging from blowing bubbles to independent swimming. Children who successfully complete this program will be ready to begin Learn to Swim Level 4.

**Fall Session I** | Sep 18 - Oct 31\* **Fall Session II** | Nov 6 - Dec 19

**Sun** | 11 - 11:30 am, 12 - 12:30 pm, 1 - 1:30 pm and 2 - 2:30 pm

\*11 am lessons on Oct 1 and 8 are at 1:30 pm. 12 pm lessons on Oct 1 and 8 are at 2:30 pm.

\$135 | Valued member \$90

**Mon & Wed** | 3:30 - 4 pm, 4:30 - 5 pm or 5:30 - 6 pm

**Tue & Thu** | 3:30 - 4 pm, 4:30 - 5 pm or 5:30 - 6 pm

\$225 | Valued member \$150

**Pricing for Preschool Aquatics is per session.**

LEVELS  
1 - 4

## Learn to Swim Levels 1 - 4 | Ratio 5:1 | Ages 6 - 9 yrs and 10 - 13 yrs

Elementary and middle school age children progress through four levels of swimming skills and water safety. This curriculum begins with body control in the water and ends with independently swimming all four strokes for short distances.

**Fall Session I** | Sep 18 - Oct 31\* **Fall Session II** | Nov 6 - Dec 19

**Sun** | 11 - 11:30 am, 12 - 12:30 pm, 1 - 1:30 pm and 2 - 2:30 pm

\*11 am lessons on Oct 1 and 8 are at 1:30 pm. 12 pm lessons on Oct 1 and 8 are at 2:30 pm.

\$135 | Valued member \$90

**Mon & Wed** | 3:30 - 4 pm, 4:30 - 5 pm or 5:30 - 6 pm

**Tue & Thu** | 3:30 - 4 pm, 4:30 - 5 pm or 5:30 - 6 pm

\$225 | Valued member \$150

**Pricing for Learn to Swim programs is per session.**

LEVELS  
5 - 6

## School Year Makos Swim Team Levels 5 - 6 | Ages 5 - 18 yrs

Our school year swim team is a monthly, practice-only team designed for those who complete level 4 of the Learn to Swim program. School year swim team continues our Learn to Swim Levels 5 and 6, refining stroke development and increasing endurance. School Year Makos Swim Team runs through April. The Summer Makos Swim Team begins in May.

Ages 5 - 10 | **Sun**, 3 - 4 pm | **Mon - Thu**, 5 - 6 pm

Ages 11 - 18 | **Sun**, 3 - 4 pm | **Mon - Thu**, 6 - 7 pm

**Fall Sessions** Aug 1 - 31 | Sep 3 - 28 | Oct 1 - 31 | Nov 1 - 30 | Dec 3 - 28

One day per week, \$60 | Valued member \$40

Two days per week, \$90 | Valued member \$60

Four days per week, \$120 | Valued member \$80

**Pricing for the School Year Makos Swim Team is monthly.**



**Lucas Campos**  
Tennis Pro  
(904) 730-2100 ext. 317



Scan the QR code to discover more about our Tennis programs.



**Adult Tennis Clinics**

(Ages 18+)

Clinics geared to A, B and C level tennis players who are participating in our competitive teams. Tennis League play continues through April. For more information, contact Lucas at ext. 317 or email [lucas.campos@jcajax.org](mailto:lucas.campos@jcajax.org).

**3.0 - 3.5 Men's Clinic**

The first hour of clinic will focus on stroke production, drills, and strategy. The last half hour of clinic will be supervised doubles play.  
Mon | 6:30 - 8 pm  
\$20 per clinic, year-round

**Twelve-Week Sessions**

**A Team Clinic**

Wed | 10:15 - 11:45 am

**B Team Clinic**

Wed | 9 - 10:30 am

**C Team Clinic**

Mon | 9 - 10:30 am

\$180 | Valued members only

**Cardio Tennis**

(Ages 18+)

This engaging group fitness program features the heart pumping effects of tennis drills, games and skills to deliver the ultimate full-body and calorie burning workout. Six-week sessions are available year-round.  
Sun | 8:30 - 9:30 am  
\$135 | Valued member \$90



**Tennis Mixers**

(Ages 21+)

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

Second Thu of month | 6:30 - 8 pm  
Free for valued members only

**Tennis 101**

(Ages 18+)

Adults learn the basics of stroke production, scoring, rules, and more about the game of tennis. Six-week sessions are available year-round.

Mon | 9 - 10 am  
\$135 | Valued member \$90

**Private Lessons**

Valued members can schedule a private tennis lesson at any time on the **My J app**, or by calling ext. 317.

**30-min** | \$30

**60-min** | \$60

**Doubles** | \$80

Package: Five, 60-minute lessons or ten, 30-minute lessons \$270

**Tennis Scholarships**

Tennis encourages children and teens to develop positive social skills, eye-hand coordination and strategic thinking while the sport helps build healthy bodies and minds. We have financial assistance for children to participate in JCA tennis programs. Thanks to the **Serve Love Endowment Fund**, our JCA and the Jewish Federation & Foundation of Northeast Florida can provide financial support for children in need of tennis items like equipment or shoes. Please email [kendall.valliere@jcajax.org](mailto:kendall.valliere@jcajax.org) for more information, or with questions about your specific situation.

**JUNIOR TENNIS CLINICS**

**ALL CLINICS ARE SIX-WEEK SESSIONS.**



For the pee-wee and junior players, 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.

**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

**For more information on specific dates for Pee-Wee and Junior Quick Start, please contact ext. 317.**

# DISCOVER HOW YOUR CHILDREN CAN LEARN AND GROW WITH US **IN THE 2023-24 SCHOOL YEAR!**

✓ **EXCEPTIONAL LEARNING ENVIRONMENT**

✓ **SAFE AND NURTURING**

✓ **NAEYC ACCREDITED**



Children are our inspiration at Michele Block Gan Yeladim Preschool & Kindergarten. Visit [jcjax.org/ece](http://jcjax.org/ece) to learn more about our unique approach to learning.

**VOTED BEST PRESCHOOL BY THE FLORIDA TIMES UNION**

For enrollment information, to schedule a tour, or if you have questions, please email [ganyeladim@jcjax.org](mailto:ganyeladim@jcjax.org) or call (904) 730-2100 ext. 235



## TRIBUTES AND DONATIONS

### *In memory of...*

#### **SETH CARLIN DAVIDOW**

by The Board and Staff of the JCA

### *For a Speedy Recovery...*

#### **TRACEY VANDROFF**

by Adam and Regina Chaskin  
Rochelle and David Stoddard  
The Board and Staff of the JCA

#### **HOWARD KORMAN**

by Adam and Regina Chaskin  
The Board and Staff of the JCA

#### **DAVID STEIN**

by Adam and Regina Chaskin  
The Board and Staff of the JCA

### *In honor of...*

#### **FRANCINE FRIEDMAN'S BIRTHDAY**

by Michele and David Steinfeld

#### **CANDY FRANK'S BIRTHDAY**

by Michele and David Steinfeld

#### **MORGAN ORENDER'S BIRTHDAY**

by Rochelle and David Stoddard

#### **DEBORAH SHAPIRO'S BIRTHDAY**

by Rochelle and David Stoddard

#### **SHELLY HUGHES' BIRTHDAY**

by Rochelle and David Stoddard

#### **MELISSA MEYENBERG'S BIRTHDAY**

by Rochelle and David Stoddard

#### **CHELSEA JARRELL'S BIRTHDAY**

by Rochelle and David Stoddard

#### **MICHELE STEINFELD'S BIRTHDAY**

by Hank and Hollie Arnold

Wendy and Ron Feinberg

#### **RACHEL ALGEE'S BIRTHDAY**

by Rochelle and David Stoddard

#### **HERSCHEL BETTMAN'S BIRTHDAY**

by Rochelle and David Stoddard

#### **REBEKAH SELEVAN'S BIRTHDAY**

by Rochelle and David Stoddard

#### **THE BIRTH OF ELLEN AND JIM WISS' GRANDSON**

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

#### **JIM AND PEGGIE CLARK**

by Karen and Philip Adler

#### **RIO ROBINSON, 20 YEARS AT THE JCA**

by Rochelle and David Stoddard

#### **GISELA REIS, 15 YEARS AT THE JCA**

by Rochelle and David Stoddard

#### **RABBI JONATHAN LUBLINER'S BIRTHDAY**

by Michele and David Steinfeld

#### **RABBI GARY PERRAS' BIRTHDAY**

by Michele and David Steinfeld

#### **DAVID AND SHELLY ZAVON'S ANNIVERSARY**

by Michele and David Steinfeld



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.

**WE'RE HIRING!**

**JOIN OUR JCA FAMILY.**  
 Scan the QR code to visit [jcajax.org/careers](http://jcajax.org/careers) and apply today.

**Chanukkah**  
**EXTRAVAGANZA**

**THU, DEC 7 | 5:45 PM**

You are invited to the JCA for the lighting of our giant outside chanukiah! Featuring our world famous latkes, hotdogs, songs, and plenty of entertainment, make plans to join us this year! Admission tickets will be available at the front desk. First come, first served; space is limited.

**TICKETS WILL BE AVAILABLE AT THE FRONT DESK ON OCT 1.**

**FREE TO THE ENTIRE COMMUNITY!**