

SPRING 2022

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PROGRAM GUIDE

29 ADAR 5782 - 1 TAMUZ 5782 • APRIL 1 - JUNE 30, 2022



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

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The JCA Alliance News and Program Guide are published monthly except July and August by the:

Jewish Community Alliance
8505 San Jose Boulevard
Jacksonville, FL 32217

For additional program information, please contact the JCA at:
(904) 730-2100 P • (904) 730-2444 F
jcajax.org • info@jcajax.org
facebook.com/jcajax

Rochelle Stoddard..... Board Chair
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 Beth Milograno...Communications & PR Specialist

Locker Room Hours

Locker room hours are the same as business hours.

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

Kid Kare (babysitting)

(904) 730-2100 ext. 325

- Space limited to 12 kids per shift.
- Operations hours:
Sun - Fri mornings 9 am - 12 pm and Mon - Thu evenings from 5 - 8 pm.
- Snacks are not allowed at open play area, but members of the same household can share the private table at the fenced infant area to snack per request.
- JCA Kid Kare is offered on a first come first serve basis.

Free for JCA family memberships only

Guest Policy

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

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

Mandatory Swim Assessments

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

Unsupervised Children

The following policies ensure the safety of all JCA members:

- Children 9 years old and under must be under direct supervision (in sight and within close proximity) by an adult while at the JCA. Children must be brought to and picked up from class, babysitting or childcare by an adult. All members age 10 and over entering the JCA must present a membership card.
- Children age 10 and up may be unaccompanied by an adult in the JCA except for the fitness area where children must be 13 years old to enter.
- The JCA cannot be held responsible for members age 10 and over attending the JCA and not enrolled in an organized activity. In addition, children age 10 and up are expected to behave in a mature manner when in the building without parental supervision. Behavior that is disruptive and/or harmful to themselves or others may result in the suspension of independent privileges.

Food Policy

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

Fire Alarm Policy

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

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

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

Class Payment, Refund and Cancellation Policy

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

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

Shalom Friends,

On behalf of our Board of Trustees, I would like to say, *thank you, thank you, thank you!*

Because of the wonderful members in our community, our annual fundraiser - **the Tropical Soirée at the JCA** - was an incredible success. We are so grateful to our generous supporters, staff, chairs, planning committee and the many members of our community who helped bring us together in February for such a worthy cause.

While we shared an evening of friendship and fun at the JCA, the real reason we are kvelling is that our alliance provides scholarships and tuition assistance for children, families and seniors throughout our community - and this year all of you helped us **raise a record-breaking \$243,000 to support those in need.** This enormous amount of generosity fulfills our mission to enhance the quality of life of our entire community. We take such pride in sharing our JCA with our neighbors regardless of finances.

We're celebrating another record-breaker at the JCA this spring - winning **FIVE** categories in *Folio Weekly's 2021 Best of Jax* contest! We were voted as the **Best Nonprofit** and **Best Fitness Center** in Jacksonville. Our **Shirley Steel** was voted **Best Personal Trainer**, **Lynnell Grimes** was named **Best Yoga Instructor** - and our **JCA Fitness and Wellness Facebook Group** was named **Best Local Facebook Group!** These recognitions only reaffirm how fortunate we are to have such talented and dedicated professionals in our JCA family. Please join me in congratulating Shirley and Lynnell and our amazing staff members when you enjoy all our JCA has to offer this spring.

In addition to a wide variety of new programming this season, we look forward to sharing our Passover traditions with our community - both Jewish and non-Jewish alike. Please turn to **page 10** for a full list of our holiday events and read how your family can take part in our **Chocolate Seder for Passover** this April.

Thank you again; it is an honor to be part of an alliance that continues to unify and persevere to enhance mind, body and spirit in our community.

Wishing you and your families a safe and healthy spring,



Rochelle Stoddard
Board Chair

**ROCHELLE
STODDARD**

730-2100 ext. 276



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*Of Blessed Memory

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Membership..... Chris Turner, ext. 257
Sports & Rec..... Rio Robinson, ext. 250
TheatreShelly Hughes, ext. 252
Youth Services.....Amanda Collins, ext. 245

JCA BUILDING HOURS

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

JCA HOLIDAY HOURS

Passover	Memorial Day
Friday, Apr 15 5:30 am - 5 pm	Monday, May 30 8 am - 5 pm
Saturday, Apr 16 Closed	Shavout
Sunday, Apr 17 1 – 6 pm	Saturday, Jun 4 1 – 5 pm
Thursday, Apr 21 5:30 am – 5 pm	Sunday, Jun 5 Closed
Friday, Apr 22 Closed	Monday, Jun 6 1 - 9 pm
Saturday, Apr 23 1 – 6 pm	Independence Day
	Monday, Jul 5 8 am - 5 pm

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

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



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



Pennies Canasta for Beginners

Instructor Sandy Oasis teaches a fun version of canasta in this class. Pennies is a partner game and uses three decks of cards. Must have five players and limited to nine. Registration is required by Mar 31.

Thu | 12:30 - 2:30 pm
 Apr 7, 14, 21 and 28
 \$23 | Valued member \$15



Wick

Meet us at Wick for this fun event and make your own candle! Participants will select a scent, choose a jar and design a label to create their custom-made candle. While your candle is cooling, enjoy lunch in San Marco or venture back to Wick to pick up your creation another day. Your candle-making experience can be upgraded on-site.

Wick: A Candle Bar, 1641 Hendricks Avenue
 Thu, Apr 28 | 12 pm
 \$33 | Valued member \$22



Real Estate Lunch 'n Learn

Real Estate Agent Cara Ferreira, shares her tips for preparing to put your home on the market. Come learn great tricks and ideas for getting your house ready for showings, how to sell it fast and how to get the most money in the shortest time possible. Feel free to bring your own Kosher-style lunch.

Mon, Apr 25 | 12 pm
 Free to the community



Mah Jongg for Beginners

Learn the basics of this ancient game from Sandy Oasis and get ready to play with your friends. A 2022 National Mah Jongg League card is required to play and can be ordered online. Must have five players, limited to nine. Registration required by Apr 28.

Thu | 12:30 - 2:30 pm
 May 5, 12, 19 and 26
 \$38 | Valued member \$25



Dance Lessons

Dance and learn the swing this June with **Monarch Ballroom and Dance Studio!** Experience is not required. There is no partner needed; couples and singles are welcome! Minimum enrollment required.

Tue | 7 - 8 pm
 Jun 7, 14, 21 and 28
 \$105 | Valued member \$70



Understanding Alzheimer's and Dementia

Join us to hear from the Alzheimer's Association and learn more about the difference between Alzheimer's and dementia. This disease is not a normal part of aging - join us to learn more about the stages of Alzheimer's, associated risk factors, current research and treatments available. Alzheimer's Association resources will be available.

Thu, Apr 21 | 11:45 am
Free to the community



Diabetes Empowerment Education Program

Are you living with diabetes and want to have fun while learning how to manage and prevent complications in association with this disease? Join the **Northeast Florida Area Health Education Center** for an interactive workshop including demonstrations, role playing and games. Please feel free to bring your own Kosher-style lunch.

Tue | 12 - 2 pm
Apr 19, 26, May 3, 10, 17 and 24
Free to the community



Enjoy Healthy Eating and a Desirable Weight

Our Functional Nutrition Registered Dietitian, Stacy Seslowsky, shares what food means to our bodies. Learn more about nutrient density, meal plate construction and how to address the root of being overweight. Suggested meal plans will be provided to participants.

Tue, May 17 | 6:30 - 8 pm
\$8 | Valued member \$5

 **For more wellness programs, including our Sit & Get Fit classes, see pages 16 - 17.**

J INSTITUTE • EXPLORE

Architecture Tour and Lunch

Join Gary Sass for a walking tour and learn about some of the notable architects who were drawn to Jacksonville after the great fire and helped to reshape our beautiful River City. Transportation from the JCA is provided. Lunch is at your own expense.

Mon, Apr 11 | 9:15 am
\$42 | Valued member \$28

Murray Hill History and Mural Tour, Plus Lunch

Explore one of the "coolest new old neighborhoods" in Jacksonville with us! Murray Hill is filled with amazing murals, one of only three Sears homes in Jacksonville and is home to one of the oldest continuously operating ice cream shops in all of Florida. Lunch is at your own expense. Transportation from the JCA is provided.

Wed, Apr 20 | 9 am
\$42 | Valued member \$28



Legends, Liars and Lagers Walking Tour

Enjoy a pub stop along the way on this walking tour with Gary Sass while you learn some of the legends of Jacksonville. Transportation from the JCA is included.

Thu, May 5 | 6:15 - 9 pm
\$42 | Valued member \$28



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

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

Mon, Jun 6 | 8:30 am
\$65 | Valued member \$43

VANDROFF ART GALLERY



Jacksonville Watercolor Society

Mar 31 - Apr 27

Exquisite works from Jacksonville Watercolor Society (JWS) will be on display. Founded in 1982, JWS continues to provide a variety of educational opportunities and advocacy for watercolor artists in our community.



Arthur Rogers

Apr 28 - Jun 1

Inspired by conflict and balance, Arthur Roger uses contrasting lines, shapes and abrading textures to create his pieces. In a time where contrasting ideas are the norm, Arthur's work shows that one idea can't exist without its counterpart.



Cookie Davis

Jun 2 - 29

A native of Jacksonville, Cookie Davis has been involved in the art community since the early 1970s. As an exhibiting artist and volunteer chairperson, Cookie has served as board member for numerous local cultural organizations and events.

For details on exhibiting or the upcoming artist schedule, contact Heather at ext. 265 or heather.terrill@jcajax.org.



Spring Art Workshops with Theresa Rykaczewski

Spring Cottage, Kinkadee Style

This two-day class is dedicated to painting a lovely garden cottage surrounded by quaint paths and flowers in oil or acrylic.

Wed, Apr 6 and 20 | 2 - 5 pm

\$60 | Valued member \$40

Open Studio

Bring whatever creative project you are working on to receive one-on-one feedback from Theresa. Enjoy conversing with other artists during this supervised group studio time.

Wed, May 11 and 25 | 2 - 5 pm

\$30 | Valued member \$20

Visit jcajax.org/j-institute for our class supply lists.



Pottery

Learn the basics of creating pottery with clay, or join us to fine tune your hand-building or wheel-throwing skills. Craftsmanship, creativity and an appreciation for the elements of well-made, functional pottery are emphasized in each session. Clay is provided.

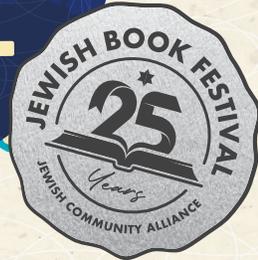
AM Session:

Tue | 10 am - 12 pm | Mar 22, 29, Apr 5, 12, 19, 26, May 3 and 10
\$216 | Valued member \$144

PM Session:

Thu | 6:30 - 8:30 pm | Mar 24, 31, Apr 7, 14, 21, 28, May 5 and 12
\$216 | Valued member \$144

JCA CULTURAL ARTS FESTIVAL



2022 EXTENSION EVENTS

CULTURAL ARTS FESTIVAL EXTENSION EVENTS WITH
THE CULTURAL COUNCIL OF GREATER JACKSONVILLE.



Cultural Council
OF GREATER JACKSONVILLE

TUE | MAR 29 | 7 PM
Public Art in Jacksonville

The Cultural Council of Greater Jacksonville joins us at the JCA to share what goes on behind the scenes when it comes to implementing public art projects in the River City. Learn more about the process of public art installations and the exciting things happening in Jacksonville thanks to the Cultural Council.

SUN | APR 3 | 2 – 3:30 PM
Downtown Art Tour

Join us on a tour with the Cultural Council of Greater Jacksonville to see the amazing pieces included in the Art in Public Places of Downtown Jacksonville. This tour gives a glimpse of the work the Cultural Council does within our beautiful community. Registration is required. Attendees will be emailed the starting location of the tour.



TUE | APR 5 | 7 PM

Jen Spyra
Big Time
Streaming at the JCA

Jen Spyra has worked in nearly every kind of comedy there is from penning stories for *The Onion*, writing skits and onliners as a staff writer for *The Late Show with Stephen Colbert*, contributing pieces to *The New Yorker* and *McSweeney's*, to being an improv performer at UCB Theatre in Manhattan. In this uproarious, addictive debut in her novel, *Big Time*, Jen takes a culture that seems almost beyond parody and holds it up to a funhouse mirror. Readers are immersed in a world of prehistoric influencers, woodland creatures plagued by millennial neuroses, and a birthday bash determined to be the most lavish celebration of all time - by any means necessary.



TUE | MAY 10 | 7 PM

Zibby Owens
Moms Don't Have Time to Have Kids
Mom's Night Out
Streaming at the JCA

An author, podcaster, publisher, CEO, wife and mother of four, Zibby Owens lives in New York City where she is inspired by five things moms don't have time to do - write, get sick, see friends, lose weight and sleep. Founder of Zibby Owens Media, a privately-held media company, Zibby helps busy people live their best lives by connecting to books and each other. Her award-winning podcast, *Moms Don't Have Time to Read Books*, has been downloaded millions of times. In her novel, *Moms Don't Have Time to Have Kids*, Zibby compiled 53 essays by 49 authors to help the rest of us feel understood, inspired and less alone. All previous guests on her podcast, the book includes fifteen *New York Times* bestselling authors, five national bestsellers and twenty-nine award-winning/notable/critically acclaimed writers.

FREE TO THE COMMUNITY THANKS TO THE GENEROSITY OF OUR SPONSORS.

SCAN TO VISIT JCAJAX.ORG/JCAFEST
TO REGISTER AND FOR THE FULL SCHEDULE OF FESTIVAL EVENTS.





NATALIA FISHER
ECE DIRECTOR
730-2100 ext. 242



3 (by 9/1/2021) - 6 yrs

Join Ms. Renee in our child-centered kitchen to prepare and taste foods from countries all around the world. No two classes are the same. Each child brings home a special keepsake cookbook at the end of the class.

Tue | 3:15 - 4 pm or 4:15 - 5 pm
Apr 5 - May 17 (no class Apr 19)
\$90 | Valued member \$60



Passover Cooking

3 (by 9/1/2021) - 6 yrs

Celebrate Passover with a fun cooking class that will help your children enjoy the holiday that celebrates rebirth.

Fri, Apr 8 | 3:15 - 4 pm
\$15 | Valued member \$10

Yom Ha'Atzmaut

3 (by 9/1/2021) - 6 yrs

Celebrate Yom Ha'Atzmaut, Israel's Independence Day, with a fun cooking class where your children can enjoy the holiday using all of their senses.

Fri, May 6 | 3:15 - 4 pm
\$15 | Valued member \$10

Parent & Me

CLASSES



Make Music (3 mos - 3 yrs)

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

Mon | 11 - 11:45 am | Apr 4 - May 16
(no class Apr 18)



Story Time (Birth - 3 yrs)

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

Wed | 11 - 11:45 am | Apr 6 - May 18
(No class Apr 20)



Stroller Fit Moms (Birth - 3 yrs)

Stroller-based exercises that blend Barre Pilates, yoga and power walking. Bond with your baby, build strength, tone muscle and improve posture.

Mon | 12:15 - 1:15 pm | Apr 4 - May 16
(No class Apr 18)

On the Go (Crawlers - 3yrs)

Come show off your best dance moves, wiggle like a worm and jump around in this fun interactive class. Join us for this wonderful bonding experience involving movement.

Thu | 11 - 11:45 pm | Apr 7 - May 19
(No class Apr 21)



Tot Shabbat (Birth - 3 yrs)

Join Ms. Renee for a Jewish holiday-based Shabbat with crafts and activities! Holidays include Passover and Yom Ha'Atzmaut.

Fri | 11 - 11:45 am | Apr 8 and May 6



Sensory Sensations (6 mos - 3 yrs)

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

Tue | 11 - 11:45 am | Apr 5 - May 17
(No class Apr 19)

Family Yoga (Crawlers - 3 yrs)

Join us for this yoga class friendly for babies and toddlers of all ages! Bond with your little ones as you help them work on flexibility, focus and various fine motor skills.

Sun | 11 - 11:45 am | Apr 3 and May 1

FREE TO THE COMMUNITY

ADVANCE REGISTRATION REQUIRED.

Zoe's Hippy Hop Move & Groove

Ages 3 (by 9/1/2021) - 5 yrs

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

Tue | 1 - 1:30 pm

Mar 29, Apr 5, 12, 19, 26, May 10 and 17

\$126 | Valued member \$84

Fit for Broadway

Grades K - 8

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

Tue | 4 - 5 pm

Mar 29, Apr 5, 12, 19, 26, May 10 and 17

\$126 | Valued member \$84

Zoe's Clubhouse

Ages 3 (by 9/1/2021) - 5 yrs

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

Wed | 1:30 - 2:15 pm

Mar 30, Apr 6, 13, 20, 27, May 11 and 18

\$158 | Valued member \$105

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



Zoe's Alumni

Grades K - 2

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

Wed | 4 - 5 pm

Mar 30, Apr 6, 13, 20, 27, May 11 and 18

\$158 | Valued member \$105

Baby Bear Ballet

Ages 3 (by 9/1/2021) - 5 yrs

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

Fri | 1 - 1:30 pm

Apr 1, 8, 15, 29, May 13 and 20

\$153 | Valued member \$102

PAC Auditions Presents

Annie



AUDITIONS: Mon, Mar 21 | 4 pm

REHEARSALS: Mon and Thu | 4 - 6 pm | Starts Mar 24

SHOW DATES: May 8 and 15 | 1 pm and 4 pm

\$265 | Valued member \$175 | No fees will be collected until after the cast list is posted.



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



Jewish Kayaking Journey

Join Justin Sakofs on a kayaking journey with an infusion of Jewish spirituality. Rebbe Nachman of Breslov wrote about finding God in nature, so you'll take that journey to the water.

Dates TBD
Free to the community

Monthly Member Mitzvah

- Apr** - JFCS Food Drive - Donate non-perishable food items and Kosher for Passover items.
- May** - Letters to Israel - Write a letter that will be placed in Jerusalem's Kotel/Western Wall.
- Jun** - Pop Tabs for Ronald McDonald House - Fundraise by bringing in aluminum can tabs from soda, soup or vegetable cans.
- Jul** - Jewish Family & Community Services School Supply Drive - Show your support with school supplies to benefit children in Northeast Florida.

Jewish Yoga

Experience yoga through a Jewish lens as an alternative Shabbat experience. Join Yogi Evelyn Gaal and Jewish teacher Justin Sakofs as they lead sessions of Jewish infused yoga. Please bring your own mat.

Sat | 8 am

Apr 2 - Congregation Ahavath Chesed - The Temple

May 14 - Jacksonville Jewish Center - The Center

Free to the community

The Joys of Yiddish

Speak Yiddish with Suzie Becker! Learn Yiddish words, phrases and learn the history of Yiddish music and theater. Come to one or all classes!

Tue | 11 am

Apr 5, 19 and May 17

Free to the community

Lunch and Learn

Grab a bite and get inspired! Learn from Rabbi Feigenbaum while enjoying a free catered lunch.

Thu | 12 pm

Apr 7, May 5 and Jun 2

Free to the community

Advance registration required

Taste of Melton

Come find out about the Melton School of Adult Jewish Learning. Rabbi Morey Schwartz, Melton's International Director, will share what these courses look like as we bring Melton programs to Jacksonville. Melton is designed to engage adult learners in a life-enhancing study of Jewish texts and ideas that nurture and deepen Jewish community worldwide. Through Melton classes, students find Jewish texts and ideas that are accessible and relevant to their lives.

Tue, Apr 12 | 1 pm

Free to the community

Chocolate Seder for Passover

Calling chocolate lovers of all ages! Join us for a traditional Passover seder with a chocolate twist!

Tue, Apr 19 | 11:30 am

Free to the community

Advance registration required

Mah Jongg Conference

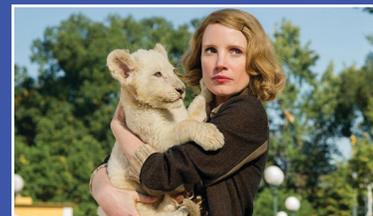
Join us for the first-ever Mah Jongg Conference at the JCA. Everyone in our community, from beginners to veterans, is invited! There will be lectures, activities and time to play Mah Jongg. Lunch will be provided.

Tue, Apr 26 | 9 am - 3 pm

\$68 | Valued member \$45

Advance registration required by April 19.

ISRAEL FILM SERIES



The Zookeeper's Wife

In honor of Yom Hashoah, Holocaust Remembrance Day, join us for a screening of *The Zookeeper's Wife*. This film shares the real life story of a working mother and wife who became a hero to hundreds during World War II.

Mon, Apr 25 | 6:30 pm

Free to the community

Melton School of Adult Jewish Learning - Pray it Forward: God, Gratitude and, Gathering Together

Prayer provides a means to express gratitude. Prayer can be silent. Prayer can be communal. Prayer expresses our deepest needs and appreciation. This Melton School of Adult Jewish Learning course follows the development of prayer, from the Tabernacle in the wilderness of Sinai, to the Temple in Jerusalem and the synagogues of today. We will explore the concepts behind prayer and blessings, and the power of meditation, as we link our past, present, and future to the immediate and the transcendent in this six-week course.

Advance registration required by Apr 20 via <http://www.meltonschool.org/jacksonville>. Minimum enrollment is required.

Tue | Apr 26, May 3, 10, 17, 24 and 31
1 - 2:30 pm

\$179 | Open to the community

Israel's NATIONAL DAYS



JFCS Holocaust Memorial Gallery Tour

In honor of Yom Ha'Shoah, Holocaust Remembrance Day, enjoy a tour of the latest exhibit and hear from a second generation Holocaust survivor. We will meet at Jewish Family & Community Services at 8540 Baycenter Rd.

Mon, May 2 | 10 am

Yom Ha'Atzmaut Comedy Show

Celebrate Yom Ha'Atzmaut, Israel's Independence Day, with Comedian Joel Chasnoff, author of *The 188th Crybaby Brigade*. Joel promises an evening of humor and celebration.

Thu, May 5 | 7 pm

Yom Ha'Zikaron Ceremony

Yom Ha'Zikaron is the Day of Remembrance for Fallen Soldiers of Israel and Victims of Terrorism. Join us for a traditional Israeli ceremony led by our community Shaliach Stav and members of our Jacksonville Jewish community on this important memorial day.

Tue, May 3 | 7 pm

Yom Ha'Atzmaut Community Celebration

The entire Jacksonville community will come together to celebrate Yom Ha'Atzmaut, Israel's Independence Day! The afternoon event will include activities and food for your entire family.

Sun, May 15 | 12 - 3 pm
Jacksonville Jewish Center,
Beth Shalom Park

FREE TO THE COMMUNITY



Clergy in a Circle

Jacksonville Rabbis and Cantors discuss and answer questions on a Jewish theme.

Thu, May 26 | 7 pm

Free to the community

INFO@JCAJAX.ORG

Ice Cream Social for Shavuot

Cool off with ice cream at the beach for our Shavuot celebration! Shavuot celebrates the giving of the Torah to Moses at Mount Sinai. Join us for a book, craft and a delicious ice cream sundae bar! This event is in partnership with the Jewish Federation & Foundation of Northeast Florida, PJ Library and our local synagogues.

Sun, Jun 12 | 11 am
Beth El Synagogue
Free to the community
Advance registration required



PROGRAMS WITH COMMUNITY SHALIACH STAV

Conversational Hebrew - Medabrim Ivrit

Our community Shaliach Stav teaches conversational Hebrew. This class is for people who already speak Hebrew fluently.

Practice Hebrew - Metargelim Ivrit

Shaliach Stav teaches intermediate Hebrew conversations and speaking skills for those not at a fluent level.

For more information about Hebrew classes at the JCA, please email Stav at jaxshlichut@Jewishjacksonville.org.

Café Israeli

Hang out with our Shaliach Stav, drink coffee, eat Israeli snacks and talk about Israel! Feel free to come to one or all the dates!

7 pm | Apr 4, May 12 and Jun 16

There is Another Way

Join Adina and Eli Tal, who are visiting from Israel and choose to live happily despite losing a son and raising a daughter with autism. In this lecture Adina and Eli share insight on 'living instead of surviving' despite struggles in life. This insightful journey is accompanied by music and gives attendees a unique life perspective.

Wed, Apr 20 | 7 pm



Free to the community



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



Private Supplemental Tutoring

(Grades K – 5)

One-on-one academic subject and homework assistance with current and former teachers. Tutoring is only open to JCA members and After School participants. Contact Amanda at ext. 245 for more information.

Wonder Wizards

(Grades K – 5)

Kid wizards, come conduct cool experiments to unlock the secrets and magic of science!

Tue | 4 – 5 pm

Apr 5, 12, 19 and 26

\$60 | Valued member \$40



Trash to Treasure

(Grades K – 5)

Young artists will flex their creative and eco-conscious muscles while they learn how to create awesome projects from recycled and reusable materials.

Thu | 4 – 5 pm

Apr 7, 14, 21 and 28

\$60 | Valued member \$40



Private Piano Lessons

(Grades K – 12)

Beginner and intermediate students learn ear training, note reading, technique, chord and song structure. Genre training is also available. Lessons are taught by a local music professional.

Please contact Amanda at ext. 245 for more information.

Delicious Desserts

(Grades K – 5)

Warning: sweet treats ahead. Young chefs, what do you think is the most delicious dessert in the world? We'll meet you in the kitchen to use our baking skills and tastebuds to discover the answer to that question!

Wed | 4:30 – 5:30 pm

Mar 23, 30, Apr 6 and 13

\$60 | Valued member \$40

Summer of Yum!

(Grades K – 5)

You've heard of summer of fun - now it's time to get your young chefs cooking for a summer of YUM! In this class young cooks will make summer-inspired treats. Your little chef will be ready to serve this summer - and have a ball making vacation vittles like gourmet popsicles, homemade ice cream, fruit kabobs and many more scrumptious summer snacks.

Wed | 4:30 – 5:30 pm

Apr 20, 27, May 4 and 11

\$60 | Valued member \$40



Mother's Day Surprise

(Grades K – 8)

Calling all kids! Create a special Mother's Day surprise that mom is sure to cherish! All materials will be supplied. Participants will leave with a wrapped gift for their mother.

Thu, May 5 | 4 – 5 pm

\$15 | Valued member \$10



J-Cation Days

Grades K - 8

On days when school is closed, send your child to the JCA to explore, create, learn and have FUN with friends! Children choose from a variety of sports, STEM and art activities throughout the day. Leave your worries at the door as your child enters a safe, nurturing environment supervised by our responsible and energetic staff. Wear athletic shoes, pack a dairy lunch and swim essentials, and we will take care of the rest!

J-Cation Spring Break:

Mar 11 - 18

J-Cation Days

Apr 15, 18 - 21*, May 31, Jun 1 and 2

No J-Cation on Apr 22.

*For select schools with minimum enrollment

J-Cation Days Field Trips

For an additional cost, add on any of our fun-filled field trips to your children's J-Cation Days.

Mar 15 | St. Augustine Trolley Tour and Ripley's
\$30 | Valued member \$20

Mar 17 | Bravo'z
\$52 | Valued member \$35

STUDY CENTRAL

GRADES 6 - 8

Study Central is designed with quality and flexibility in mind for teens and preteens to support socialization, independence and responsibility in a supervised environment after school. Daily snack, Wi-Fi, laptop access and homework assistance is available. Choose two, three or five days per week. In addition, the JCA works with local professionals to offer optional enrichment opportunities in sports, fitness and the arts. Sign up today and design a schedule that works for you and your busy student!



AFTER SCHOOL PROGRAM

GRADES K - 5

End their day at the JCA! JCA's After School Program will nurture, encourage and stimulate your child's interests through a variety of activities all in a positive environment your child will love!

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



REGISTRATION FOR THE 2022-23 SCHOOL YEAR BEGINS APRIL 1.
TO REGISTER, CALL (904) 730-2100 EXT. 228.

FREE TRANSPORTATION FROM SELECT SCHOOLS WITH MINIMUM ENROLLMENT





**BEN
MARCUS**
DEVELOPMENT DIRECTOR
730-2100 EXT. 318

Chai Society

Help us, help the Jacksonville Community!

While membership fees ensure a high-quality experience at the JCA, donations to our agency improve the lives of families across Jacksonville with free and reduced costs, cultural, educational, wellness and other programming.

Join the Chai Society with a monthly donation of \$18 or more; help share the JCA with the entire community!

Members of the JCA Chai Society:

- ▶ Support the JCA in our mission to serve as a common meeting ground and enhance the quality of life of the entire community
- ▶ Get exclusive access to Chai-Lights monthly newsletter
- ▶ Receive invitations to donor events and discounted tickets to our annual fundraiser

Sign up at jcjax.org/chai-society

Questions? Contact Ben Marcus, Development Director, (904) 730-2100 ext. 318 or ben.marcus@jcjax.org.



**“As my ancestors planted before me,
so shall I plant for future generations.”**

– Talmud

Make a difference and help preserve our community by creating a legacy with the JCA. Include your name alongside the honorable members of the Jewish Community Alliance Legacy Society. We are privileged to recognize our members who have made a philanthropic investment to the JCA mission and plan to continue their commitment with a planned gift in their will or estate plans.

What will your legacy be? Visit jcjax.org/legacy to learn more about leaving a legacy with the JCA. For questions and more details, contact Ben Marcus, at ben.marcus@jcjax.org or (904) 730-2100 ext. 318.



YOU CAN MAKE A DIFFERENCE SEND A KID TO CAMP!

Our **Send A Kid To Camp** fund offers children who otherwise could not afford to attend **JCA Summer Camp** or participate in the **JCC Maccabi Games**, the opportunity to grow, learn and have fun in our community!

Your support helps to make the JCA a place where children can:

- ✓ Be **physically active** and **gain resiliency** through encouragement and a nurturing environment.
- ✓ Experience **success** and **build confidence** with diverse opportunities to learn and thrive.
- ✓ **Unplug from technology** and **grow by discovering** their creative powers.
- ✓ Learn **social skills** and make **life-long friends**.
- ✓ **Stay occupied** and **engaged** throughout the summer and all year long!

**HELP US SUPPORT
THE CHILDREN
IN OUR COMMUNITY!**

**DONATE TODAY AT
JCAJAX.ORG/SENDKID.**

For more information please email Ben Marcus at ben.marcus@jcjax.org or call (904) 730-2100 ext. 318.

Tropical SOIRÉE

AT THE JCA ANNUAL FUNDRAISER

THANK YOU FOR YOUR SUPPORT OF THE JCA ANNUAL FUNDRAISER.
YOU MAKE A DIFFERENCE!

Sponsors*

HAWAII

Berman Family Foundation • Frisch Family • Linda and David Stein • Trager Family Foundation

OAHU

Rachel and Kevin Algee • Block Family • Ennis, Pellum & Associates, CPAs • International Management Company, LLC
Monique and David Miller • Mauri and Alan Mizrahi, Judy Mizrahi, Rachel and Craig Morgenthal • Parker and Wilf Families
Selevan Family Foundation • Gina and Richard Stromberg, Jill and Sam Stromberg • Nadine and Mitchell Terk

MAUI

Baptist Health • Jacksonville Jaguars Foundation • Korman and Shelton Families
The Lighthouse Wealth Management Group at Morgan Stanley • Glenn and Michael Miller

KAUAI

Alex and Scot Ackerman • Black Knight • Nicole and Andy Brown • Chef's Garden Catering & Events • DuBow Family
Mary and Jeff Edwards • Meredith and Mark Frisch • Nancy and Mark Green • Helen Rowan and Paul Halloran • HUB International
The Jaffe Group at Morgan Stanley • Liberty Landscape Supply • Stephanie and Charles Palazzolo • Shorstein Family
Starling at San Jose • TD Wealth • Zimmerman Family

MOLOKAI

Algee Meyers Family • Brooks Rehabilitation • LaVerne and Andy Cantor • Kristina and Matt Flagler
Debbie and Melvin Gottlieb • Irene and Jimmy Jaffa • Iris and Mark Kraemer • Joan and H. Ronald Levin Family Foundation
Manifest Distilling • Daniel Miller – Brightway Insurance, Riverside • Moore Stephens Lovelace, P.A. • Kimberly and Richard Sisisky
Patricia and Steven Wilson • Brenda and Eugene Wolchok

LANAI

Hilary and Herschel Bettman • Bono's Pit Bar-B-Q • Deborah and Lathun Brigman • Harriet and Ernie Brodsky
Regina and Adam Chaskin • Sunny Gettinger and Trey Csar • Susan Eaglstein • Susan and Ronald Elinoff • Flagler Family
Adam Gitlin • Paula and Kenny Horn • Edith and Bruce Horovitz • Ideal Gas • Ken Jacobs/GrayRobinson, P. A.
Whitney and Grant Kuvin • Jan and Bruce Lipsky • MasterCraft Builder Group • Minuteman Press • Tmima and Steven Neihaus
Thelma and Bob Nied • Nancy and Gary Perlman • PRI Productions • Kim and David Robbins • Jeanine and Chaim Rogozinski
Emily and Erik Rostholder • Nina and Neal Roth • Diane and Mitchell Rothstein • Ryan, Marks and Stromberg Attorneys • Shari and Mark Saye
Sylvia and Joel Shapiro • Deborah and Steven Shapiro • Haley and Jason Trager • Tracey and David Vandroff
Sharon and Bruce Witten • Randy Kammer and Jeff Wollitz

FRIENDS OF THE JCA

Rebecca and Allan Andrew • Susan and Matthew Edelman • Susan and Marty Goetz • Joanie Heighes – Engels and Volkers
Francine and Jim Kempner • LifeFitness • Jan and Alan Margolies • Tommy Mattox • Precor • Ellen and Barry Setzer

SPECIAL THANKS

Rachel Algee • Rabbi Yaakov Fisch • Rachel Morgenthal • Fran Selevan





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



SKYLER EARLMAN TUCKER
BSH, ACE-CHC
WELLNESS COACH /
SITE COORDINATOR
730-2100 EXT. 333



Baptist Health Podcast



Our experts, *on a podcast.*

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

BaptistJax.com/Radio



Adult Mental Health First Aid

Many adults experience a mental health crisis but don't know where to turn. This eight-hour training, developed by mental health professionals, gives our members key skills and practical knowledge to help people experiencing a mental health crisis. You will receive a three-year certification in eight hours. Please register via: eventbrite.com/e/225242675907

Fri, May 13 | 9 am – 5 pm
Open to the community

Healing Touch

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

\$65 | 60-minute session
By appointment only. Register via: eventbrite.com/e/292698909317.



Youth Mental Health First Aid

This course introduces common challenges facing young people, reviews typical adolescent development and teaches a five-step plan on how to help young people in crisis and non-crisis situations. **Fri, May 20 | 9 am - 5 pm**
Open to the community
To register please visit, eventbrite.com/e/225473606627.

Wellness Coaching

Do you need progress tracking or just want to know your cholesterol and glucose levels? Come see a Wellness Coach at the Wellness Connexion, located in the lobby of the JCA. Wellness Coaching is a partnership between you and a health coach that provides supportive mentoring and motivation to make positive health choices that will impact your overall wellbeing. Wellness coaches can help move you from where you are to where you want to be. Our Wellness Coaches are accountability partners and cheerleaders.

Meditation Mondays

Learn to relax your body and mind, use your breath to enrich your compassionate outlook on life with a Wellness Coach from our Baptist Health Wellness Connexion. No special training or knowledge is necessary. Please sign up at the Registrar's office.

Ongoing weekly sessions
Mon | 11:45 am - 12:15 pm
Meeting Room A



Women's Wellness Wednesdays 4her

Baptist Health offers 4her, a unique collection of wellness services, focused on women to provide resources to fit their evolving needs. Join Lisa Bradford, RN Wellness Coach, for monthly, interactive, education sessions at the JCA. Lisa will be joined by a Baptist Health professional to discuss health topics relevant to women and their wellness journeys.

Join us on the third Wednesday of every month.
6 pm | Open to the community
Location TBD



Ready 4 Veggies

Our collaboration between the Boys and Girls Club of Northeast Florida and Baptist Health brings the Ready 4 Veggies bus to the JCA twice a month. Get your tastebuds ready and don't forget your reusable bags!

First and third Tuesday of the month
10 am – 12 pm
Open to the community



JCA Walking Club

Become a member of one of the fastest growing groups at the JCA. You can find walkers on the track, on treadmills and in the gymnasium. Keep track of your progress and receive awards from the JCA when a goal is achieved. Walk with us! The JCA Walking Club is fun, educational, healthy and FREE. Free for valued members

EIFFEL GILYANA
 FITNESS & WELLNESS DIRECTOR
 730-2100 EXT. 324



Sit & Get Fit

Join us to get in shape while making new friends.

Mon, Wed and Fri | 10:45 am

Aqua Sit & Get Fit

Tue and Thu | 11:10 am

FITNESS WORKSHOPS

TRX

Personal Trainer Karen Cataldo teaches the TRX suspension system and stations to improve strength, flexibility and cardiovascular health. Participants will use a variety of equipment, like BOSU, stability balls, kettlebells and more.

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

How to Safely Get Up From a Fall

Our on-site Brooks Rehabilitation staff will host a one-time fall prevention workshop tailored around identifying and removing fall hazards in your home, strengthening and balance exercises and how to safely get back on your feet if you do have a fall.

Mon, Apr 11 | 11:45 am - 12:45 pm
 Open to the community

Sunrise Beach Yoga

Join certified yoga instructor Evelyn Gaal in this immersive morning beach yoga. This event will take place at Jacksonville beach. Registered participants will be emailed our exact location. Open to all levels.

Sun, Apr 24 | 9 - 10 am
 Open to the community

Yoga for Healing

Join certified personal trainer and yoga instructor Lynnell Grimes as she identifies the benefits and importance of yoga and exercise in relation to cancer prevention and recovery. Lynnell will also demonstrate yoga poses that are beneficial to individuals in any stage of cancer.

Thu, Apr 28 | 12 - 1 pm
 Open to the community

Rock, Roll and Release Foam Roller

Join trainer Shirley Steel to learn how to use the foam roller to improve tissue mobility and increase circulation, to speed healing and recovery and maximize your workouts.

Sun, May 1 | 10 - 11 am
 \$25 | Valued members only

Boxing for Fitness Workshop

Coach Jimmy Normeus teaches boxing drills and techniques for calorie-burning, cardio conditioning workouts with or without a heavy bag.

Sun, May 15 | 3 - 4 pm
 \$25 | Valued members only

Pilates for Tennis

Join personal trainer, yoga and Pilates instructor Gisela Reis in an effective pre and post match warm up and cool down routine that will improve tennis performance and help prevent common injuries. Students will use a Pilates mat, props and reformer equipment.

Sun, Jun 12 | 10:30 - 11:30 am
 \$25 | Valued members only

Tag You're It

Join certified cycle instructor Yosefa Reich as you engage in a fun cycle mini game. Tag You're It, features an interactive indoor cycling experience where riders chase one another using RPM!

Sun, Jun 19 | 12 - 1 pm
 Free for valued members

Valued JCA members,

learn about fitness workshops, personal fitness and Pilates training at the JCA.

Call ext. 267; our personal training experts are eager to support members of all fitness levels.



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

Open Pick Up Sports (Ages 14+)

Volleyball Tue | 7 - 9 pm
Basketball Sat | 1 - 3 pm



Adult Basketball Leagues

Teams consist of six players for 4-on-4 competition. Adult basketball leagues run year-round. For more information or to check availability, call ext. 254.

18+ Adult Basketball League

(Ages 18+)

Wed | 6 - 9 pm

25+ Adult Basketball League

(Ages 25+)

Sun | 8:30 - 11:30 am



JCA Fencing Academy

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

Wed

Youth (Ages 6 - 13) 5 - 6 pm

Adult (Ages 14+) 6 - 7:30 pm

Session I Mar 9 - Apr 27

Session II May 11 - Jun 29

Session III Jul 13 - Aug 31

\$180 | Valued member \$120



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



Fast Freddy's Taekwondo Academy

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

Mon and Thu

(Ages 3 - 6) 4 - 4:45 pm

(Ages 7 - 13) 5 - 6 pm

Session I Mar 21 - May 16

(no class Apr 21)

Session II Jun 2 - Aug 1

(no class Jun 6 or Jul 4)

16 classes per session

\$300 | Valued member \$200



2022 Youth Spring Basketball League

(Ages 4 - 16)

All games will be held at the JCA and will require one weeknight practice.

Sun | 12:30 - 6 pm (times may vary)

Mar 27 - May 22

(No games Apr 17)

\$155 | Valued member \$105

Please contact Coach Mike May at ext. 254 to check availability.



Willpower Basketball Training

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

Mon

Session I Apr 11 - May 16

Session II Jun 13 - Jul 25

(No class Jul 4)

(Ages 5 - 8) 5:30 - 6:30 pm

(Ages 9 - 12) 6:30 - 7:30 pm

(Ages 13 - 18) Private lessons available

Six Classes \$135 | Valued member \$90

Private Instruction:

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

30-min session \$40

Eight 30-min sessions \$280

Capoeira

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

Tue

(Ages 5 - 10) 5 - 5:45 pm

(Ages 11+) 5:45 - 7 pm

Session I Apr 19 - May 24

Session II Jun 7 - Jul 19

Thu

(Ages 11 - Adult) 6:30 - 7:30 pm

Session I Apr 21 - May 26

Session II Jun 9 - Jul 14

Six classes \$96 | Valued member \$64

New Two-Day Option

(Ages 11 - Adult only)

Tue | 5:45 - 7 pm

and

Thu | 6:30 - 7:30 pm

Session I Apr 19 - May 26

Session II Jun 7 - Jul 14

\$165 | Valued member \$110



PRESCHOOL AND YOUTH SPORTS CLINICS

Class	Age	Day	Time	Dates	Fee Valued Member
Sports Extravaganza	3 - 6	Mon	3:30 - 4:15 pm	Apr 11 - May 9	\$75 VM \$50
Soccer 101	5 - 10	Mon	4:30 - 5:30 pm	Apr 11 - May 9	\$75 VM \$50
Little Kickers Soccer	3 - 6	Tue	3:30 - 4:15 pm	Apr 12 - May 10	\$75 VM \$50
Terrific Tumblers Gymnastics	3 - 6	Tue	3:30 - 4:15 pm	Apr 12 - May 10	\$75 VM \$50
Junior Gymnastics	5 - 10	Tue	4:30 - 5:30 pm	Apr 12 - May 10	\$75 VM \$50
Basketball 101	5 - 10	Tue	4:30 - 5:30 pm	Apr 12 - May 10	\$75 VM \$50
Little Hitters Baseball	3 - 6	Wed	3:30 - 4:15 pm	Apr 13 - May 11	\$75 VM \$50
Makos Run Club	4 - 14	Wed	4:30 - 5:30 pm	Apr 13 - May 11	\$75 VM \$50
Little Dribblers Basketball	3 - 6	Thu	3:30 - 4:15 pm	Apr 14 - May 12	\$75 VM \$50
Volleyball 101	8 - 14	Thu	4:30 - 5:30 pm	Apr 14 - May 12	\$75 VM \$50
Terrific Tumblers Gymnastics	3 - 6	Fri	3:30 - 4:15 pm	Apr 15 - May 20*	\$75 VM \$50

*No class on Apr 22



JCA YOUTH SUMMER BASKETBALL DEVELOPMENTAL LEAGUE (Ages 5 - 14)

Join Coach Will Holloman to grow your basketball knowledge and skill set. Athletes will meet on Sunday afternoons for a one-hour skills clinic followed by an officiated game. Whether you are a first-time player or looking to improve on your skills for the summer, the JCA Developmental League is a great place for all basketball players!

MANDATORY SKILLS ASSESMENT

Sun, Jun 26

GAMES

Sun | 12 - 6 pm

Exact game times will vary, based on number of players and skill divisions.

Jun 26 - Jul 31 (No sessions on Jul 3)

\$135 | Valued member \$90

Call Mike May at ext. 254 for more details today.



**JOSIE
MARTIN**
AQUATICS MANAGER
730-2100 ext. 240

Master's Adult Swim Team

(Age 15+)

Adults learn strokes and hone their skills in a fun-filled atmosphere with their peers in this eight-week course. Professional coaches guide swimmers at their own pace.

Sessions begin Apr 4

Mon, 5:45 - 6:45 am

or

Thu, 7:30 - 8:30 pm

\$90 | Valued member \$60

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

This First Aid/CPR/AED program helps participants recognize and respond appropriately to cardiac, breathing and first aid emergencies.

Sat, May 21 | 9 am - 2 pm

or

Sun, May 22 | 12 - 5 pm

\$98 | Valued member \$65

Red Cross-Certified Lifeguard Training

Prerequisites:

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

Call ext. 417 for availability.

\$285 | Valued member \$190

Red Cross-Certified Water Safety Instructor Training

Become certified to teach parent and child aquatics, preschool aquatics, Learn-to-Swim programs, adult swim courses, water safety courses and swimming presentations. Water Safety Instructor candidates must be 16 years old on or before the last scheduled day of the course. Please call ext. 240 for availability.

\$285 | Valued member \$190

School Year Makos Swim Team

(Ages 5 - 18)

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

Sun - Thu

Mar 1 - 31

Apr 3 - 28 (No practice Apr 17 or 21)

Ages 5 - 10 Mon - Thu | 5 - 6 pm

(Must be able to swim 25 yards unassisted)

Ages 11 - 18 Mon - Thu | 6 - 7 pm

Ages 5 - 18 Sun | 3 - 4 pm

One Day per week

\$60 | Valued member \$40

Two Days per week

\$90 | Valued member \$60

Four Days per week

\$120 | Valued member \$80

Summer Makos Swim Team

Splash into summer with our member-only, Makos Swim Team. Our co-ed swim team competes in the River City Swim League. Throughout the summer season, our inspiring coaching staff motivates young swimmers to achieve goals by building endurance and technique, all while having fun! All swimmers are required to swim one length of our **Howard and Joy Korman outdoor pool** unassisted.

Summer Makos Swim Team Kickoff Party

Makos swimmers and their families are invited to join us at our annual **Makos Swim Team Kickoff Party**. Our team coaches will be on hand to fit our Makos for their new team gear. Snacks and refreshments will be served.

Sun, Apr 10 | 2:30 - 4:30 pm

Summer Makos Swim Team Practice

Team practice is Mon - Thu.

Weekly practice starts **Monday, May 2.**

Red Group (6 & under) | 4:30 - 5:15 pm

Gray Group (7 - 10) | 5:15 - 6:15 pm

Black Group (11 & up) | 6:15 - 7:30 pm

We compete in six meets each summer (dates TBD) and the River City Swim League Championships. Swimmers may opt to practice only.

\$200 | Valued member only

Meets Only

\$180 | Valued member \$120

Email Dustin at dustin.rulien@cjajax.org or call ext. 417 for more information.



Family Fun Day Annual Cardboard Regatta

Our Memorial Day Family Fun Day and the Annual Cardboard Regatta is May 30. There will be food, DJ, games, prizes, a greased watermelon race and the Cardboard Regatta.

Mon, May 30 | 11:30 am - 2:30 pm

Free to valued members only

Aquatics Cancellation Policy

Private Lessons

Inclement weather/pool closings before a scheduled lesson will result in that lesson being rescheduled. All participants registered for private swim sessions must give at least a 24-hour notice of cancellation for already scheduled sessions. Failure to cancel properly will result in a charge for that session. All private swim lessons will expire six months from the date of purchase. Fees paid for expired sessions/lessons are non-refundable and non-transferable.

Group Lessons

There are no make-ups or refunds for any group lessons due to illness, inclement weather, pool closings and vacation or holiday closings.

Diaper Policy

Students who have not fully mastered toilet training must wear both a disposable swim diaper and approved cloth swim diaper, which fits snugly at the legs and waist. Swim diapers that are too large will not be permitted in the water.



+ American Red Cross

LEARN TO SWIM PROGRAMS AT THE JCA

Days and Sessions Offered 30 min Sessions	Parent & Me	Little Makos	Junior Makos	Adults	Sensory Safe Swimmer
Sun	10 AM	11 AM	12 PM	N/A	4:30 PM
Session I Apr 3 - May 15 (no lesson Apr 17)		1 PM	2 PM		5 PM
Session II May 22 - Jun 26 (no lesson Jun 5) (five classes prorated)					
Mon	10 AM	N/A	N/A	N/A	N/A
Session I Mar 28 - May 2					
Session II May 9 - Jun 27 (no lesson May 30 and Jun 6)					
Mon and Wed	N/A	3:30 PM, 4:30 PM, 5:30 PM	3:30 PM, 4:30 PM, 5:30 PM	6:30 PM	N/A
Session I Mar 28 - May 4					
Session II May 9 - Jun 15 (no lesson May 30)					
Tue and Thu	N/A	3:30 PM, 4:30 PM, 5:30 PM	3:30 PM, 4:30 PM, 5:30 PM	N/A	N/A
Session I Mar 29 - May 5 (no 4:30 or 5:30 lessons Thu, Apr 21)					
Session II May 10 - Jun 16					
One day a week: \$113 Valued member \$75 Two days a week: \$180 Valued member \$120					\$150 Valued member \$100

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

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

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

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

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

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

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

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

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

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

Private Swim Lessons (Ratio 1:1) (6 mo +)

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

Semi-Private Swim Lessons (Ratio 3:1) (6 mo +)

Maximum of three swimmers per lesson.
\$40 per lesson |
Valued member \$20 per lesson
\$280 for eight lessons |
Valued member \$140 for eight lessons



ALINE BERKENBROCK
TENNIS PROFESSIONAL
730-2100 EXT. 317

Adult Tennis Clinics

It's the perfect time of year to see if you have what it takes to play on our competitive tennis leagues. Shape up your game with our ladies' or working women's teams. We also have tennis clinics for men. Schedule a private evaluation; league play starts in January. Sharpen your skills with any of our great tennis clinics. For more information and program fees, please contact ext. 317.

Twelve-Week Sessions

Working Women's B Team Clinic

Tue | 6:30 - 8 pm

Ladies' A and B Team Clinic

Wed | 9 - 10:30 am

Ladies' C Team Clinic

Fri | 9 - 10:30 am

\$180 | Valued members only

Six-Week Sessions

3.0 - 3.5 Men's Clinic

Mon | 6:30 - 8 pm

\$90 | Valued members only

Tennis 101

Wed | 6 - 7 pm

Cardio Tennis

Sun | 8:30 - 9:30 am

\$135 | Valued member \$90



Tennis Mixers

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

Men's Night Doubles Mixer

First Thursday | 6:30 - 8 pm

Women's Night Doubles Mixer

Third Thursday | 6:30 - 8 pm

Free | Valued members only



Private Lessons

Private lessons are the most effective way to learn new strokes that work for your personal style of play. Schedule a private lesson with our pros at any time. Just call the tennis office at ext. 317.

30 min \$30

60 min \$60

Doubles \$80

Package: Five, 60-min lessons \$270



Junior Tennis Clinics

All clinics are six-week sessions.

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

Pee-wee Quick Start (Ages 4 - 6)

Wed | 4:15 - 5 pm

Thu | 4:30 - 5:15 pm

\$108 | Valued member \$72

Junior Quick Start (Ages 7 - 10)

Tue | 4:30 - 5:30 pm

\$108 | Valued member \$72

For our intermediate to advanced players, these clinics focus on stroke production, consistency and match play to help older players feel more comfortable during point play and matches.

Green Dot (Ages 8 - 12)

Wed | 5 - 6 pm

\$108 | Valued member \$72

High Performance (Ages 13 - 18)

Mon | 5 - 6 pm

\$135 | Valued member \$90

FABULOUS FACILITIES, ENDLESS ACTIVITIES, SUMMER CAMP AT THE JCA IS BETTER THAN EVER.



**DISCOVER ALL THAT'S PLANNED
FOR YOUR YOUNG CAMPER* AT THE JCA THIS SUMMER,
VISIT JCAJAX.ORG/CAMP**

*AGES 2 - 16

TRIBUTES

In memory of...

FREDERICK SINGER

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

BEN CALINGASAN

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

KATE PRYSTOWSKY ROBBINS

by Max Shapira/Heaven Hill Inc.
Regina and Adam Chaskin
Bunni and Myron Flagler
The Board and Staff of the JCA

CELESTE BLACKMAN'S MOTHER

by Karen and Philip Adler

LAUREN JAFFE

by Karen and Philip Adler
The Board and Staff of the JCA

ALLEN MORRIS' BROTHER

by The Miller Family

BARBARA MARGOL

by The Miller Family
The Board and Staff of the JCA

BERNYCE TOBIAS

by Stefanie Bibbins

For a speedy recovery...

REGINA CHASKIN

by The Board and Staff of the JCA

In honor of...

KIM ZAVON'S BIRTHDAY

by Michele and David Steinfeld

MEGAN STEINFELD'S BIRTHDAY

by Michele and David Steinfeld

BRENT TRAGER'S BIRTHDAY

by Rochelle and David Stoddard

CHRIS TURNER'S BIRTHDAY

by Rochelle and David Stoddard

NANCY GREEN'S BIRTHDAY

by Rochelle and David Stoddard

MYRON FLAGLER'S BIRTHDAY

by Rochelle and David Stoddard

RACHEL MORGENTHAL'S BIRTHDAY

by Rochelle and David Stoddard

BEN MARCUS' BIRTHDAY

by Rochelle and David Stoddard

ELLE SAFER'S BIRTHDAY

by Michele Steinfeld

THE COHEN FAMILY ON THE BIRTH OF SAMUEL

by Michele and David Steinfeld

GISELA REIS AND GRANT HELM ON THE BIRTH OF GABRIEL

by The Spring and Miller Family
Rochelle and David Stoddard
The Board and Staff of the JCA

Other...

FOR ELIZABETH SEKINE'S CONTINUED GOOD HEALTH

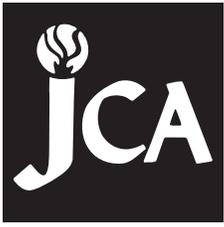
by Michele Steinfeld

Stephanie Green Scholarship Fund

In memory of..

KATE ROBBINS

by Nancy and Mark Green



David A. Stein

Jewish Community Alliance

*on the Ed Parker Jewish
Community Campus*

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

jcajax.org



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



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

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



**REFER
a
FRIEND**

Earn FREE Dues and a Cash Bonus*

Refer a Friend in a 30 Day Period:

- 1st Referral = 1st month **FREE dues** + \$50 JCA gift certificate
- 2nd Referral = 2nd month **FREE dues** + \$75 JCA gift certificate
- 3rd Referral = 3rd month **FREE dues** + \$100 JCA gift certificate
- 4th Referral = 4th month **FREE dues** + \$150 JCA gift certificate
- 5th Referral = 5th month **FREE dues** + \$200 JCA gift certificate

**Gift certificates can be used for JCA programs such as personal training (virtual and in-person), specialized fitness classes, youth sports clinics and leagues, swim lessons, tennis lessons, J-Institute programs and more!*

TOTAL VALUE
5 months free dues (up to \$535)
+ \$575 J-cash



Learn more | (904) 730-2100 | Ext. 257



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TOGETHER
REPORT HATE CRIMES**



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tips.fbi.gov

