



The Magic of Theatre

PAGE 6



Sam Stromberg

Shalom Friends,

Spring is in full bloom throughout Jacksonville with a new season of programming at our Jewish Community Alliance well on its way. While our incredible staff members are busy preparing summer experiences that your children will never forget, I am wrapping up my first full year as your Board Chair.

Through all this excitement, I cannot help but notice the buzz about the future of our beautiful campus – and I am talking about more than our award-winning summer camp. You may hear the leaders of our great community say: ‘The future is so

bright at the JCA! My hope is that you know that we do not just say these words, our JCA family truly believes them. In fact, if you are on our tennis courts or in the halls of our Vandroff Art Gallery at the right time of day - the future is so bright around here, you gotta wear shades.

All jokes aside, this positive realization of our JCA’s potential, resonates through the halls of our campus and in the amazing people who work here. Members of our JCA family know, if they give their best today, they are creating a better tomorrow. I cannot *kvell* enough; I am so proud of all that is happening at our JCA and the dedication I see to the mission and vision of our founding members.

This May is Jewish American Heritage Month and a time when we are reminded of the Jewish men and women who paved the way for future generations of Jewish families in America. Please turn to page 6 as our Development Director Kendall Sisisky Valliere shares more about the rich legacy of Jewish Americans in Jacksonville.

Through everything we do at the JCA, we are driven to always do better for our community. With positive change and growth at the focus of our ambitious capital campaign, Building Our Future Together, I am confident that our campus will be a place people visit to enhance their lives for many, many years to come.

I hope you enjoy this issue of our Alliance News. Please keep reading to learn more about what’s happening at our JCA now and in the months to come. Our future is so bright!

Humbled to serve our beautiful community,



Sam Stromberg
Board Chair

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.

(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
Lee Lemay Graphic Designer
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**

- JCA Kid Kare is available for children 3 months to 9 years old.
- Kid Kare is offered on a first come first serve basis.
- Space limited to 12 children per shift.
- Kid Kare service is for a maximum of 2 hours.
- Visit jcjax.org/fitness for Kid Kare policies.


TRIBUTES

In memory of...

BEVERLY ACKERMAN

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

REVA SANDLER

by The Spring and Miller Family
The Board and Staff of the JCA

RHODA KAGAN

by The Board and Staff of the JCA

In honor of...

DAVID COHEN’S BIRTHDAY

by Rochelle and David Stoddard

JENNIE BERMUDEZ’S BIRTHDAY

by Michele Steinfeld

FRIEDA SARAGA

by Karen and Philip Adler

SAM STROMBERG

by Barry Chefer

TALIA ALGEE’S BAT MITZVAH

by The Spring and Miller Family
The Board and Staff of the JCA

Stephanie Green Scholarship Fund

In memory of...

DONALD COHEN

by Nancy and Mark Green

General donations

Our thanks to...

JONATHAN I. WADE

LAW OFFICE OF DOUGLAS A. OBERDORFER

HARRISON WENDLAND

JONATHAN INSETTA

HUEMAN

EVELYN AND STEWART PINSOF

WIATT BOWERS

GRACIE GUTMANIS



New this Summer: Mitzvahs on the Road

By Rachel Sandler, Jewish Educator



I am in awe at the generosity of our JCA community. In the last year, your families donated socks, toys, school supplies, non-perishable food, pet food, diapers, aluminum can tabs – and so much more. Planning

our Monthly Member Mitzvah projects is among my favorite duties at the JCA because of the incredible amount of generosity we see – and I personally get to deliver those items that help so many of our neighbors in need.

We are not going to let our members forget their mitzvah spirit this summer. Since the JCA campus will be filled with summer campers, we decided the best place for our Monthly Member Mitzvah projects in the summer months is out in the community. This summer we're dedicating our time to the **Max Block Food Pantry at LJD Jewish Family & Community Services (JFCS)**.

Our first mitzvah stop is planned at the first-ever **Kosher Market Sweep** in Jacksonville; mark your calendars for **Tuesday, June 6 at 6 pm**. We will learn about kosher symbols and rules from our partners at Etz Chaim Synagogue, then we will learn more about how we can help at the Max Block Food Pantry. After we have fun learning, we will play our own kosher take on the classic supermarket game.

Players can come alone or with a team of 2 – 4 people. There is an \$18 fee per team to play which will be used at the event to purchase food to stock the shelves of the Max Block Food Pantry. The meeting location of our game will be emailed to you after you register on our website, jcajax.org. Please register by June 1; space is limited.

Our Mitzvahs on the Road projects continue at the food pantry this summer. JCA volunteers are invited to help us unpack food, stock shelves and assemble boxes of food for the community. Individuals and families with children who are 8 years and older can participate in our off-site mitzvah. Please save the dates and register to join us this summer. We will meet at **9 am** at the **Max Block Food Pantry** on **June 7, 21, July 5 and August 2**. Please email rachel.sandler@jcajax.org to register for one or all of our volunteer dates.

Mitzvahs on the Road

Jun 7, 21, Jul 5 and Aug 2 | 9 am - 12 pm

JFCS, Max Block Food Pantry

6261 Dupont Station Court, Jacksonville, FL 32217



**The Max Block Food Pantry
at the LJD Jewish Family
& Community Services**



Initially called **Feed A Needy Neighborhood (FANN)** founded by Sandy Miller and Judy Greenhut with the help of Rabbi Michael Matuson and the Congregation Ahavath Chesed in 1987, the Block Family Foundation and Michele (Block) Wiener* later named the pantry as the Max Block Food Pantry.

Now serving approximately 136,980+ meals to more than 15,220 people in Northeast Florida, Jewish and non-Jewish alike, no one is ever turned away from the pantry. On average people receive a three-day supply of dry goods, fruits and vegetables when they visit. The Max Block Food Pantry at JFCS is open on Tuesdays and Thursdays from 1 – 3 pm. Visitors must show a valid ID to receive food.

*Of blessed memory



JEWISH AMERICAN HERITAGE MONTH

MAY 2023



Bazaar at the Young Hebrew Men's Association in 1916.

By Kendall Sisisky Valliere, Development Director

As we pay tribute to the many generations of Jewish Americans this month, we are reminded of those who helped create the fabric of our wonderful country. It is in this spirit that our JCA is honored to celebrate Jewish American heritage in Jacksonville. A rich legacy of Jewish Americans can truly be found in nearly every corner of our state, but especially in Jacksonville.

According to our JCA archives along with records from the Jacksonville Historical Society, the Jewish community began quietly in our River City when a general store opened in 1841 operated by a Jewish man known only as "Mr. Rosenthal." Then in 1847 a local tailor known only as "Mr. Held" arrived. Referenced as the longest-known continuing Jewish family in Florida, the Dzialynski Family arrived in Jacksonville in 1850. Seven years later, Philip Dzialynski, known as Jacksonville's first Jewish entrepreneur, welcomed a son named George, the first Jewish boy born in Northeast Florida. As years continued Jacksonville became home to the first Jewish cemetery in Florida, and several Jewish entrepreneurs immigrated from the North to start their businesses here. From the 1880s through the 1930s Jacksonville was known to have the largest Jewish population in our state.

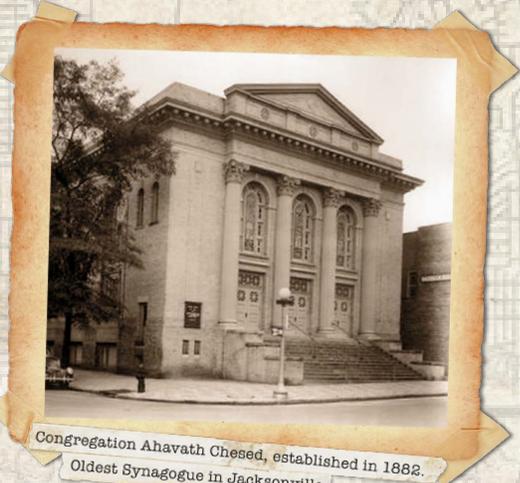
Arriving with no more than packs on their backs and their savings, these tailors, general store owners and businesspeople greatly contributed to the success of our city, paving the way for future generations.

More than 100 years after Jewish families arrived in Jacksonville, our JCA was created with a vision to contribute to the continuation of Jewish life in Jacksonville and with that came an amazing ripple effect throughout our great community.





Cohen Brothers "The Big Store", established in 1867.



Congregation Ahavath Chesed, established in 1882.
Oldest Synagogue in Jacksonville.



The oldest Jewish cemetery in Jacksonville,
established in 1857.



The JCA ribbon cutting ceremony, 1988.



In honor of Jewish American Heritage Month, at the JCA we are so proud to uphold our founders' vision and agency mission while we continue to strengthen Jewish life, continuity and acceptance throughout Jacksonville.



FUN FACT

To honor our Jewish communities' continued achievements throughout the United States, former President George W. Bush established May as Jewish American Heritage Month in 2006.





Thank You VyStar!

By Shelly Hughes, Theatre Director

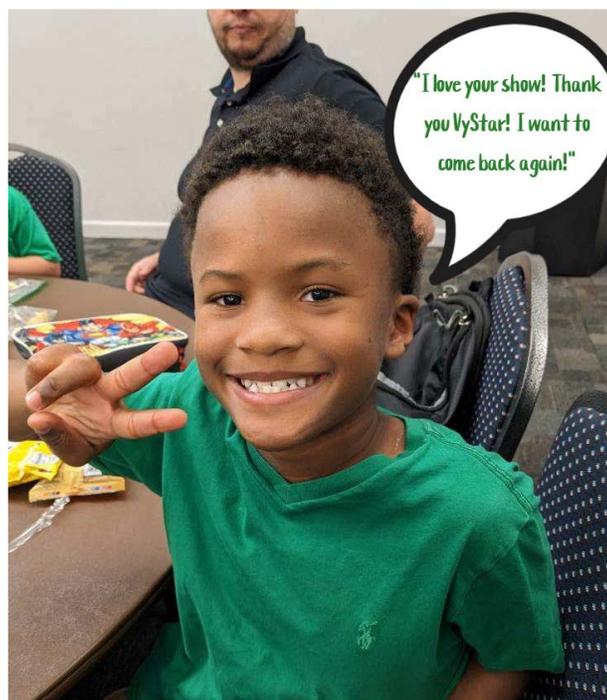
For more than 25 years, our JCA's **Magic Wardrobe Theatre** has served students of the First Coast! In the last year alone, we introduced more than 27,000 young people to the magic of live theatre through our JCA's educational outreach series.

Thanks to the remarkable generosity of our partners at **VyStar Credit Union**, 6,200+ underserved children from Northeast Florida attended our Magic Wardrobe Theatre programs in 2023. Some of these children never saw a live show before attending Magic Wardrobe and VyStar's funding allowed us to bus these kids to the JCA to see a show as well as meet and greet our amazing Magic Wardrobe performers.

This April, performers put on a very special show for VyStar families and friends to thank their institution for their continuous financial support of our beloved Magic Wardrobe Theatre programs. The VyStar gang enjoyed popcorn, drinks and snack packs while watching the Three Little Pigs and the Big Bad Wolf dance and sing in one of Magic Wardrobe Theatre's most popular shows!

We can't say it enough; thank you VyStar, your generosity does so much!







ALUMNI CORNER



A successful insurance agency owner at Brightway Insurance - Riverside, Daniel Miller was just two years old when he started in our preschool. At the time, Gan Yeladim was in a house on Sunbeam Road. Today, Daniel says he is glad his parents, Sandy and Richard, both of blessed memory, made our school their choice.

“The school provides a strong base for children and their families. They embody Jewish values and appreciate what makes each child unique,” says Daniel Miller. “Each student feels respected and successful.”

With the fondest memories of his early education experience and wanting the same for his sons, Jacob and Ezra, Daniel and his wife, Lior Spring, chose Michele Block Gan Yeladim Preschool & Kindergarten too.

“It is a completely supportive environment where parents, teachers, and leadership work together in partnership between home and school,” says Lior. “Our older son, Jacob, started learning English and Hebrew early; the teachers here kept him challenged and continued to nurture his learning and growth in those early years.”

L’Dor V’Dor Michele Block Gan Yeladim Preschool & Kindergarten through the Generations

By Theresa Levy, Alumni Coordinator

The most rewarding part of building the database of alumni from nearly 50 years of students at our Michele Block Gan Yeladim Preschool & Kindergarten is learning more about our former students, their families, and how they are gifting the same educational experience and values they received to their own children.

“**The school provides a strong base for children and their families. They embody Jewish values and appreciate what makes each child unique. Each student feels respected and successful.**”



Having grown up in New York with a similar upbringing focused on the same values and importance of nurturing a child's strengths and interests, Lior became familiar with our school during her time as the JCA's director of communications and development. Currently serving as Treasurer on our Board of Trustees, Lior says she knew even before they were born that her children would thrive at Michele Block Gan Yeladim Preschool & Kindergarten.

"Jacob is now 7 and excelling at Martin J. Gottlieb Day School. He comes to the JCA's After School Program, summer camp and sports leagues. Ezra, who is 4, recently borrowed a book from his teacher's library and signed it out by writing his name. We had no idea he could do that," explains Lior. "As a two-parent working family, we have complete peace of mind and trust that the school does the right thing for each child. Our boys are very different, and the school community has always met their needs seamlessly. It is truly a family, and the JCA is our home away from home."



“**It is a completely supportive environment where parents, teachers, and leadership work together in partnership between home and school.**”



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!

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.

We have spots
in our Junior Kindergarten and Kindergarten classes for the **2023-24 school year.**

Parents who are interested in scheduling a tour and play date should email ganyeladim@jcajax.org or call (904) 730-2100 ext. 235.



Our Vandroff Art Gallery is the BEST!

By Heather Terrill, J Institute Program Manager

Originally called the Gallery Promenade, our Vandroff Art Gallery was “dedicated to this and future generations,” on March 17, 1988, before the Jewish Community Alliance was officially opened. Thanks to Phyllis and Arnold Vandroff* and their families, the ever-changing artwork in our gallery has captured the imaginations of our members and guests for nearly 35 years.

You are likely familiar with the massive gallery wall on our campus and have stopped to take in a few or more of the incredible paintings we showcase. Thanks to your votes, our beloved Vandroff Art Gallery earned special recognition in 2022, named as the Best Gallery in Folio Weekly’s Best of Jax contest!

Featuring a variety of two-dimensional artwork, our gallery wall provides more than 80 feet of hanging space. The Vandroff Art Gallery serves as a place for members to enjoy new art and for our students in the Michele Block Gan Yeladim Preschool & Kindergarten to learn.

When invited to our gallery space, artists will often host an opening reception in the lobby area of the JCA and are encouraged to invite their own guests to spend the time enjoying the art show. Visiting artists also host demonstrations for our community and talks with the kindergarten students in our school. Occasionally, we invite our valued members out to dinner with the featured artist so they can have an up close and personal evening and conversation with the JCA’s monthly featured artist.

*Of blessed memory

**Come see the BEST Gallery in Jacksonville this summer!
Mark your calendars for our upcoming artist shows.**

May 4 - May 31
First Coast Plein Air Painters
(FCPAP)

Fresh Looks en Plein Air, showcases a variety of styles from the emerging and professional artists of FCPAP. These creators use different mediums, their own perspectives and the use of light, mood, and atmosphere to tell a visual story.

Jun 1 - Jun 28
Mimi Tran

A first generation Vietnamese American, Mimi Tran’s family immigrated from Vietnam to Jacksonville in 1991. Mimi holds a Bachelor of Fine Art, painting, drawing and printmaking (2019) from the University of North Florida, and is currently earning a Master of Fine Arts at Florida State University.

Jun 29 - Jul 26
Michael Cenci

Raised in Jacksonville, Florida, Michael Cenci is an avid wildlife photographer with 25 years of experience. Michael loves to capture nature at its most defining moments.

Jul 27 - Aug 30
Laurel Dagnillo

An artist taught by local mentors and fellow artists, Laurel Dagnillo’s work comes from the heart and is inspired by clouds, animals, and wildlife.

More details about our upcoming gallery shows and accompanying opening receptions will be announced via our J Institute Facebook Group. If you are interested in exhibiting at the JCA, the upcoming artist schedule or if you are interested in purchasing work from our Vandroff Art Gallery, please call Heather at (904) 730 -2100 ext 265 or email heather.terrill@jcjax.org.



THE AFTER SCHOOL POST!

By The After School Kids and Mr. Evan

It is an honor to write the informative Alliance News articles you know and love on behalf of the Youth Services department. However, we wanted to showcase this month's article in a different way, from the perspective of our kids – or because Miss Amanda wanted to outsource my writing talent.

Check out what the children who come here every day have to say about our JCA. We asked these After School kids what they love most about the JCA and received some fantastic responses from our new junior journalists.



All About JCA After School

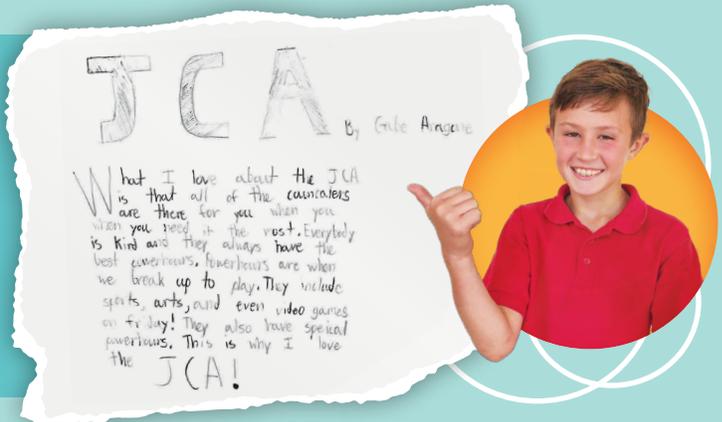
By Stella Bides, Age 7

It's a great place for kids. They're kind. They help us make new friends, they make art, they learn new games to play. They have fun, they listen, they eat and they know the right thing to do. We play, eat and learn and my favorite part is when I get buttons for helping others.

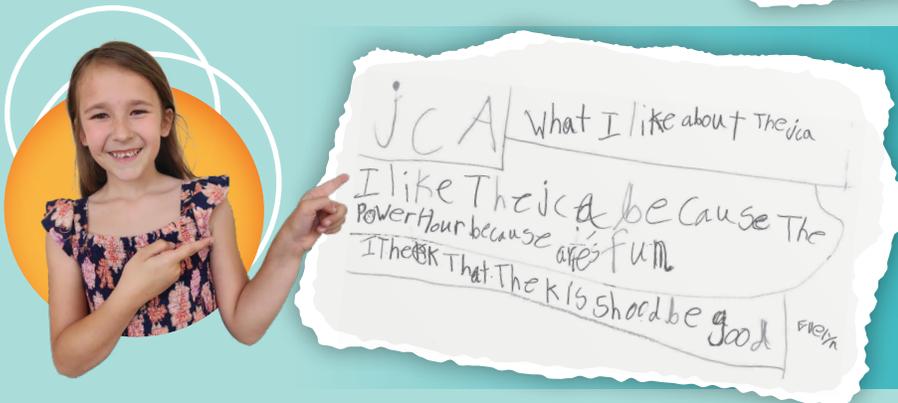
JCA

By Gabe Aragone, Age 9

What I love about the JCA is that all of the counselors are there for you when you need it the most. Everybody is kind and they always have the best counselors. Power Hours are when we break up to play. They include sports, arts and even video games on Friday! They also have special power hours. This is why I love the JCA!



JCA By Gabe Aragone
 What I love about the JCA is that all of the counselors are there for you when you need it the most. Everybody is kind and they always have the best counselors. Power hours are when we break up to play. They include sports, arts, and even video games on Friday! They also have special power hours. This is why I love the JCA!



What I Like About the JCA

By Evelyn Johnson, Age 7

I like the JCA because the Power Hours are fun. I think the kids are good, too!

Don't delay, registration is OPEN

For After School (grades K - 5) and Study Central (grades 6 - 8) for the 2023-24 school year. Parents and guardians, please call (904) 730-2100 ext. 228 to save a spot for your children next year.



Mazel Tov Hannah Rostholder

By Beth Milograno, Communications & PR Specialist



Like a true Maccabee Warrior, when 10-year-old Hannah Rostholder is fencing she remains focused, using her athletic power and mental resilience to prevail. “Coach Bill tells us to use the power of our opponent against them. Even if we make a mistake, we learn from mistakes so we can keep getting better.”

According to Hannah, JCA Fencing Academy Coach Bill Becker’s advice coupled with just a few years of private fencing and group lessons has already afforded her the ultimate fencing experience. In April, Hannah won the Y10 Women’s Sabre Regional Competition during the Infinity Cup in Savannah, Georgia.

“My favorite part of this sport is that I get to be competitive. When I won the Infinity Cup it felt so good, I couldn’t believe it,” says Hannah. “It was amazing. I was surprised and very proud at the same time.”



It is inspiring to watch her progress from one-on-one lessons at the JCA with Coach Bill to group classes and now regional competitions.



Our JCA’s youngest-ever Maccabee of the Month says she first fantasized about being a sword fighter after seeing some of her favorite movies. “I watched The Adventures of Robin Hood with Errol Flynn and The Princess Bride, and ever since, I wanted to sword fight,” laughs Hannah. “Now I am able to fight with a sabre and use all the skills I have learned at the JCA in competition – and I love it.”

The perfect combination of discipline, athleticism, and of course, the chance to fight with a sword, her parents, Erik and Emily, say they are astonished at Hannah’s progress and motivation.

“She has really connected with fencing, and she was always the little girl at Disney who asked for a sword in place of the fairy wand,” explains Erik Rostholder. “Other than fencing, Hannah plays piano, is training for her black belt in karate and has played basketball, soccer and softball. It is inspiring to watch her progress from one-on-one lessons at the JCA with Coach Bill to group classes

and now regional competitions. She has gained incredible confidence and overcome her fears through fencing.”

“The first time we watched Hannah put on her many layers of gear without any help from us, from her chest guard, jacket, electric and helmet and glove, we were struck by how focused and grown up she looked,” says Emily Rostholder. “Watching her compete against young girls from all over the southeast, was awe-inspiring. Then to watch her win – it was a culmination of all her hard work and practice. We could not be prouder of her journey and look forward to watching what she does in the future.”

Inspiring her parents, younger brother Ethan and even her JCA Fencing Academy coaches and teammates, Hannah says she can’t wait until her next competition.



“This summer I will travel to the National Fencing competition in Phoenix, Arizona and will be competing in Y10,” says Hannah. “I go to the JCA summer camp and will actually be in Georgia at Camp Ramah Darom during the competition in Phoenix, but I decided it was worth missing a few days of camp to go and give this a try because I really enjoy this sport. I plan to continue fencing for as long as Coach Bill and Coach Lindsay will train me.”

The JCA Fencing Academy with coaches Bill Becker and Lindsay Stapleton helps fencers gain confidence through games, footwork, coordination, fencing drills and bouts. Classes for youth and adult fencers happen on Wednesdays. Our Fencing Academy spring session continues through June 7. The summer session of fencing begins June 21.

JCA Fencing Academy

Wed

Youth: Ages 6 - 13 | 5 - 6 pm

Adult: Ages 14+ | 6 - 7:30 pm

Spring Session | Apr 19 - Jun 7

Summer Session | Jun 21 - Aug 9

\$180 | Valued member \$120

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@cjajax.org.



Fort Lauderdale or Bust!

By Rio Robinson, Sports & Recreation Director

We are Fort Lauderdale-bound this summer and our JCA athletes are ready for competition at the 2023 JCC Maccabi Games! Our Jacksonville JCA team is proud to be taking 15 Jewish athletes to the games, hosted this year by the David Posnack JCC.

Please join me in congratulating our Jacksonville JCA Maccabi team!

Talia Algee, Taylor Finklehoffe, Micah Hirsch, DJ Kempner, Eli Kuvin, Juliet Leonard, Ben Levinson, Joey Morgenthal, Gabe Morris, Noah Niehaus, Chase Rathet, Zev Shapiro, Zach Trest, Avner Tzbari and Brennan Zaner.

The JCC Maccabi Games® take place at the Fort Lauderdale JCC, Aug 6 – 11 with more than 2000 athletes competing from more than 70 JCCs from around the world, including Canada, Israel, Argentina, Great Britain, Mexico, South Africa and Ukraine.

Noah, Ben, Avner, Micah, Zach, Brennan and Zev will compete on the 16U Flag Football team at the games. Eli, Taylor, Talia and Juliet will be in the pool, swimming in a variety of individual and team races. Gabe, DJ, Joey and Chase will team up on the court, playing on our JCA's 3-v-3 basketball team.

If you see our Jacksonville JCA team practicing around campus this spring, please join us in wishing them luck at the games this summer. We are so proud of our athletes for representing our JCA and the City of Jacksonville at the largest annual gathering of Jewish teens in the world.

The JCA community can support our Jewish athletes traveling to Fort Lauderdale this summer with a donation to our Send a Kid campaign. Please visit jcajax.org/sendakid to learn more details about our efforts to help local families afford the JCA's summer experiences, and to make a pledge to support our Maccabi team today.



Willpower Basketball Training

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

Summer Session I | Jun 5 - Jul 17

Summer Session II | Jul 31 - Sep 11

(No class Sep 4)

\$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

Private Basketball Instruction

Call Coach Rio at ext. 250 or email

rio.robinson@jcajax.org.

\$60 | 30-minute session



Youth Summer Developmental Basketball League

Coach Will Holloman helps children develop their skills on the court. First time players or young athletes looking to improve their game should join us for our mandatory skills assessment on **Sun, Jun 25**.

1 pm | Ages 4 - 6

2 pm | Ages 7 - 12

Games are every **Sun, Jul 9 - 30** from **12 - 6 pm** at the JCA. Exact game times vary based on the number of players and divisions.

\$135 | Valued member \$90

To schedule a make-up assessment or if you have questions, please call Coach Rio (904) 730-2100 ext. 250 or email, rio.robinson@jcajax.org.



#WeAreJCCMaccabi
jccmaccabi.org

f @JCCMaccabiGames **ig @JCCMaccabiGames**





Meet Our Makos Coach with the Most!

By Lydia Samples, Aquatics Coordinator

Joining us once again as head coach of our Summer Makos Swim Team, Lisa Ward is looking forward to another great summer with our mighty Makos. This summer marks Lisa's sixth summer as our head Summer Makos coach.

"My hope is for each swimmer to achieve confidence in their swimming and outside of swimming this summer," says Lisa Ward, who not only serves as our summer swim team coach, but is also the Vice President of the River City Swim League. "Swimming is a sport where it is you against you. Swimmers will see their hard work at practice this summer turn into great achievements at meets and championships."

Before she joined our JCA family, Lisa spent her summer days mentoring kids at other swim clubs throughout our city. A vital part of our swim team at the JCA, I can speak from experience when I say that Lisa has had a major impact on many swimmers over the years.

"I love having swimmers come back as coaches during the summer. It is a growing experience for them and a great summer job. It warms my heart to see them again and what wonderful adults they've grown up to be," says Lisa. "Growing up, I loved every summer on the swim and dive team. I hope all of our Makos at the JCA will look back at their summer in the pool with fondness in the same way I do."

With her years of experience and excitement for the summer swim team, I asked Lisa if she had any advice for the parents who will be cheering poolside this summer.

"Your job is to be your swimmer's biggest fan! They work hard in the pool," says Lisa. "Celebrate their achievements and don't compare them to other swimmers. This sport benefits a child's overall confidence while allowing them to be individuals."

Our Summer Makos compete in six friendly meets with other River City Swim League clubs. A team shirt and swim cap are included in the registration fee.

It is not too late to join Coach Lisa at the pool this summer! Parents, if your children are interested in joining the Summer Makos Swim Team, email dustin.rulien@jcajax.org.



Summer Makos Swim Team

Mon – Thu | Now – July 23

Ages 6 & Under | 4:30 – 5:15 pm

Ages 7 – 10 | 5:15 – 6:15 pm

Ages 11 – 18 | 6:15 – 7:15 pm





HIT YOUR WAY TO FIT!

By Aline Berkenbrock, Tennis Pro

Training to improve your tennis game also means working to improve your cardiovascular fitness. Our Cardio Tennis class on Sundays at 8:30 am is all about staying on the move to get an unbeatable cardio workout. An engaging group fitness program, Cardio Tennis offers players the heart-pumping effects of tennis drills, games and skills to deliver the ultimate full-body, calorie-burning workout.

In class, our Tennis Pro does not give advice on tennis technique. Instead, we function as a motivator on the court making sure you move nonstop! Classes last for 60 minutes and consist of a warm-up, cardio fitness and cool down. The cardio exercise phase lasts between 35-50 minutes and the best way to describe it is non-stop action.

The instructor puts up stations using agility ladders, cones and medicine balls so that players are always active. Music is also a big part of our class mostly because it makes class more fun and motivates us all to keep moving.

Created by Mir Rahim and adopted as a national program by the Tennis Industry Association in partnership with the United States Tennis Association, Cardio Tennis is great for beginners and experienced players alike. The class focuses on drilling, not so much on rallying, making it perfect for all levels of players.

If you are looking for an awesome way to increase your heart rate while having fun and improving your overall athleticism, I encourage you to give our Cardio Tennis class a try! Let's not forget that cardio tennis is also an excellent opportunity to socialize while having a blast on our courts.

Get your friends together, play some music and enjoy an hour full of tennis, fitness, and fun. I hope to see you on our Har-Tru® clay courts.

Cardio Tennis

Ages 18+

Sun | 8:30 – 9:30 am

Six-week sessions available year-round.

\$135 | Valued member \$90



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

8505 San Jose Boulevard
Jacksonville, Florida 32217
(904) 730-2100

jcjax.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.



Non-Profit Org.
U.S. Postage
PAID
Jacksonville, FL
Permit No. 437

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.

JUMP
- Into -
Summer
JCA SUMMER CAMP
AGES: 2 - 16

FABULOUS FACILITIES, ENDLESS ACTIVITIES

REGISTER TODAY | JCAJAX.ORG/CAMP