



ALLIANCE
NEWS



THE GREAT
JAXBY

A ROARING AFFAIR

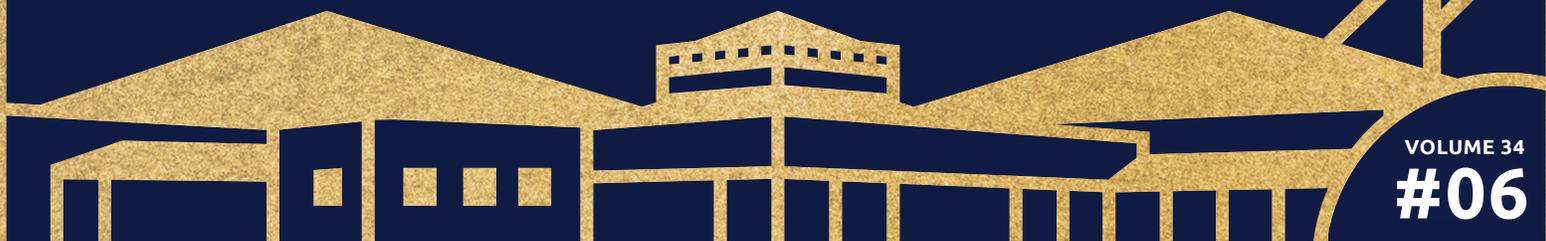
— ANNUAL FUNDRAISER —

DRINKS ♦ DINNER ♦ DANCING

CHAIRS

♦ Sunny Gettinger and Trey Csar ♦

TURN TO PAGE 6



VOLUME 34
#06



Adam Chaskin
730-2100
ext. 272

Shalom Friends,

Our Jewish Community Alliance regularly participates in national benchmarking surveys as a part of the Jewish Community Centers Association of North America. The results show us our strengths, areas we can improve, and give us an overview of how we compare to our peers around the country. A little over a year ago many of you completed this survey that included a wide variety of questions about our JCA.

I am so pleased to share that our JCA ranked among the top five JCCs in the country on one of the most important areas of the survey, our Jewish impact on this great community. Survey results told us that many of you, Jewish and non-Jewish alike, feel your experiences at the JCA give you

a broader perspective on our Jewish community along with a greater appreciation for our Jewish values.

The vision of the JCA 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. By embracing the traditions of our heritage to create Jewish time and space for people to come together, our JCA helps break down preconceived notions and educates people to break the barriers that are at the root of antisemitism.

I am proud to have such a diverse community at our JCA; many of whom never had any direct interaction with Jewish culture before joining us. The children in our Michele Block Gan Yeladim Preschool & Kindergarten have a great amount of love for each other, being raised in an atmosphere that educates and applauds differences. One of the best examples is when parents come in to share stories and customs of their native countries in their child's classroom. While we continue in our mission and join together to end hate in our community, I do have a couple of requests for you.

1. Join us on February 25 at our annual fundraiser, The Great Jaxby.

The theme this year is The Roaring 20s, and we will celebrate this Roaring Affair with entertainment by The American Sirens, food by Chef's Garden Catering & Events and a cocktail experience provided by Manifest Distilling. One of the reasons our annual fundraiser is an event our members look forward to each year is that 100% of the proceeds from the night go toward scholarship funds so that we never have to turn anyone away from the JCA for financial reasons.

2. Tell people about our JCA.

Refer your friends to enjoy the enriching activities we offer. Share the experiences and opportunities available in our community with the people you care about. The more we can share the gifts our JCA offers this city, the more we can do to end antisemitism. It is my opinion, and one I know I share with many of you - the more people we can welcome to our community, the better we all will be.

Thank you for being part of our community,



Adam Chaskin
CEO

JCA BUILDING HOURS

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

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

Jewish Community Alliance
8505 San Jose Boulevard
Jacksonville, FL 32217

For additional program information and to register, please contact the JCA.

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jcajax.org | info@jcajax.org
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Beth Milograno..... Communications & PR Specialist

Kid Kare (babysitting)
(904) 730-2100 ext. 325

Operations hours:

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

- Snacks are not allowed in open play area, 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.



In memory of...

ADRIENNE (DEBBIE BRANDT)
by Karen and Philip Adler

MARGO RUBY
by Michele and David Steinfeld

JIMMY JUDGE
by The Board and Staff of the JCA

HARRY FRISCH
by Regina and Adam Chaskin
Bunni and Myron Flagler
Hollie and Hank Arnold
The Miller Family
Michele and David Steinfeld
Rochelle and David Stoddard
The Board and Staff of the JCA

RON POPPELL
by The Miller Families

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

For the speedy recovery of...
WIATT BOWERS
by The Board and Staff of the JCA

MEGAN STEINFELD
by Michele and David Steinfeld

JAN LIPSKY
by The Board and Staff of the JCA

REGINA CHASKIN
by The Board and Staff of the JCA

In honor of...
KALMAN BARUCH'S BIRTHDAY
by Karen and Philip Adler
TODD AND KAITLYN SAGER'S MARRIAGE
by Michele and David Steinfeld

JORDAN SANDLER'S BAR MITZVAH
by The Board and Staff of the JCA
KIM ZAVON'S BIRTHDAY
by Michele and David Steinfeld
Stephanie Green Scholarship Fund

In memory of...
HARRY FRISCH
by Nancy and Mark Green
For the speedy recovery of...

REGINA CHASKIN
by Nancy and Mark Green
BARBI YOUNG
by Nancy and Mark Green

General donations
Our thanks to...
HARRISON WENDLAND
WIATT BOWERS

TRIBUTE GIFTS

To memorialize, honor or commemorate a special person or occasion, Tribute cards help us acknowledge and honor significant members, meaningful events and incredible accomplishments within our JCA community. When a tribute card is purchased, we send a personalized note to the recipient and donor, and we publicize the contributions in our JCA's Alliance News and seasonal Program Guide.

Community members can purchase tributes with a minimum gift of \$10. Additionally, annual tribute contributions can be purchased for \$200. An annual contribution allows you to send unlimited tributes throughout the year. Tribute donations help us support our cultural arts, senior programming, the Vandroff Art Gallery, teacher scholarships, youth services, theatre programs, physical education, summer camp and much, much more.

Specify your member tributes as a general donation or choose to support these established funds at the JCA:

The Stephanie Green Scholarship Fund:

Enables children to attend summer camp, preschool or after school programs at the JCA by providing scholarships to qualifying families who otherwise could not afford the full cost of the program.

The William & Andrew Block Families Gan Yeladim Scholarship Fund:

Provides scholarship assistance to children from all income levels to benefit from award-winning early childhood education and childcare.

Maccabi Fund:

Donations collected for the Maccabi fund throughout each year allow deserving teenage athletes to travel to and participate in the JCC Maccabi games.

Our JCA is proud to be the cornerstone of Jewish life in Jacksonville. With your support we can share the exceptional educational and cultural programs, activities and care available at the JCA with even more of our neighbors. Thank you!



Welcoming Musical Talents from Around the World

The 2023 Berman Family JCA Concert Series

By Heather Terrill, J Institute Program Manager

Edith and Milton Berman were known throughout our community for their love of music and for bringing the incredible talents associated with the **Young Concert Artists** to our Jewish Community Alliance. As charter members of our JCA, Edith and Milton set a music series into motion that has truly stood the test of time. After Edith and Milton's passing, their son Charles and his wife, Eleanor, continued the family tradition and kept the original music series at the JCA. Then their daughter, Rochelle Stoddard, and her husband David, endowed the concert series to ensure it will remain at the JCA in perpetuity. More than 30 years after its start, **The Berman Family JCA Concert Series** continues as a unique musical treasure, a free concert series that is open to our entire community.

As the season for our beloved concert artist series continues, we are filled with excitement to host these prestigious young musicians from all over the world. The world-class young artists schedule their tours through the Young Concert Artists based in New York City and are known as the musical leaders of the future.

Combining world-class talent with a creative vision to bring new reach and relevance to music, the Young Concert Artist series is celebrating more than 60 years of discovering extraordinary young musicians. The institution provides the artists support, clarity, and confidence to share their stories, as well as the tools, opportunities and infrastructure to propel their already magnificent careers to a higher level. The Young Concert Artists rigorous audition process also ensures that only the most extraordinary musicians are chosen to join its fellowship.

Our JCA is proud to welcome the next two artists in this series to perform in our **Bessie Setzer Frisch Auditorium**. On **Sunday, February 5 at 3 pm**, **Risa Hokamura** will inspire us with her violin, an instrument the artist started playing when she was three. Then on **Sunday, March 19 at 3 pm**, **Ying Li** who began playing the piano when she was five will take our auditorium stage.

PLEASE MARK YOUR CALENDARS AND VISIT [JCAJAX.ORG/JI](https://jcajax.org/ji) TO REGISTER for our concert series. The Berman Family JCA Concert Series is free and open to our entire community thanks to the incredible generosity of the Berman family.



Risa Hokamura



Ying Li

FREE



Tzedek – How We Repair the World

By Rachel Sandler,
Jewish Educator & J-Institute Program Coordinator

Tzedek, translated as the pursuit of justice, is the Jewish value at the root of repairing the world. As we all seek to build a just, complete world and create meaningful and lasting changes in Jacksonville, I am proud to share that our Jewish Community Alliance was one of twenty centers chosen to participate in the **Jewish Community Centers Association of North America's Tzedek: Jewish Service-Learning Cohort**.

The effort, in partnership with **Repair the World**, is designed to build and spread a culture of service across the JCC movement. Established in 2009, Repair the World

is grounded in the concepts of tikkun olam, and the belief that through acts of righteousness and the fulfillment of mitzvot together we can help heal those in need.

As our Jewish Educator at the JCA, I am especially excited to be part of this cohort because it is sure to enhance our JCA's established **Monthly Member Mitzvah** program. Our community-wide mitzvot efforts have already helped so many of our neighbors in need. Near and far, in the last year, our member donations supported the Jacksonville Humane Society, PACE Center for Girls, the Israel Defense Force, Say No To Violence: A Place for Women and Children in Israel, the Sulzbacher Center, The Ronald McDonald House, River Garden Hebrew Home, Baptist MD Anderson, and LJD Jewish Family & Community Services.

Stay tuned! Our JCA is planning to participate in many mitzvah projects this year! We've pledged to engage in at least 100 acts of Jewish service and learning in 2023 and we cannot wait to share the details with you!

As we kick off our cohort with the JCCA, we encourage members and guests alike to participate in our Monthly Member Mitzvah. If you are interested in participating in a mitzvah project at home, **Love for Our Elders** is an organization that posts about seniors who would like to receive handwritten mail. Visit loveforourelthers.org for more information about sending a letter to brighten someone's day.



ANNUAL FUNDRAISER

THE GREAT JAXBY A ROARING AFFAIR

SPONSORS

DIAMOND

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SPECIAL THANKS

Bold City Brewery • Sunny Gettinger and Trey Csar • Rabbi Yaakov Fisch

As of 1/31/2023

VISIT JCAJAX.ORG/JAXBY FOR TICKETS!





PAC Presents:

HONK!

THE STORY OF THE UGLY DUCKLING



By Shelly Higgins Hughes, Theatre Director

HONK! is a musical adaptation of Hans Christian Andersen's story *The Ugly Duckling*. It is the story of "Ernie," whose odd, gawky looks cause his duck family and farmyard neighbors to tease and bully him. Convinced he doesn't belong, Ernie sets off in search of his real family. Once separated from the farm, while being pursued by Stanley (a hungry cat), Ernie meets a high-spirited and colorful array of characters. Along his journey, Ernie not only discovers his true beauty, but finds love and acceptance in all forms.

A wonderful reminder of the things we hope our children will learn, HONK! teaches us acceptance of others for who they are, not what they look like on the outside.

SHOW DATES

Sat, Mar 4 and 11 | 7:30 pm

Sun, Mar 5 and 12 | 5 pm

STARRING

- Kiki Agarwal
- Gabby Algee
- Judah Algee
- Anya Anderson
- Zohar Arad
- Rylynn Bennett
- Maggie Bullock
- Sophie Cohlma
- Max Csar
- Abby Dean
- Olivia Dillon
- Molly Draper
- Annabel Fernandez
- Zachary Fritchman
- Mae Groff
- Neshama Laya Gross
- Devon Hall
- Phoebe Harmon
- Joshua Hatch
- Dafna Holzer
- Rena Holzer
- Evie Horne
- Eliana Horovitz
- Eleanor Kianian
- Levi Kianian
- Maya Lockenbach
- Abraham Murray
- Leora Neihaus
- Noah Neihaus
- Pavel Ratchev
- Shelby Rauchwarger
- Charlotte Russell
- Amit Sakofs
- Andi Shapiro
- Nikki Shapiro
- Adaline Sowada
- Saige Sowada
- Jason Sulewski
- Desmond Taylor
- Donovan Taylor
- Sicily Thames
- Rosemary Thakkar
- Kayla Thompson
- Hannah Trest
- Zach Trest
- Brenna Walter
- Erin Wax
- Tali Werner
- Scarlett Wilson
- Kaija Worrell
- Veda Wray
- Bethenny Zaner

Visit jcajax.org to reserve your tickets starting Feb 15!



Block by Block, Building Creativity

By Natalia Fisher, ECE Director

Inside the classrooms of our Michele Block Gan Yeladim Preschool & Kindergarten, we carefully observe the play and behavior of children to create meaningful curricula and experiences designed to engage and challenge young minds.

Our classroom environments play a key role in the education process. Referred to as the 'third teacher, our classrooms are designed to encourage problem-solving, communication, creative and complex thinking, as well as independence. As our educators observe, we become curious about the play in which children engage.

As teachers and researchers, we create questions about their play and thinking, then introduce something more to the environment to provoke thought. This may be in the form of a question asked out loud, or an experience set up in response to a child's interests and ideas. This change could even be in the environment to prompt new ways of thinking.

Our Jr. Kindergarten teacher, Ms. Kerstin Teutonico, known to many in our school as "Ms. T," recently shared her class's journey in our block area, explaining how curiosity and reflective practice can foster critical and flexible thinking.

"In the beginning, the children would get together in the block area to only build with Magna Tiles, leaving all wooden blocks on the shelves," explains Ms. T. "After a while, the children started pulling every single wooden block off the shelves, stepping on them, tripping, piling and dumping. Still, the children would only build with Magna Tiles."

Being curious as to what the children would do if there were no Magna Tiles to build with, Ms. T put the tiles away and observed as the children began their day.

"They noticed the change right away. One child said, 'where are the Magna Tiles? I need them to build my towers!'," explains Ms. T. "And so, it began. The wooden blocks were finally valued and used to their full potential. Structures began to take on shape, children began experimenting with weight and balancing."

As this experiment continues and the children build, Ms. T adds more wooden blocks to the pile, which she says is encouraging bigger and grander structures.

All that's left now, is to reintroduce Magna Tiles and watch what happens next!

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 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 or call (904) 730-2100 ext. 235



ALUMNI CORNER

By Theresa Levy, Alumni Coordinator



L'Dor V'Dor From Generation to Generation at our JCA

Our Jewish Community Alliance's annual fundraiser is set for February 25, making this one of the busiest months of the year for Kendall Sisisky Valliere. As our JCA's development director, Kendall is no stranger to busy months on our campus. Other than leading the way in all our agency's fundraising efforts, Kendall and her husband Sean's son, Burke, is enrolled in Michele Block Gan Yeladim Preschool & Kindergarten. Burke's sister, Marlowe, will also start in our school this fall.

As a busy young family of four, the Vallieres chose our JCA for Burke's early childhood education because in Kendall's family, attending preschool here is a family tradition. Kendall's parents, Kimberly and Richard Sisisky were new to Jacksonville in 1989, had a new baby, and were building a new home. The Sisisky's older daughter, Blair, went to The Bolles School but Kimberly was on their home construction site daily with Kendall, and says they really needed a safe place for their new little one, so they found the JCA.

"There was never any question about school at the JCA. Gan Yeladim was and is a loving environment that allows parents to be totally worry-free," recalls Kimberly Sisisky. "I love traditions and I am happy to see Burke, and soon Marlowe, following in Kendall's footsteps. I get a very warm feeling knowing that over thirty years later so many of the same people are still connected at the JCA, and I love that Kendall returned to the community as a professional."

“**... I love that Kendall returned to the community as a professional.**”

Having complete peace of mind not just that Burke is enrolled in the highest quality early childhood education program available in the River City, Kendall and Sean know he is also in the best and safest environment. Having attended our school from 1990 – 1994, our Michele Block Gan Yeladim Preschool & Kindergarten was exactly what Kendall wanted for her family.

"The proof is in the pudding. I am constantly amazed by Burke's knowledge and his thinking after his days at school," says Kendall Sisisky Valliere. "There are many times when he says or does something that I know he learned at Gan. Oftentimes, when it is time to go home at the end of the day, Burke doesn't want to leave."



If you are a first or second-generation Michele Block Gan Yeladim Preschool & Kindergarten graduate, I would love to hear from you! Please share your stories and photos from attending preschool and kindergarten at the JCA with me by email, theresa.levy@jcajax.org. *Todah Rabah!*



There is No Secret Code to Coding

By **Evan McInnis**,
Youth Services Assistant Director

Java, Python, Scratch, Swift, C#... We are not talking coffee, snakes, the squirrel from *Ice Age* or Taylor Swift, and her favorite musical key. This article is all about how our Youth Services department can help your children develop valuable life skills through coding.

Once seen as a mysterious language known only to programmers and hackers, coding has become a necessary skill for those seeking a career in the computer science field. Through coding, computer programmers create new software, websites, and applications to ensure that things run smoothly for users.

While many aspiring coders wait until high school, college, or beyond to study coding, the JCA Youth Services team believes coding equips individuals with a multitude of skills like creative thinking, problem-solving, logic and drive.

That is why we are proud to announce our partnership with **KidsCanCode**, an organization dedicated to encouraging children through exposure to coding to take an interest in STEAM - Science, Technology, Engineering, Arts and Math.

KidsCanCode was created in 2013 by Chris and Priya Bradfield with the goal of teaching children to code. While teaching the basic understanding of software engineering, KidsCanCode equips children with a set of fundamental skills that will benefit them in the future. Through coding, children gain the ability to think critically and find creative solutions to complex problems.

This winter, our team in Youth Services is proud to offer two new classes for children grades 1 – 7. **Video Game Design** and **Change the World with Creative Coding** in partnership with KidsCanCode are six-week courses designed to engage young programmers through coding exercises, fun and education.

In Video Game Design, kid coders will learn from our experienced KidsCanCode instructors to develop a video game from the ground up. From basic character commands to challenges, points, level designs and beyond - students will create a masterpiece that is sure to make Mario and Luigi proud.

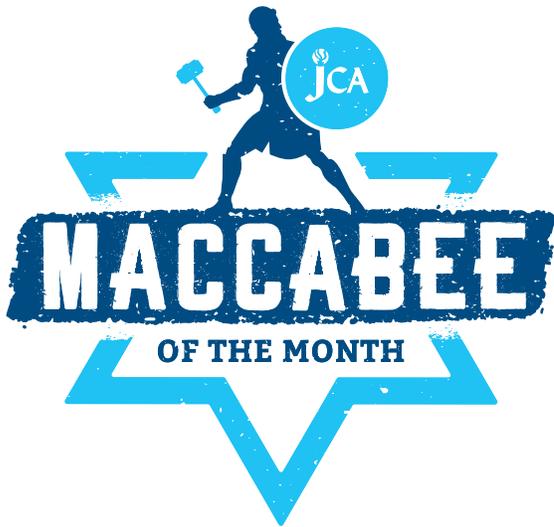
Children enrolled in Change the World with Creative Coding, will explore coding concepts alongside some of their favorite characters and animations. We will explore algorithms with Alex and Steve from *Minecraft*, code with characters from *The Bad Guys*, use code to help Moana sail, and help Olaf find Anna. Needless to say, this class is guaranteed to engage your children while they learn something new!

Children should bring their own mobile devices to our coding classes. As with every enrichment class at the JCA, children will have dedicated support throughout the class from their KidsCanCode instructor and our phenomenal Youth Services staff members.

To register your children for our six-week coding classes, please visit jcajax.org or call (904)730-2100 ext. 228.

We hope to see your aspiring programmer soon!





A Maccabee Family of the Month

By Beth Milograno, Communications & PR Specialist

Achieving and maintaining her personal fitness goals are among Jennifer Porter's top priorities as she navigates her extremely busy lifestyle. A doctor, a wife, and mother of three very active children, Jennifer's biggest priority is making sure her family stays healthy and active too. This means the Porter family of five can be found on our JCA campus, usually engaged and on the move, on any given day of the week.

"We always brag about the variety of activities and that there is always something for each of our family members to do at the JCA," explains Jennifer. "My kids have tried almost everything the JCA has to offer children because the programs are such an important part of their development. They go to summer camp and have participated in many sports here including soccer, flag football, gymnastics, volleyball and taekwondo."



After learning about all the things Jennifer and her family members do because of the opportunities available at our JCA, for the first time in JCA Maccabee history, we decided to name the entire family, Jennifer, Ivan, Averie, Eva and Van, as our Maccabees of the Month.



"I do Pilates personal training and weight training. When on my own at the gym, I take advantage of the cardio machines. I enjoy working out here because everyone is very supportive and it feels like a community," says Jennifer. "My husband, Ivan, coaches our son's flag football team. My oldest daughter, Averie, started volleyball at the JCA and has moved to play club volleyball, even making her middle school team that won the city championship this year. My middle daughter, Eva, found her love for gymnastics at the JCA and is now on a competitive gymnastics team. My son Ivan, Van for short, just got his orange with green stripe belt in taekwondo and is loving flag football."

Symbols of physical might, spiritual strength and mental resilience, the Porter family first joined our JCA in 2018. According to Jennifer, our Maccabees plan to continue to thrive here for many years to come.

"The JCA helps our family meet their fitness goals in a fun and safe environment. Our membership has allowed each of our children to find their passion and given them the groundwork to achieve their goals," says Jennifer. "We have always had a positive experience here, everything from the facilities and the friendly staff members to the programs available to us. We feel comfortable at the JCA and I know it is a place where we all can be ourselves and blossom."

The Maccabees were Jewish rebel warriors and heroes of the Chanukkah story. Maccabee means "hammer" and has become a symbol of physical might, spiritual strength, and mental resilience in the face of adversity. If you know a member, or members, of our JCA who exemplify a Maccabee please tell us about them, email Beth Milograno at beth.milograno@jcajax.org.



BEST OF JAX

2022

CLINT
NEALE



GRANT
HELM



THE JCA WINS AGAIN

By Beth Milograno, Communications & PR Specialist

For the third year in a row, our JCA received multiple recognitions in **Folio Weekly's 2022 Best of Jax** contest!

Thanks to your votes, our JCA earned the title of Best Gym and Yoga Studio in Jacksonville; the Vandroff Art Gallery was named the Best Gallery in our city and two of our incredible personal trainers were voted as the Best of Jax!

Joining Eiffel Gilyana, Gisela Reis, Lynnell Grimes and Shirley Steel in the Best of Jax winner's circle, Clint Neale was recognized as the Best Personal Trainer and Grant Helm was named the Best Yoga Instructor in Jax.

"I love what I do at the JCA because I get to work with all types of people and help them achieve their goals," says Grant Helm. "Working with recovering stroke patients and youth neurodevelopment training, mentoring athletes who are training for collegiate or professional sports, helping surgeons with stress management - every day at the JCA gives me an opportunity to help people."

"To be picked as Best of Jax was a great surprise and honor," explains Clint Neale. "I've been a personal trainer for the last 32 years, and helping people improve their quality of life at the JCA is incredibly gratifying and rewarding. I've met so many interesting people that I am able to help reach their health and fitness goals."

Please join us in congratulating Clint and Grant the next time you see them around our JCA! If you aren't familiar with our 2022 Best of Jax winners, we encourage you to schedule a personal training session with Clint or Grant, take a Yoga class with us, and be sure to take in the views of our ever-changing display of local artwork on the walls of the Vandroff Art Gallery.

We are honored to serve this wonderful community, and we plan to continue the trend for many years to come.

THANK YOU FOR VOTING
to recognize our JCA as the Best of Jax!



Let's Get Ready to Wrestle!

By Rio Robinson, Sports & Recreation Director

You may hear a lot about *wrastlin'* around our JCA this month because there is quite a buzz about our new sports program for children ages 8 – 12, **Wrestling 101**.

The sport is said to date back to the dawn of civilization with evidence that people engaged in wrestling as a basic form of recreation back in 2500 B.C. Even with ancient roots, the popularity of wrestling has never ceased and continues to offer fitness enthusiasts and competitors rock-solid cardio workouts.

As a full-body conditioning exercise, there is no doubt that wrestlers are some of the fittest athletes in the world. Boasting incredible advantages for body and mind, you do not have to be at an Olympic level, or even close to one, to reap the benefits of wrestling.

No matter your age or skill level, those benefits are bountiful. Wrestling requires athletes to be incredibly focused, enabling quick reactions with calculated

movements. Wrestlers experience an increase in their self-resilience, self-discipline, and confidence as they train to adopt a wrestling lifestyle. The sport encourages a healthy mindset and teaches young athletes the value of sportsmanship, allowing a full-body workout that incorporates every muscle group of the body. With proof that wrestling improves cardio, stamina and strength while burning calories, wrestlers often brag that the benefits of a wrestling session go far beyond a regular fitness class.

Our JCA Sports & Recreation team is excited to have Peter Joseph, certified personal trainer and former high school wrestling coach, to lead our first wrestling class at the JCA. Peter is excited to share his knowledge of his favorite sport as a teenager, which led him to compete in Spartan races and pursue personal training as a career.

Other than our Wrestling 101 program, Peter also instructs our Gymnastics and Ninja Warrior Youth Sports Clinics at the JCA. We have a variety of clinics available for your children this February. Please visit jcjax.org/program-guide/ to read our Winter Program Guide, and email rio.robinson@jcjax.org if you have questions.

YOUTH BASKETBALL LEAGUE

AGES 4 - 16



Mandatory skills evaluations are Feb 14 - 16. Evaluations start at 5:30 pm on respective days.

Ages 10 - 16 | Tue, Feb 14

Ages 6 - 9 | Wed, Feb 15

Ages 4 - 5 | Thu, Feb 16

Game days are every Sunday,

Mar 26 - May 21, at the JCA.

There are no games on Apr 9.

12:30 - 6 pm

Times vary based on number of teams and divisions.

\$165 | Valued member \$110



To volunteer to coach or schedule a make-up assessment, please contact Coach Rio at (904) 730-2100 ext. 250 or email rio.robinson@jcjax.org.



Why Everyone can Learn to Swim at the JCA

By Dustin Rulien, Aquatics Manager

It doesn't matter if you are getting in the pool for the first time as an adult, or watching your young child learn how to swim so they can use the skill throughout their lives. No matter what your age or ability in the water, swimming greatly improves cardiovascular health; it is an excellent way to stay fit, and learning to swim (at any age) is another opportunity to make lifelong friends at our JCA.

Our **Red Cross Certified Water Safety Instructors** (WSI) are committed to aquatics education for swimmers at all stages and ages.

Parent and Me classes for children 6 months – 3 years old happen every Sunday from 10 – 10:30 am, and teach parents how to work safely with children in the water. This unique class does not teach children how to be good swimmers, or even to survive in the water. It is designed to teach both the parent and child to be comfortable in the water, while emphasizing fun, enjoyment, and preparatory activities for future swimming.

Starting at 2 years old, children at the JCA can enroll in our Preschool Aquatics program, where our instructors teach swimmers through three levels of curricula. The class-by-class learning, adapted from the American Red

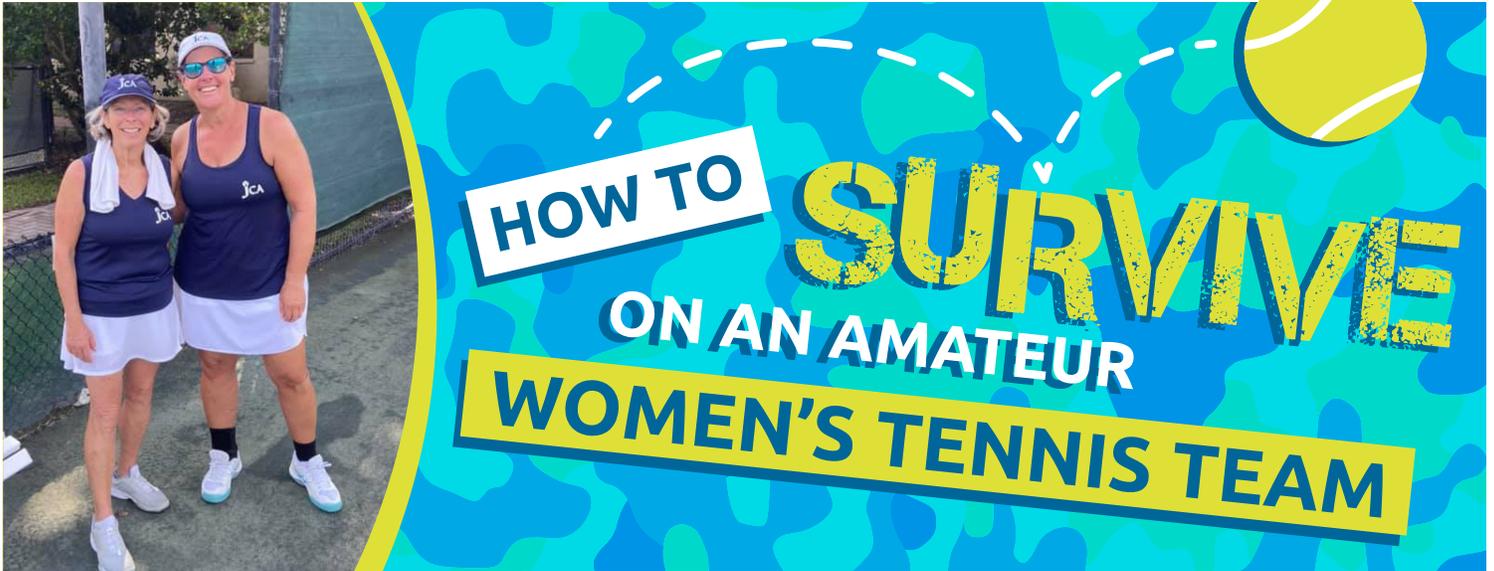
Cross, educates swimmers on swimming and safety around all types of water. Once swimmers reach 5 years old and advance through the third level of our Preschool Aquatics program, they move to our Learn to Swim level three for elementary and middle school-aged children.

Upon completing level four of Learn to Swim, swimmers graduate and are prepared to swim with our practice-only School Year Makos swim team, or our competitive Summer Makos swim team. Swimmers who qualify for our swim teams, ages 5 – 18, register monthly and have a choice to swim one, two, or four days each week.

As I mentioned, swimming isn't just a skill for children in our community, especially at the JCA. Adults can level up through our Learn to Swim programs too. Our Adult Group, Private or Semi-Private swim lessons encourage and introduce adults to swimming in a welcoming and comfortable environment. That's not all, after completing swim lessons, adults in our community graduate to our eight-week Masters Swim Team Practice course, where professional coaches guide swimmers (18+) to refine strokes in a fun-filled atmosphere.

I hope you are excited to splash into another great swim season and motivated to learn to swim with us! To check lesson availability or if you have any questions, please email me, dustin.rulien@jcjax.org.

To register your children, or yourself for any of the Learn to Swim programs listed above please visit jcjax.org.



By Aline Berkenbrock, Tennis Pro

Most of all tennis team rumors are true. When you have so many women competing against one another - drama can be inevitable. With that said, here is my quick (and fun) personal guide to survival on a women's tennis team.

CLOTHING

No matter what anyone tells you, tennis is all about the outfit. Choosing the appropriate clothes is important. Ladies spend months debating their choices for their tennis attire; there really is no other sport that offers more fashionable uniform options. Okay, perhaps yoga is a close second.

RACQUETS AND SHOES

A good match comes down to the equipment. Get an excellent tennis racquet but keep testing out different ones; you may find one that is even better than what you are using. I also advise making a very loud announcement that you are testing a new racquet so that if you make mistakes, you can blame it on the racquet. Some say having a cute tennis bag also influences how well you play.

AGE

Tennis is a sport you can play for the rest of your life. Know this much to be true, the older and more seasoned player is always going to beat you. Even though she was brought onto your court from a retirement home van, she is more skilled at strategy and ball placement in her left pinky than most players I see at the amateur level. So, act your age and prepare to feel foolish.

TEMPERAMENT

Players who claim to be laid back or do not care should be avoided because actually, they are exactly the opposite of what they say. That type of player is probably the one who cares the most and has contributed to some intense drama on the courts. Stick with players who have positive and motivating attitudes both on and off the court.

LUNCH

Eating after the match is the part most of us look forward to the most. Lunch venues are picked days ahead of play time and gathering off the court is a great opportunity to dissect every single aspect of the match, including any drama that occurred that day.

YOUR MONEY AND TIME

If you take up tennis, you will need money and lots of time. Players enroll in private lessons all summer long to perfect their shots. Good players might be invited to play on more than one team. Then, suddenly, between matches, practice and lessons - you are playing 4 - 6 days per week and get really lured into the game. A practice here, a shared lesson there, a new tennis dress or two - and you might start devoting more time to the tennis Gods than you do to your own family.

All jokes aside, at the JCA we try to stay competitive and pride ourselves for having a great tennis community that fosters trust, comradery and friendship among our tennis teams. Winning is important, but staying healthy and happy, while making friendships along the way are our top priorities.

We currently have daytime A, B, C, and D tennis teams and a working women's tennis team. If you are interested in joining the fun, please email aline.berkenbrock@jcajax.org to set up an assessment.



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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.

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