



22 Shevat - 20 Adar I • 5784 • February 2024

ALLIANCE NEWS

Lax Vegas, Baby!

FEBRUARY 17, 2024 | 7:30 PM

Page 8

ANNUAL *Fabulous* FUNDRAISER



VOLUME 35

#6

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


Adam Chaskin

Shalom friends,

As many of you are aware, our Jewish Community Alliance regularly participates in national benchmarking surveys as a part of our affiliation with the **Jewish Community Centers Association of North America**. The results show us our strengths at the JCA and areas where we can improve. It also gives us an overview of how our JCA compares to our peers throughout North America. Four months ago, many of our members completed this survey which included a wide variety of questions about our JCA. I am pleased to share that we ranked **number one in the United States** on one of the most important areas of the survey - user satisfaction. The JCCA survey results told us that so many of you truly enjoy your experiences at the JCA; I believe this gratification can be directly attributed to our staff members. We are extremely fortunate to have the most outstanding employees, many of whom continue to receive local and national accolades because they consistently meet and exceed your family's expectations.

Our amazing staff have something exciting planned for every generation of your family at the JCA this month. Our annual fundraiser happens on Saturday, February 17, and committee chairs Lior Spring and Sunny Gettinger are getting every corner of the JCA ready for a fabulous turnout at **Jax Vegas, Baby!** The JCA will transform as we celebrate Vegas-style with a night of entertainment, delicious cuisine by Chef's Garden Catering & Events, and a unique cocktail experience served by Manifest Distilling. One of the reasons our annual fundraiser is an event people look forward to each year is because 100% of the proceeds go toward scholarship funds so we never have to turn anyone away for financial reasons. Turn to **page 8** to get your tickets today.

The Berman Family JCA Concert Series continues in our Bessie Setzer Frisch Auditorium on **February 18** at 3 pm with a magnificent performance by world-renowned violinist Lun Li. Visit bit.ly/BermanFamilyJCAConcertSeries-2024 for more details about our visiting artists this season. Thanks to the generosity of the Berman Family, these concerts bring top international talent to Jacksonville and are free to our entire community.

In the inaugural year of the **Together Against Hate: Promoting Unity in Our Community** initiative that we presented with the First Coast YMCA, we addressed important issues impacting our area. When my friend Eric Mann and I first spoke about creating this series, we envisioned it to educate our neighbors and build a stronger more unified community. Discussions that included prejudices in faith, race, antisemitism, ethnicity, LGBTQAI+, gender, and diverse abilities, allowed us to inspire a more inclusive Northeast Florida. As the first year of Together Against Hate concludes, I would like to personally invite you, your family, and friends, to join us as we take a visual stance at the **Racing Against Hate 5K Run/Walk on Sunday, February 25**. Turn to **page 4** to read how you can receive a limited edition JCA Team Eiffel Strong t-shirt to wear on race day.

Parents and guardians, stay tuned, registration for **Michele Block Gan Yeladim Preschool & Kindergarten** for the 2024-25 school year will open this month. It may not feel like it yet, but summer is just around the corner. Now is the time to register for **JCAmp**; visit jcjax.org/jcamp to read about our extensive camp programs and fill out an application for your children to experience a summer of fun and friendship they will never forget.

On behalf of all our incredible staff members, I cannot thank you enough for being part of this great community.

I look forward to seeing you around the J,



Adam Chaskin
CEO

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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Sam Stromberg Board Chair
Adam Chaskin Chief Executive Officer
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Beth Milograno Communications & PR Specialist

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

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

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 by reservation system via the My J app.
- Kid Kare service is for a maximum of 90 mins.
- Visit bit.ly/JCAKidKare for Kid Kare policies and to download My J.

In memory of...

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

In honor of..

LAUREN AND WILLIAM BLOCK'S GRANDCHILD
by The Flagler Family
The Board and Staff of the JCA

ERNEST BRODSKY'S BIRTHDAY
by Ellen and Steve Rubesin

THELMA NIED'S BIRTHDAY
by Sue Halloran
Lior Spring and Daniel Miller
The Flagler Family
Theresa and Philip Levy

HELEN ROWAN AND PAUL HALLORAN'S DAUGHTER'S ENGAGEMENT
by Lior Spring and Daniel Miller
SHANE CANTOR'S BAR MITZVAH
by Lior Spring and Daniel Miller

Faye Hedrick | J Experience Coordinator | (904) 730-2100 ext. 247 | **J EXPERIENCE** 



What is J Experience?

By Faye Hedrick, J Experience Coordinator

We are branching out and bringing our unique enrichment programs you know and love to a neighborhood near you! Introducing, J Experience, our new department at the JCA, designed to bring more of what embodies our J to different locations throughout Northeast Florida.

Through a variety of innovative, pop-up experiences, including health and wellness, education about Israel, and fun events surrounding our Jewish holidays that cater to young families and those whose birds have already flown the nest - we are excited to bring our enrichment programming to our neighbors who do not necessarily live a hop, skip, and jump away!

J Experience will help us meet the needs of our growing community in St. Johns, Nocatee, Riverside, Amelia Island, and at the Beaches! We believe even more of our community will benefit from all we do at the JCA by bringing some of what we offer outside our campus walls.

We are excited to meet you where you are - in more ways than one!



More details about our upcoming J Experiences can be found on our website jcajax.org. One of our next stops will be back at the [Ponte Vedra Beach Library](#) at 11 am on Feb 27 for **Yiddish by the Sea**; please visit jcajax.org/joys-of-yiddish-february/ to let us know you are coming.

Our J Experience Tu B'Shevat Mix & Mingle at the First Coast Cultural Center this January was made possible thanks to **Together We Shine Bright: A JCC Movement Shabbat**, part of the *Mithabrim* | CONNECTIONS funding initiative between the JCC Association of North America and the Israeli Government's Ministry of Diaspora Affairs and Combatting Antisemitism.



Email Faye Hedrick at faye.hedrick@jcajax.org to learn more about J Experience and how you can get involved!



Get Ready for Racing Against Hate!

By Heather Terrill, J Institute Director

Lace-up your sneakers! The Together Against Hate: Promoting Unity in Our Community series will culminate on **Sunday, February 25 at 1 pm** with the first-ever, family-friendly **Racing Against Hate 5K Run/Walk** at the Winston Family YMCA in Riverside.

As we near the wrap-up of our first Together Against Hate series, I am proud to reflect on this important project. Our speaker series and upcoming 5K, began as an idea between our CEO Adam Chaskin and Eric Mann, president and CEO of the First Coast YMCA, as a way to respond to the antisemitic messages projected during Florida Georgia weekend in 2022 as well as the overall rise in antisemitism throughout our community. Adam and Eric brought our JCA and First Coast YMCA teams together to start planning meaningful programs that would correspond with the issues and help educate our community to take a stance against all forms of hate and bias.

To date, our Together Against Hate events which are meant to build bridges and inspire a more inclusive Northeast Florida, addressed racism, LGBTQAI+ bias, antisemitism, diverse abilities, and differences in faith. At each event, dynamic speakers created brave spaces for our audience members to ask questions and discuss topics they might not normally feel comfortable talking about. Through this series, our community was left with an important education as well as actionable measures to hold ourselves accountable.

Sign the Together Against Hate banner in solidarity against hate and all forms of bias as part of our Monthly Member Mitzvah at the JCA this month. The Together Against Hate banner traveled to each of our speaker events and will be in the JCA lobby in February for you to sign before being put on display at the Racing Against Hate 5K Run/Walk on Feb 25.

Together we are a stronger, more united community! Use the code "JCA" at checkout to receive an exclusive JCA Team Eiffel Strong t-shirt to wear on race day. The deadline to get your Eiffel Strong shirt is Feb 15. Scan the QR code for more details and register today for the Racing Against Hate 5K Run/Walk on Feb 25!



Together Against Hate: Promoting Unity in Our Community presented by the JCA and First Coast YMCA is made possible by funding from CSX, the Jewish Federation & Foundation of Northeast Florida: Next Gen B'nai Tzedek Grant Award, and the Team Up Project: a national collaboration between Catholic Charities USA, Habitat for Humanity International, Interfaith America and YMCA of the USA.



Join Us! Scan the QR code to visit bit.ly/racingagainsthate-2024 and register today!



Questions? Email Rachel Sandler at rachel.sandler@jcjax.org or Heather Terrill at heather.terrill@jcjax.org



discovery and research are alive, and in direct relationship with one another.

My experience in Reggio Emilia was more than a mere study tour; it was a deeply moving encounter with an educational ethos that cherishes the inherent curiosity, intelligence and potential of each child. I returned with renewed excitement and passion. Equipped with new language, new questions, and a more meaningful way to engage with our educators, this experience helps our school add even more intention, thought and love into our practice.

If you have any questions or would like more information about the Reggio Emilia Approach to Learning in our school, please email ganyeladim@jcjax.org.

Visit jcjax.org/early-childhood to learn more about Michele Block Gan Yeladim Preschool & Kindergarten. Enrollment for the 2024-25 school year opens this month.

My Journey to Reggio Emilia

By Natalia Fisher, Early Childhood Director



In mid-December, I participated in a study tour to Reggio Emilia, Italy, to explore its distinctive educational system. A system that already greatly inspires me and our Michele Block Gan Yeladim Preschool & Kindergarten.

This weeklong journey in Italy left an indelible mark on my understanding

of teaching and learning. Nestled in this little Italian town lies an educational philosophy that prioritizes profound respect for children while it celebrates and respects the artistry of teaching. What struck me most profoundly was the palpable ambiance of reverence for both children and the pedagogical craft. At Reggio Emilia, pedagogists known as *Pedagogistas*, support the efforts of educators to engage with children and families while introducing new theories, ideas and materials. In every space and with every interaction, this approach to learning is infused with a deep-seated belief in the capabilities and potential of each child.

Our hosts graciously shared their current questions about learning and their process of collaboration with children, families and the community. In Reggio Emilia, creativity is regarded as a powerful tool for expression, communication and understanding. This foundational belief permeates the environment, fostering an atmosphere where inquiry,



**Accredited by NAEYC
National Association of Education
of Young Children**

Every early childhood learning experience at the JCA is hands-on and formulated to help children reach their full potential.

Please visit jcjax.org/early-childhood/ to learn more about the unique learning opportunities we have available and how your children can become students at Michele Block Gan Yeladim Preschool & Kindergarten.



ALUMNI CORNER

By Theresa Levy, Alumni Coordinator



Alumni in Israel: A Journey to Give Back

By Theresa Levy, Alumni Coordinator

Our Gan Alumni Corner this month takes us overseas to Israel where we find former Michele Block Gan Yeladim preschool student, Aaron Abel, serving as an Army Captain in the *Kishrei Chutz*, the foreign relations unit of the Israel Defense Force (IDF). Aaron moved to Israel in 2016 to attend Hebrew University then made *Aliyah* and became a citizen of Israel in 2017, fulfilling his mandatory IDF service as a Lone Soldier, or an IDF soldier without family living in Israel. After completing his master's degree in cyber politics and government at Tel Aviv University in 2023, Aaron's parents, Jill and Mike also moved to Israel.



"Our family participated in a Jewish Federation & Foundation of Northeast Florida Family Mission to Israel during the summer of 2010. It was the first time in Israel for my children, Hannah, Aaron and myself," Jill Abel explained her family's connection to Israel. "Aaron fell in love with Israel that summer. He connected to the country in a meaningful way - through its rich Jewish history but also through people we met and experiences we shared all over the country."

According to his mother after their first trip, Aaron's love of everything in Israel is what led him to serve in the IDF.

"For many summers after that, we hosted teens through the Jewish Federation's Partnership2Gether Program. Aaron traveled to Israel during the summer of 2012 on the P2G *Tikkun Olam* program, making lifelong friends with many Israeli teens," said Jill. "From that point on, it was clear to us that Israel was going to play a major part in Aaron's life. When it came time to decide about college, Aaron chose to attend in Israel. He was looking for a unique college experience and learning in Israel was incredibly appealing to him."

Jill says her family feels safe and remains optimistic but living in Israel during wartime presents challenges.

"We try hard to remain optimistic that all the soldiers and hostages will return home safely to their families. We are involved in some community service work to help the families of the soldiers and the victims whose lives have been shattered. There are so many needs, and it makes us feel good to help - even if it's just a little. Israelis are strong and resilient and once the sirens end, we go on living our lives."



Jill volunteers at a local food shop that has a working kitchen to make meals for delivery to the IDF and says there are many other opportunities to support the mothers with children whose reservist husbands were called back to duty.

“We’ve only been in Israel since June, but we do feel connected. War is awful and devastating in many ways, but it also has a way of bringing communities together and this war has done just that. Israel may have been divided on October 6, but we are more connected and more together now than ever. Our hope is a brighter future for the children of Israel, a hope that they won’t ever again have to experience what they are experiencing now.”

Despite the war, Jill says living in Israel is an incredible experience for her family and one they plan on continuing for many years to come. The Abels are looking forward to a trip home to the United States soon – to see their daughter Hannah, who is also a Gan Yeladim alum, get married.
Mazel Tov, Abel family!



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 contact information along with stories and photos from attending preschool and kindergarten at the JCA with me by emailing, theresa.levy@jcajax.org. ***Todah Rabah!***



Jax Vegas, Baby!

FEBRUARY 17 | 7:30 PM

EVENT CHAIRS: Sunny Gettinger and Lior Spring

We are grateful for the generous support of our sponsors! Your gift allows individuals and families to receive financial assistance and scholarship services for JCA membership and programs that fit within their budget. You make it possible for the JCA mission to serve our community.

Thank you!

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as of 01.24. 2024

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For sponsorship, ticket and event information

please email Kendall Sisisky Valliere at kendall.valliere@jcjax.org,
call (904) 730-2100 ext. 231, or scan the QR code to visit <https://bit.ly/jaxvegasbaby>





PCA Productions Presents:

Seussical The Musical

By Shelly Higgins Hughes, Theatre Director

This fast-paced tale is a musical compilation of many of Dr. Seuss' famous stories rolled into one beautifully crafted stage production. All your favorite Dr. Seuss characters spring to life onstage in our fantastical and fun musical extravaganza. Transporting audiences from the Jungle of Nool to the Circus McGurkus, the Cat in the Hat narrates the story of Horton the Elephant, who discovers a speck of dust that is home to the Whos.

Horton must protect the Whos from a world of naysayers and dangers, and he must also guard an abandoned egg left in his care by the irresponsible Mayzie La Bird. Although Horton faces ridicule, danger, and a trial, the intrepid Gertrude McFuzz never loses faith in him. Ultimately, the powers of friendship, loyalty, family, and community are challenged and emerge triumphant!



Cast:

- Harry Aaronson
- Anya Anderson
- Nova Anderson
- Ella Arnold
- Addy Azevedo
- Anastasia Beltz
- Rylynn Bennett
- Genevieve Black
- Charlie Cohlma
- Sophie Cohlma
- Max Csar
- Amelia Davis
- Abby Dean
- Josh Draper
- Molly Draper
- Cassidy Dunn
- Jake Dunn
- Annabel Fernandez
- Julia Frank
- Aubrey Franklin
- Zachary Fritchman
- Audrey Hall
- Devon Hall
- Maggie Harrell
- Ellen Hedrick
- Milly Hedrick
- Madeline Herbin
- Dafna Holzer
- Eitan Holzer
- Rena Holzer
- Eliana Horovitz
- Asher Jaison
- Nava Jaison
- Shir Jaison
- Evangeline Jones
- Caroline Kennelly
- Eleanor Kianian
- Olivia Knoll
- Maya Lemay
- Maya Lockenbach
- Fiona McCullough-Orr
- Laine Morgan
- Abraham Murray
- Luke Murray
- Leona Mychka
- Leora Neihaus
- Ava Owen
- Oliver Preckajlo
- Olivia Price
- Eliana Raffol
- Pavel Ratchev
- Shelby Rauchwarger
- Charlotte Russell
- Adaline Sowada
- Saige Sowada
- Emma Stanley
- Desmond Taylor
- Sicily Thames
- William Thompson
- Drew Torres
- Hannah Trest
- Victoria Wall
- Erin Wax
- Levi Welch
- Tali Werner
- Eloise Whitkop
- Veda Wray

Guest starring: Scarlett Munns as Mayzie La Bird

Shows Dates: Saturday, March 2 and 9 at 7:30 pm
Sunday, March 3 and 10 at 1 pm

Stay tuned for more details, tickets will be on sale two weeks before each show.
Please visit jcajax.org to purchase your tickets.



Shine A Light – How One Small Light Can Dispel Darkness and Hate

By Rachel Sandler, J Institute Assistant Director, Jewish Education



Our Jewish Community Alliance, the Jewish Federation & Foundation of Northeast Florida, PJ Library, and all of our local synagogues, were proud to join for an incredible Community Family *Havdalah* event at the Jacksonville Jewish Center this December where we also took part in the national **Shine A Light** campaign.

An initiative to raise awareness and Shine A Light on modern antisemitism through education, community partnerships, workplace engagement, and advocacy, our JCA was proud to receive a grant from the Jewish Federations of North America to make this community-wide event possible. To begin, every family in attendance put together their own *Havdalah* kit, including a *Kiddish* cup, spice bag as well as materials to braid a *Havdalah* candle. Then, Rabbi Rosenblum led us in a *Havdalah* service.

From generation to generation, everyone in attendance enjoyed an evening of education and conversation about how much, like in the story of *Chanukkah*, one small light can dispel darkness. After services, we welcomed Morris Bendit, a local Holocaust survivor who shared his family's story of survival. Together, with PJ Library, we participated in a story walk with the book, *The Only One Club*, which focuses on a girl who is the only Jewish child in her class but learns that each person is unique and that she can share this understanding with her classmates. In a visual representation of our stance against hate, everyone in attendance also signed our Shine a Light banner.



Our sincere thanks to Mayor Donna Deegan and the City of Jacksonville, for its official proclamation of support and for declaring, December 16, 2023, as Shine A Light Day in Jacksonville.

By continuing to invite our community to learn about Jewish culture and traditions, encouraging dialogue, and engaging new generations in age-appropriate ways, our light will shine brighter than those who hate. The Shine A Light banner will be on display at our Racing Against Hate 5K Run/Walk at the Winston Family YMCA on February 25. We hope you will add your signature and join us to Shine A Light on and denounce all forms of hate.



SHEEEESH, BRUH.



NO CAP



THE J TEENS ARE BUSSIN!

By Evan McLinnis, Youth Services Director

If your teenager understands all of that, then this article is for you. We are thrilled to introduce new programs in Youth Services that are designed just for the teens in our community.

Similar to how teens in our community take day trips during JCamp throughout the summer, we are working to capture that adventurous spirit and fellowship throughout the year with these new youth programs. In turn, we are providing more opportunities for teens looking to make new friends, reconnect with old ones or for something impactful to do during the weekend.

From monthly gatherings focused on completing *mitzvot*, multiple good deeds, throughout Duval County to exploring all that Jacksonville has to offer through unique Jewish lenses, teens find out what it means to give back and nurture the world we live in.

There are a variety of offerings in our latest JCA Program Guide to encourage connection and service while we embrace the core values that make our JCA a pillar in the Jacksonville community.

Beyond the service projects and helping others – we are planning a lot of fun too. We are excited for a packed bus as we head out for Middle School Movie Night on Sunday, February 18.

Please don't delay, register your teens to join us today. Stay tuned for new programs, we will have many more reasons to vibe together and hope to see your teens there!



Middle School Movie Night
Grades 6 – 8
Sun, Feb 18 | 6 – 9 pm
\$23 | Valued member \$15

Monthly Mitzvot
Grades 7 – 11
Sun, Feb 11 | 1 – 4 pm
Free to the community

IYKYK!



THE MIGHTY MINI MACCABEES!

By Beth Milograno, Communications & PR Specialist

Every Monday, Wednesday, and Friday at 4 pm, you can find some of the youngest and perhaps the mightiest Maccabees in our JCA hard at work in the group fitness studio.

Strengthening, stretching, and conditioning as they grow, among the budding Maccabees in attendance in our Youth Fitness classes are siblings, William and Violet Thompson.

“Youth fitness classes are one of the big surprise benefits we received after joining the JCA. The kids get strong foundational athletic skills without committing to a team sport and schedule. The classes are legitimate fitness classes and the kids have so much fun,” explains Alissa Thompson, who joined the JCA with her husband Robert when they were looking for a better school environment for their children.

“We chose Michele Block Gan Yeladim Preschool & Kindergarten for William and Violet because it is so much more than basic care. It is nurturing and developing them, and it’s about giving them life experiences and meeting them where they are,” says Alissa who continues to discover the added bonuses our JCA offers families in Jacksonville. “I had no idea when we signed up for school how integrated we could be with the JCA.”

Other than inspiring strong minds and bodies in their children, Alissa and Robert say seeing William and Violet thriving at the JCA, inspires their entire family to stay active, and try new things.

“I love the enrichment opportunities – I’ve gotten my certification in backyard chicken keeping and have enjoyed several of the classical music concerts,” explains Alissa. “So many surprise benefits. I like to do fitness classes too – and walk on the indoor track while I listen to an audiobook for downtime. I love that our children have autonomy and are encouraged to be independent thinkers and no matter where they are on the JCA campus, they are always physically and emotionally safe.”

Youth Group Exercises at the JCA were designed to encourage the younger generation of valued members, ages 5 – 15, to adopt a healthier and more active lifestyle. Mark your calendars to join in the fun in our youth fitness classes and reserve a spot in class for your child on our My J app.

Fit Start

Mon | 4 pm with Colleen

Sports Conditioning

Wed | 4 pm with Jimmy

Next Generation Yoga and Pilates

Fri | 4 pm with Gisela



The Maccabees were Jewish rebel warriors and heroes of the Chanukkah story. Maccabee means “hammer” and is a symbol of physical might, spiritual strength and mental resilience in the face of adversity. From generation to generation, we love featuring the Maccabees who frequent our JCA to improve their mind, body and spirit. If you know a Maccabee at the JCA, of any age, please email Beth at beth.milograno@jcjax.org.



By Alex Minardi, PE & Sports Coordinator

Get your pucks and hockey sticks ready, but no need for ice. We are transforming the Joe and Sophie Witten Gymnasium every Wednesday for our new Floor Hockey clinics. Rather than skating on ice, our budding floor hockey stars, ages 5 – 10, are learning the fundamentals of the game on a wooden surface.

Long-time JCA member, Coach Mike Lasry is bringing a taste of Canada to our River City with this new program. With the success of ice hockey teams in the state of Florida, like the Tampa Bay Lightning and the Florida Panthers, the excitement around all forms of hockey is steadily growing and we are excited to be a part of it!

Having played many sports in his career, Coach Mike says hockey tops the list of his favorite sports and he is eager to

share his knowledge with children in our community. Along with showing kids the value and camaraderie involved in hockey, Coach Mike is teaching players skills like dribbling, passing, shooting and even playing goalie.

Parents don't delay, the second session of Floor Hockey starts Wed, Feb 28. Who knows, maybe the next Wayne Gretzky will be from our beloved JCA!

SESSION II: FEB 28 – APR 3

Ages 5 – 10

Wed | 4:30 – 5:15 pm

\$105 | Valued member \$70





Lifeguarding at the JCA

By Dustin Rulien, Aquatics Manager

While lifeguarding is certainly a great way to get a tan and meet new friends – it is a challenging, exciting yet rewarding profession that teaches our younger generation a great amount of responsibility.

When seasoned swimmers become American Red Cross Certified Lifeguards at the JCA, they are empowered with skills that prepare them for life. Along with saving the lives of others, lifeguards are entrusted to manage their area as well as activities and behaviors in and around a pool – including learning how to communicate effectively within our team at the JCA.

JCA Aquatics employees can also advance their skills with further education in swim lessons, lifeguarding instruction and pool management. Lifeguard certification courses at the J are one week long for a few hours each day with some online coursework. Applicants must be able to pass the two prerequisites listed below.

Prerequisite 1:

- Complete a swim-tread-swim sequence without stopping to rest:
 - Jump into the water and totally submerge, resurface then swim 150 yards using the front crawl, breaststroke, or a combination of both.
 - Swimming on the back or side is not permitted. Swim goggles are allowed.

- Maintain position at the surface of the water for 2 minutes by treading water using only the legs.
- Swim 50 yards using the front crawl, breaststroke, or a combination of both.

Prerequisite 2:

- Complete a timed event within 1 minute, 40 seconds:
 - Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
- Surface dive, feet-first, or head-first, to a depth of 7 - 10 feet to retrieve a 10-pound object.
 - Return to the surface and swim 20 yards on the back to return to the starting point, holding the object at the surface with both hands and keeping the face out at or near the surface.
- Exit the water without using a ladder or steps.

Let's get ready for a great summer! Our next series of Lifeguard Training classes happen April 8 – 11 and May 6 – 9.

Call (904) 730-2100 ext. 417 or email Dustin at dustin.rulien@jcajax.org for more information about our American Red Cross Training Classes at the JCA.

Red Cross-Certified Lifeguard Training

Apr 8 – 11 | 4 – 9 pm

May 6 – 9 | 4 – 9 pm

\$285 | Valued member \$190



By Lucas Ramos Campos, Tennis Pro

I am excited to announce that Morrill Hay is joining the JCA team as our new Assistant Tennis Pro.

Originally from Georgia, there is a state landmark called, The Hay House in Macon, that was named after Coach Morrill's family. Morrill comes from a long line of tennis players, including his father who played for the Florida Gators, his Aunt Paula who played in the French Open Women's Doubles Final and Mixed Doubles Final against Martina Navratilova and Morrill himself, who played Junior tennis in Northern California and then went on to play collegiate tennis at Indiana University in Bloomington. After graduation, Morrill made his career as both a Tennis Professional and Tennis Director.

In his career, Morrill spent eight years working at indoor tennis facilities and junior camps in upstate New York and for the last 24 years served up tennis lessons throughout Florida. Morrill spent 18 years in Boca Raton at the Broken Sound Country Club and in Delray Beach at the Valencia Palms and the last six years in North Florida at the Amelia Island Club.

When he is not playing or teaching our JCA members on our Har-Tru tennis courts, Coach Morrill can be found spending time with his family and watching football!

As our new Tennis Pro, Morrill joins Lucas Campos and Chris Le to support every tennis player who comes to the JCA.

Don't hesitate to schedule a lesson with any of our seasoned tennis professionals. If you have questions or would like more information about the tennis lessons at the JCA please email Lucas at lucas.ramoscampos@jcajax.org.

Private Tennis Lessons

Private lessons are the most effective way to learn the fundamentals and to improve your game. 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 mins | \$60

Doubles | \$80

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



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

8505 San Jose Boulevard
 Jacksonville, Florida 32217
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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.

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